

COMMUNITY WELL-BEING NEWS



Find out more or contact us:

To sign up for SCDA activities or get more information call **01273 519 149**, email us on healthylifestyles@sussexcommunity.org.uk or visit our website: www.sussexcommunity.org.uk.
Like our new Facebook page **SCDA Community Support**.

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Community Profile

At this difficult time, we've been really impressed by the groups that have risen to the challenge of supporting vulnerable community members. Here's a bit of information about the different groups operating in the area.

Denton Community Support Group 07515054209
dentonchallenge@gmail.com

We offer support to residents of Denton, Mount Pleasant, South Highton and Tarring Neville. We have a team of over 20 volunteers who help by collecting prescriptions, being a friendly voice on the phone and shopping for essential personal hygiene items. We are currently receiving around 50 calls per week and helping over 20 people per week. We try to direct essential food enquires to the Flying Fish and Londis who are both offering a local delivery service. However, we have set up an emergency temporary food bank for those in need during the Covic-19 crisis.

Newhaven Covid-19 mutual aid group
-find us on Facebook

The Covid-19 Mutual Aid Group was created to service the Newhaven community through the global pandemic by helping the vulnerable and needy residents that live amongst us. We have 10 staff , admin and moderators who have their own allocated sections to cover as well as having another 30 listed volunteers. Our team sent 100's of leaflets out through letterboxes in the community offering services such as shopping , picking up prescriptions, or a friendly chat on the phone. We also organise, collect and distribute donations of food for Newhaven Baptist Church Food bank. The group is updated with all the latest information on shop opening times and provides contact numbers for several organisations. We speak regularly with neighbouring mutual aid groups , council sectors and local MP via Zoom meetings , emails, messenger and via the page. Our team is very proud of what we have achieved so far and the group continues to grow in numbers and have become one big extended family , all trying to do their bit and support our community through this worrying , stressful time . Without the selfless acts of donations from local businesses , pubs, shops and members of the community with their time , our team wouldn't of been able to of achieved all we have so . Community helping the community is what we do best and is what has made our group such a success.

Community Profile

Seaford Emergency Volunteers 01323 899054

svet.proffer.org.uk

We have been contacted by phone or online nearly 550 times over the last 10 days. Some will have been making contact to volunteer, but the rest are either a phone call checking we're for real, or a request for help. With that simple statistic we can most certainly say we're making a difference. We're offering a lifeline. We're curing the anxiety of how the food is going to get to the house; how those life-essential medications are going to be guaranteed. We are very consciously aware that any of your family and friends have volunteered, over 150 of you are now DBS checked.

Our dispatchers behind the scenes work very hard to fulfil the caller's needs as soon as possible. They are working on an even more sophisticated website that will match people more locally, which as this virus progresses may become more important. We also have exciting developments regarding a befriending scheme for those most isolated.

Peacehaven Covid-19 group 07709 703180

www.peacehavencovidmutualaid.uk

The group was set up for all those in the Peacehaven and Telscombe Village area who for whatever reason could not get out for simple things like errands, medication and dog walking. The group put posters and flyers around the area and used the facebook page and word of mouth to try and reach all those in need. They now have around 40 volunteers and receive around 25 phone calls and emails a day. They are currently working with the SCDA foodbank to deliver food parcels to those in need in the Peacehaven area.

Other Covid-19 support groups in the area

Lewes Covid-19 group - <https://www.facebook.com/groups/2285298271778623/>

Lewes Corona Virus Volunteers - Lewescoronavirusvolunteers@gmail.com

Plumpton and East Chilmington Coronavirus Support Group
covid19@geniuswithin.co.uk

Newick Community Response - <https://newickcovid19.org.uk>

If you would like your group featured in the next edition of the newsletter, please email us at healthylifestyles@sussexcommunity.org.uk

SCDA activities

In light of the government guidelines SCDA has changed the way it delivers some of its services.

Seahaven Food bank

Tel. 01273 516032

The foodbank is busier than ever and is operating a delivery only service in the area. A GoFundMe fundraising page has been set up for anyone wishing to make a financial donation to the foodbank. Please follow the link

<https://www.gofundme.com/f/seahaven-foodbank>

News from Employability

As week 5 of the shutdown commences everyone in Employability is now working from home, we are supporting hundreds of participants' to adjust to the Covid-19 shutdown. The responses have been as individual as our participants but themes are emerging, some are more used to staying in and so are adjusting well, others are finding the situation difficult from a mental and physical point of view. Others have found the increased support from friends, family and neighbours surprising and welcoming. Some of our families are struggling to home school or entertain children, whilst others are trying to make sure teenagers stay in.

