

Crowhurst Support Group - Information Sheet (2)



Covid 19/Coronavirus

SELF ISOLATION SUPPORT IN CROWHURST

Information Sheet 2 – April - Please note that updates are in Blue type

Crowhurst Support Group has been set up to provide confidential support, information and volunteer help to villagers through these challenging times. This sheet provides you with useful information. Please contact us with news or updates to share with others. Updates will also appear in the Crowhurst News. *(Please check all information given for accuracy as this may change day to day).*

Contact Crowhurst Support Group for queries, support or help for yourself or someone you know on 07395 932 355 or Email: CrowhurstGroup@gmail.com

Or you can ring Ros Day on 01424 830 616 or Sonia Plato on 01424 830 349

You can also complete the leaflet delivered to your door and leave out for collection.

Please also see:

Crowhurst Village Community Facebook page <https://www.facebook.com/Crowhurst-Village-Community>

Crowhurst Neighbourhood Plan Website: <https://crowhurstneighbourhoodplan.org/covid-19-coronavirus-crowhurst-support-group> where you can also find this information.

Help a neighbour without a computer If you know of a neighbour who doesn't have the internet, you can help by printing this off for them. Or let us know and we will put one through their door.

Volunteering

If you would like to **volunteer**, please email Diane Stainsby: dianemstainsby@gmail.com giving your contact details and areas in which you could help.

Surgeries

Martin's Oak Surgery Phone: 01424 772060. Email: admin.martinsoak@nhs.net

Open 8.30 - 6.30pm. Monday to Friday

Phone appointments only - the patient will always be called back and speak to a Doctor, if necessary an appointment will be given. Crowhurst village doctor's surgery is cancelled at present. Repeat prescriptions can be requested by phone, email or by taking prescription forms to the post box at the surgery.

Old Wood Surgery & Battle Health Centre Phone: 01424 776550. Email: www.oldwoodsurgery.co.uk

Phone appointments only - repeat prescription requests online or in post box outside the surgery.

Pharmacies

Boots Chemist Phone: 01424 772069

Open Monday to Friday 9am to 6pm. Saturdays 9am to 5 pm. Closed between 1.30 and 3 daily.

Prescriptions will be delivered to their regular people, but cannot take on new delivery addresses at present.

Day Lewis Phone: 01424 772010

Open Monday to Friday. 9am to 5.30pm. Saturday 9am to 1pm

Prescriptions will be delivered to their regular people but cannot take on new delivery addresses at present.

For those without a pre-arranged delivery service and unable to collect prescriptions, please contact [Crowhurst Support Group](#) using the details at the top of this info sheet.

Prescription Collections

- Boots and Day Lewis are increasingly relying on volunteer deliveries of prescriptions. Please ring the **Crowhurst Support Group** numbers at the top of the newsletter for help with collection.
- **Battle Area Assistance Group** volunteers are also delivering prescriptions to Crowhurst, with a next day service. Please ring 01424 774838. Leave your name and number and they will get back to you within half an hour.

Information and Advice about Coronavirus

For current updates and advice please check the government website where you can sign up for daily or weekly alerts: <https://www.gov.uk/government/organisations/public-health-england>

Please use this and the sites below for online guidance and information. Please note that there have been a number of reports of misleading and potentially dangerous advice and information on social media.

□ For the latest information and advice on any health matter or Covid-19 you can go online to: www.gov.uk/coronavirus

□ www.nhs.uk (useful for any & all medical advice)

□ www.martinsoaksurgery.co.uk (also has links to info & other area 'friends' offering support with shopping & meds etc.)

□ Watch or listen to BBC or local radio stations who are promoting local support groups and great ideas on isolating, support and assistance.

Support for those who are clinically extremely vulnerable - The link below is for those who wish to sign up to the Government 'Get coronavirus support as a clinically extremely vulnerable person' page. If you need help in doing this or do not have access to a computer, please contact us and we can help you to fill it out. <https://www.gov.uk/coronavirus-extremely-vulnerable>

Food Deliveries and Take Away (please check delivery days)

The following are now providing home deliveries:

Great Park Farm - fruit & veg, milk, bread, meat, butter, ready meals, etc.

<https://www.greatparkfarm.co.uk/> or ring 01424 772531 (£3.50 per delivery)

Jempson's, Battle – for groceries - 01424 774097. New opening times: 6am-8pm Mon- Saturday.

For further specific issues you can email mail@jempsons.com or call 01797 230214. -

Revised Home Delivery Plan for Crowhurst (for Over 70s and those isolating only)

Telephone: **01424 774 097** and **Select option 4**. Customer must leave the following details on the answer machine: - a. Name b. Address c. Telephone. Jempson's will call back for the order.

