Coronavirus: need help?

Your community hub is here!
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:**

<table>
<thead>
<tr>
<th>Eastbourne</th>
<th>Lewes</th>
<th>Hastings</th>
<th>Rother</th>
<th>Wealden</th>
</tr>
</thead>
<tbody>
<tr>
<td>01323 679722</td>
<td>01273 099956</td>
<td>01424 451019</td>
<td>01424 787000, opt 4</td>
<td>01323 443322</td>
</tr>
</tbody>
</table>

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