

Your East Sussex



28 January 2021

Things to do in lockdown



Looking for new things to do in lockdown?

Staying at home is tough, but it's vital to do so in order to keep our loved ones safe and to protect the NHS.

To help, we've put together a list of things to do this lockdown which cover relaxing, looking after your wellbeing, as well as being productive and crafty.

[Things to do in lockdown 3](#)



Feeling a bit...meh!? It could be Covid

Over recent months East Sussex GPs have seen many residents with symptoms that could be related to Covid-19.

If you're feeling unwell and you're questioning whether it could be Covid-19 – you should

probably get a test.

Test slots are easy to access now with seven Covid-19 test sites available in East Sussex and a mobile testing unit travelling across the county on a weekly basis.

Find out when you should get a test: [Feeling a bit...meh!? It could be Covid](#)



Build a mental health first aid kit

Having provisions for your mental health is essential to good wellbeing and is increasingly urgent as we move through our third national lockdown.

A mental health first aid kit is there as a first response and is a collection of strategies and intentions of self-care.

[Build your mental first aid kit now.](#)

If you know a young person who is struggling, we also have some great tools to help here: [Mental health tools for young people.](#)



Stay local, reinvent your walk

At the moment, we can only go outside for exercise once per day and we must stay local.

This will probably mean that we're treading some well-known areas by now, so how can we keep our daily walk or exercise route walk

fresh?

Whether you walk, run, cycle or skate, we have some ideas to make your local exercise routine more interesting: [Stay local, reinvent your walk.](#)

From the newsroom...

[COVID-19 Vaccination Programme.](#)

Find out more about the roll out of the COVID-19 vaccination programme in Sussex.



[Council leaders to discuss £417 million budget.](#)

An increase in Council Tax of 1.99% is recommended and councillors will also be asked to consider splitting a further 3% increase, allowed by Government to safeguard social care services, over two years.

[Attacks on enforcement officers prompt call for respect.](#)

Incidents of civil enforcements officers being threatened and attacked have risen over the past few weeks, with two officers requiring hospital attention following incidents in one week alone, which are being investigated by police.

Bus pass rules relaxed to support vaccinations.

Concessionary bus pass holders will soon be able to travel before 9.30am in a bid to support the COVID vaccination programme.

Apprenticeship training boost for East Sussex businesses.

Small and medium sized enterprises across the county will be able to access support for apprenticeship training following a successful funding application to the European Social Fund and a match funding pledge by East Sussex County Council.