Butchers Hook Battle – 01424 774525. Meat packs at £25, veg/fruit box at £15 plus add ons such as milk, eggs, bread, sausage rolls, pasties, pies -other things are available.

Larger Supermarkets - please check their websites and newspaper announcements. Most are offering older or vulnerable people an early morning shopping slot. **Iceland** is reserving deliveries for older and vulnerable people. **Register NOW for online deliveries if you haven't already.** Stock has now improved and queuing is reduced at Tesco's Hollington. Some are having problems with Sainsbury deliveries.

Mantel Farm, Henley's Down - <https://mantelfarmshop.co.uk/> or ring on 01424 830357

Free delivery on Fridays to Crowhurst for **eggs, honey and fire fuel**. (Customers can select free customer collection on the website or note they would like a delivery)

French's Fresh Fish, Battle - - 01424 272100. Open 8am–3pm (Tuesdays – Saturdays) *Tuesday delivery to Crowhurst*. Fresh & frozen fish, homemade ready meals. Pay over the phone.

The Plough, Crowhurst - 01424 830310 <https://www.theploughcrowhurst.co.uk/>

Now offers takeaways for collection on **Fridays. Saturdays and for Sunday lunch. New menu this week including a Friday Curry take away.**

Battle Brewery – <https://store.battlebrewery.co.uk> or phone **orders on 01424 772838. Free Home same day** delivery if orders placed before Noon. **5% discount** for 12 bottles or more. Use discount code **BB5BUY12**.

St George's Church: Information, worship and addresses can be accessed on Saint George's Church Crowhurst Home/Facebook. There is also link to it at the bottom of the church website at www.stgeorgescrowhurst.org.uk Father Michael also has an email list which sends out a weekly sheet with reflections and worship suggestions; hard copies can be printed and delivered for those who need them. Please email him at mbrydon86@btinternet.com or telephone him on 01424 892988.

Hastings Food Bank – In great demand. Donations are drying up with fewer out shopping and churches closed. Donations via <https://hastings.foodbank.org.uk/> Or leave food donations with Daphne Linecar at 1 Hill House Cottages, Catsfield Rd TN33 9BU. Leave through front gate with a note in letter box.

Opticians

Barracloughs & Styles enquiries@barracloughs.net 01424 772725 (Battle)01424 219543 (Bexhill)

Now closed but [Will try to deliver any eye care items you need](#). See:

<https://barracloughs.net/homedelivery/free/request.php>. Payment can be made over the phone. Cannot guarantee all deliveries. Please keep an eye on the most recent [recommendations by the NHS](#)

Newsagents

Martins in Battle and other newsagents are remaining open. Phone: 01424 772645. They will take on new paper deliveries if it is on their regular Crowhurst delivery routes.

Banks and Nationwide Building Society

Banks: Please see bank notifications and updates in local press

Nationwide Building Society is still open in Battle From Saturday 4th April, new opening hours will be: Branches: Monday to Friday, 10am – 2pm. Call centres: Monday to Friday, 8am* – 5pm *Some phone lines will open from 9am. See website for details. Call centres for lost or stolen cards, and for fraud or other enquiries about the security of account(s), remain open 24/7

Disruption to Local Services - To check the latest updates:

East Sussex services - schools, nurseries, adult care etc. <https://www.eastsussex.gov.uk/newshttps>

Rother District services including rubbish collection etc. <http://www.rother.gov.uk/Coronavirus>

Libraries are now closed. All current and new library loans will be extended until at least 30 June. Fines have been scrapped for any items that were due to be returned after 9 March 2020. The online library will operate as normal with an increased number of items available online. The [eLibrary](#) includes not just books but also audiobooks, magazines and reference material.

Free Confidential Advice from Citizens Advice Bureau (CAB) Bexhill. Phone 01424 215055 or 7734549 Website www.citizensadvice.rotherdistrict.org.uk. Free, independent and confidential advice on a range of subjects from Benefit Claims, Employment Rights, Consumer Matters, Debt Problems and many others. All Advisers are highly trained volunteers with a good central support network.

Adult Social Care for care and support. Phone 0345 6080191 or text 07797 878111

Rother Voluntary Action (RVA)

Are posting a range of information about community and other services, coming through to them that might be useful in the present situation www.rva.uk.com

Which Guides: Look out for fake lockdown fine texts. A fake coronavirus warning text is being circulated. The scam claims that your movements have been monitored through your phone, and that you must pay a fine or face a more severe penalty. If you receive the text, do not click or tap any links that these messages ask you to. [Find out what the bogus text looks like.](#)

National Trust Gardens <https://www.nationaltrust.org.uk/> Properties and gardens now closed. They have lots of free content online for you to enjoy.