

# WHOLE FAMILY INFORMATION & SUPPORT – CORONAVIRUS UPDATE

23 October 2020

## COVID-19 – Latest Information



As with elsewhere in the country, the numbers of COVID-19 infections are starting to increase in Sussex. Keep up to date on Covid-19 data, the alert level in East Sussex and data by District and Borough. The latest information is published by every Thursday.

[www.eastsussex.gov.uk/community/emergencyplanningandcommunitysafety/coronavirus/covid-19-weekly-update/key-messages-and-alert-level/](http://www.eastsussex.gov.uk/community/emergencyplanningandcommunitysafety/coronavirus/covid-19-weekly-update/key-messages-and-alert-level/)

The latest guidance is that you should only apply for a Covid-19 test if you have symptoms – a new continuous cough, a high temperature or a loss or change to your sense of smell or taste. You should isolate for ten days or until a negative test result is received, only leaving home to get tested. Anyone in your household who does not have symptoms should isolate for 14 days.

An infographic titled 'Three-tier Covid alert system in England' with a BBC News Coronavirus logo. It is divided into three columns: MEDIUM, HIGH, and VERY HIGH. The MEDIUM column lists 'Current national measures: - Rule of six - 10pm curfew'. The HIGH column lists '- Household mixing banned indoors - Rule of six applies outdoors'. The VERY HIGH column lists '- Pubs and bars to close - Social mixing banned indoors and outdoors'.

The level of alert in East Sussex and West Sussex remains Yellow (Medium)

For more information on how you can protect yourself and others, visit [Keep Sussex Safe](http://www.seshealthandcare.org.uk/2020/08/keep-sussex-safe/) for a simple summary of key advice and guidance.

[www.seshealthandcare.org.uk/2020/08/keep-sussex-safe/](http://www.seshealthandcare.org.uk/2020/08/keep-sussex-safe/)

## COMMUNITY HUBS

### Contact your community hub:

#### Eastbourne

01323 679722

[www.lewes-eastbourne.gov.uk/requestsupport](http://www.lewes-eastbourne.gov.uk/requestsupport)

#### Lewes

01273 099956

#### Hastings

01424 451019

[www.hastings.gov.uk/my-council/covid19/help](http://www.hastings.gov.uk/my-council/covid19/help)

#### Rother

01424 787000, opt 4

[www.rother.gov.uk/community-support](http://www.rother.gov.uk/community-support)

#### Wealden

01323 443322

[my.wealden.gov.uk](http://my.wealden.gov.uk)

Community hubs were set up when the UK went into lockdown. They are here to help residents of East Sussex who have no one else to turn to and:

- feel they need extra help in coping with the effects of coronavirus
- 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 without support. There are five hubs – one in each part of the county. They are usually open during working hours, 9am to 5pm, although this will vary slightly from hub to hub. Each one can be reached online or by phone.

## NHS 111 – Enhanced Service



The NHS111 service in Kent, Medway and Sussex is being enhanced and patients can expect a more robust response with the same expert advice now delivered by a wider range of healthcare professionals.

GPs, paramedics, nurses, mental health professionals, dental nurses and pharmacists will be part of the enhanced NHS111 clinical assessment service which launched on 1 October 2020.

People who call 111 – free from mobiles or landlines 24/7 – or access the service via [www.111.nhs.uk](http://www.111.nhs.uk) will speak to call handlers and/or healthcare professionals who will be able to assess symptoms over the phone, issue prescriptions and directly book people into onward care appointments if they need one.

As the lead provider, South East Coast Ambulance Service NHS Foundation Trust (SECAmb) is working with not-for-profit social enterprise Integrated Care 24 (IC24) to deliver the enhanced service.

Read more here: [www.eastsussexccg.nhs.uk/enhanced-nhs111-service-launches-for-kent-medway-and-sussex/](http://www.eastsussexccg.nhs.uk/enhanced-nhs111-service-launches-for-kent-medway-and-sussex/)



In the last year, an average of 3 children under 5 years of age attended an East Sussex A&E every week due to a burn or scald. Download CAPT's Parent Pack for some quick wins on child safety. [www.capt.org.uk/csw-parents](http://www.capt.org.uk/csw-parents)

Most burn injuries are caused by hot drinks, they can still be hot enough to burn a child's skin 15 minutes after being made, with devastating effects. #safechildrentogether #BeBurnsAware

## MINDFULNESS – For the nurturing parent KEEPING CHILDREN SAFE – We're all in it together



A 6-week online course where parents can have the time to nurture and sustain their well-being. Through learning mindfulness skills, they can cultivate resilience to stress and have the capacity to fully enjoy everyday moments. Each session is 2 hours long.

Introductory session:

- Friday 23rd October 10am (to give an opportunity to check the course is the right fit)

6-week course will take place every Friday on the following dates:

- 6th, 13th, 20th, 27th November & 4th, 11th December (10:00am – 12:00pm Online via Zoom)

To find out more or to book: call: 030 300 38212 email: [community.info@sussexdowns.ac.uk](mailto:community.info@sussexdowns.ac.uk)

## NEWHAVEN – School Uniform Bank



The uniform bank is run by Newhaven Families Forum, a not for profit community group that supports local families  
[www.sussexcommunity.org.uk/whats-on-for-families/newhaven-families-forum/](http://www.sussexcommunity.org.uk/whats-on-for-families/newhaven-families-forum/)

The Uniform Bank can provide anything from one off items up to a full bundle of uniform (stock dependant) for children attending the following schools:

- High Cliff Academy, Newhaven
- Harbour Primary, Newhaven
- Breakwater Academy, Newhaven
- Denton Community Primary, Denton
- Seahaven Academy, Newhaven
- Seaford Head, Seaford
- PCS, Peacehaven
- Priory School, Lewes

Families do not need to meet a criteria to qualify for free uniform. They or someone on their behalf, simply need to complete this form: <https://forms.office.com/Pages/ResponsePage.aspx?id=8-cOJYC-q0qOul8NMv8lzKb1gP9YeYVEu1vPAkeTGh5UNDIaVlpYMIFBNVdMMExLOEhZRDZNV0dDRS4u>

There is also a small collection of coats that are taking up valuable storage space. If there is a family that will benefit from a coat, they can complete this form and a coat will be provided.  
<https://forms.office.com/Pages/ResponsePage.aspx?id=8-cOJYC-q0qOul8NMv8lzKb1gP9YeYVEu1vPAkeTGh5UMIU2NkExOUpURU1PUk1XR05UWFhSVVdCVS4u>

For further information is: [nff@sussexcommunity.org.uk](mailto:nff@sussexcommunity.org.uk)

## THE CHILDREN'S PORTAL – Referrals to SPOA



The Children's Portal is a new online system that enables professionals across the county to submit forms securely online to ESCC's Children's Services' recording system.

The new system has been designed to make registering and submitting a Statement of Referral (SoR) as user-friendly for professionals as possible.

This new web-based approach offers a valuable opportunity to triage and manage referrals more efficiently, saving both time and resources.

Although professionals right across the county, including health, schools, early years, the police and fire service, adult social care and children's services, will be encouraged to make their referrals via the Children's Portal, teams in early help and children's social care should continue to make their referrals via SPoA for the time being.

**How do professionals sign up? Register with the Children's Portal to submit SoRs to SPOA**  
[www.earlyhelp.eastsussex.gov.uk/web/portal/pages/home](http://www.earlyhelp.eastsussex.gov.uk/web/portal/pages/home)