The Employability team remains positive and are dealing well with the challenges, like everyone we have daily calls/emails and online meetings to stay in touch. We are all adapting to working from kitchens/bedrooms /lounges and spare rooms as the weeks go by. Many just want to return to whatever the new normal will be and are looking forward to coming back into the offices across the county.

Counselling Services

The counselling service at SCDA is still running, we are working hard to continue delivering affordable counselling and counselling support for people at risk of suicide via phone or video calls. For any enquiries please call Mia on 01273 519108 or email counselling@ssussexcommunity.org.uk Or mia.hughes-smith@sussexcommunity.org.uk

For our suicide support service please call the above number or email rhian.gower@sussexcommunity.org.uk

Are you a keyworker? Need a nursery placement?

If you are a key worker and need a nursery placement please contact Denton Island Nursery, we have a few spaces available. Visit our website for more info:
<http://sussexcommunity.org.uk/denton-island-nursery/>.
Please send us an email rather than call at this time due to limited staffing capacity.
Kerry.foote@sussexcommunity.org.uk



SCDA Activities for young people

The Youth Team are offering a virtual service for young people, including youth groups, well-being groups, and one-to-ones.

Activities and resources can also be found on the following Facebook pages:

The Hut Youth Club - for children aged 8-11 years

Newhaven Youth Club - for young people aged 12+ years

Denton Youth Club - for young people aged 11+ years

Newhaven Youth Wellbeing - a group for young people 11+ to join for resources on positive wellbeing work.

Email: youth@sussexcommunity.org.uk

Community hubs offer extra help in coping with Coronavirus

EAST SUSSEX COMMUNITY HUBS

Coronavirus: need help? Support for everyone in East Sussex



If you are struggling to cope with the effects of coronavirus, your community hub may be able to help. **No one in East Sussex will be left on their own.** But some people may be able to get the support they need from family, friends or neighbours instead.

Get in touch with your community hub if:

You're struggling to cope with coronavirus because you're alone, worried, unwell, short of money or can't get medicine, food or other essentials

AND

There is no one living near you who you know and can trust to help

Get in touch with your community hub if:

Your GP has contacted you to say you have an extreme medical condition and you are getting food delivered to your home while you shield yourself for 12 weeks

AND

There is something else you need

Consider NOT getting in touch with your community hub if:

You have family, carers, friends or neighbours nearby who you can trust and rely on to help you (and who are not vulnerable themselves)



Contact your community hub:

Eastbourne

01323 679722

www.lewes-eastbourne.gov.uk/requestsupport

Lewes

01273 099956

www.lewes-eastbourne.gov.uk/requestsupport

Hastings

01424 451019

www.hastings.gov.uk/my-council/covid19/help

Rother

01424 787000, opt 4

www.rother.gov.uk/community-support

Wealden

01323 443322

my.wealden.gov.uk

If you would like to request this information in a different language or format contact escccovid19enquiries@eastsussex.gov.uk

[East Sussex Community Hubs](#) are now working across the district and borough areas to help people who feel they may not be able to manage because of isolation or an existing health condition.

Community hubs are the contact point that residents of East Sussex can turn to if they feel they need extra help in coping with the effects of coronavirus or know someone else who needs help. Many people will already have the support they need from family, friends, carers or neighbours and will not need their community hub. But it's vital that no one is left on their own if they feel isolated, unwell or anxious. No one in East Sussex will be left on their own. This is the need community hubs will meet.

Self-isolation activities

During this challenging time many providers have adapted their services. Over the next few pages we've put together some activities to keep you occupied whilst at home.

How to enjoy the outside whilst self-isolating



Greenhavens network has lots of ideas for getting out locally, using balconies and green spaces to make them greener.

<https://greenhavens.network>

9 virtual garden tours to enjoy

Nine virtual garden tours and information about gardening to do whilst isolating
<https://www.gardensillustrated.com/gardens-to-visit/virtual-garden-tours-best>



Images from the South Downs National Park
Daily images from the South Downs national park
<https://facebook.com/sdnpa>



Read a daily blog from the Sussex Wildlife Trust
<https://www.sussexwildlifetrust.org.uk/discover/go-wild-at-hom/corona-wildlife-diary>

YOGA

The Practice Space, Newhaven

One class each day will be streamed via Zoom that can be viewed from your phone, tablet or laptop. By donation.

Visit the practicespace.co.uk for more details.

Yin Yoga Gentle Floor Based Practice

The following online classes will take place each week via Zoom by donation-

Tuesdays 10-11.00 : Introduction to Yin Yoga

Thursdays 9.30-10.45 : Yin Yoga

A computer with microphone and camera are required.

To register or for more information contact
jacqui.johnston@hotmail.co.uk

Pilates & Yoga with Zara

New online classes every week. Visit www.zarayogapilates.co.uk and sign up under Video Library. This service is free for one week for those who are not already members and then a suggested donation of £5 weekly to access all videos. All NHS staff can use this site free all the time!

Email Zara on zarano1@msn.com

Gentle Exercise

Chair based and gentle exercises

Watch a series of exercises from Wave Leisure that you can do at home that are simple and gentle

<https://www.waveleisure.co.uk/specialist-activities/chair-based-and-gentle-exercises/>

Move it or Lose it Class (chair based exercise)

Recorded classes are available via the website

<https://www.threepillarsoffitness.com/recorded-classes>

Sources of health advice

One You East Sussex

moves digital to deal with challenges of Coronavirus and to keep East Sussex Residents healthy.

One You East Sussex delivers a wide range of healthy lifestyle services, including stop smoking, reducing alcohol intake, moving more and adult weight management.

For more details, please visit <https://oneyoueastsussex.org.uk/> or give the team a call on 01323 404600 to see how they can support you at this time.

Advice, tips and tools to help you make the best choices about your health and wellbeing

<https://www.nhs.uk/live-well/>

Boredom busters for families

20 Virtual field trips to take with your kids

<https://adventuresinfamilyhood.com/20-virtual-field-trips-to-take-with-your-kids-html>

Take a tour of a museum

<https://www.virtualiteach.com/post/2017/08/20/10-amazing-virtual-museum-tours>

Get Set Club Home Challenge

Activities and games to keep the kids busy

<https://waveleisure.co.uk/get-set-club/get-set-club-home-challenge/>

Daily exercise link

<https://www.youtube.com/user/thebodycoach>

A comprehensive list of online resources

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

BBC Big Night in - Thursday 23rd April 7-10pm

All funds raised will be split 50:50 between Comic Relief and Children in Need to support the most vulnerable groups during this crisis

Support for emotional wellbeing

During this time it is more important than ever to be mindful of our mental health. There are lots of online resources available to help. Here are a few that we've come across.

Free meditation apps.

Headspace and Calm are popular meditation apps that usually charge a subscription but they've both released free content to help those struggling with anxiety and stress at this time. See Calm's free content and Headspace's collection called Weathering the Storm.



Guidance from Mind

Follow the link to find advice from Mind on Coronavirus and your wellbeing

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing>

Free mindfulness practice from Mindful

Free meditations and mindfulness practice from Mindful

<https://learning.mindful.org/p/daily-mindfulness-free/>

YMCA's 9 tips to cope with anxiety

9 ways to cope with anxiety during Covid-19 Outbreak

<https://www.ymcadlg.org/blog/9-ways-to-cope-with-anxiety-during-covid-19-outbreak/>

Creative Activities

The Patchwork Cat

The Patchwork Cat, Newhaven are still doing a delivery service and have set up a new Facebook page called Patchwork Cat Creations for members to share creative ideas and projects.

<https://www.thepatchworkcat.co.uk>



Arts on Prescription

Arts on Prescription's free art for wellbeing sessions are still going ahead using an online platform to deliver weekly art and creative sessions.

Activities include drawing, singing, dance, mindfulness and more.

For more details visit their Facebook page

<https://www.artsonprescription.org>

Creativity for Wellbeing

Richard Potter has developed a free art resource site to encourage creativity in the community to improve health and wellbeing. It includes ideas about how to be creative when stuck indoors. See

<http://www.creativity4wellbeing.com>



Research

RESEARCH – TAKE PART IN UCL's SOCIAL STUDY OF COVID-19

University College London is running a study into the psychological and social effects of Covid-19 in the UK. The results from this are vital if we are to understand the effects of the virus and social distancing measures on individuals. They will help us to track trajectories of mental health and loneliness in the UK over the coming weeks, identify which groups are most at risk, and understand the effects of any potentially protective activities people could be engaging in. This will help to inform the advice that people are given about how to stay well at home.

We are aiming to recruit a large longitudinal sample, are particularly interested in recruiting more individuals from ethnic minority groups, from low-income households, and individuals who are unemployed. The study is open to all adults in the UK. Participation involves answering a 15-minute online survey now and then answering a shorter 10-minute follow-up survey once a week whilst social isolation measures are in place.

To take part, visit www.covid19study.org