



## WAYS TO HELP YOUR COMMUNITY DURING THE CORONAVIRUS OUTBREAK

If you are able, here are some ways you can help others in your community.

### **1. Volunteer**

The simplest thing everyone can do right now is look out for their neighbours and offer help with shopping and other errands if people cannot get out of the house.

Charities are working with the government and local authorities to create ways for people to get involved. Remember it's a marathon not a sprint – we're not at the peak and the time we need most people will likely be in a few weeks' time. So, for now the best thing to do is just check in on neighbours.

### **Volunteering in Pevensley and Pevensley Bay**

You can also offer to volunteer with a local group or organisation. If you don't have a particular charity you already want to support in your local area, you can contact [Wealden District Council](#) who are collating details of volunteers and local groups who may be able to assist vulnerable people.

### **2. Donate items to a local food or hygiene bank**

With reports nationally that many food banks are running low on staples, donating to a food or hygiene bank is a positive way to support others in the community.

#### **Food Banks**

Locally, the closest food banks are Eastbourne and Hailsham.

- [Eastbourne Foodbank](#)
- [Hailsham Foodbank](#)

You can also donate to [FareShare Sussex](#), which is working hard to remain open and operational during this crisis, to ensure that the most vulnerable in our community are still receiving a regular supply of food, and support those that have been affected most by this virus.

Top tip: always remember to check with a food bank first to see if any specific items might be needed.

#### **Hygiene Banks**

Locally, there are [hygiene banks in Eastbourne and Hailsham](#).

### 3. Signpost people to services

Many organisations are adapting to the current situation, continuing existing services in new ways, whilst new services are popping up to meet the needs of our communities. Find out more about [local community responses](#) from 3VA and consider others who might benefit from these services.

### 4. Give money to a national appeal or a local charity

Some organisations are asking for financial support to maintain their services and will make sure that the money goes to the people who need it most. See the list below for the local campaigns we're currently aware of. Be sure that you know [how to give safely to charities](#).

- [Age Concern Eastbourne Coronavirus Donations](#)
- [Age UK East Sussex \(# Proud to be AUKES!\) Coronavirus Emergency Appeal](#)
- [Children's Respite Trust Smile Appeal](#)
- [FareShare Sussex](#)
- [National Emergencies Trust Coronavirus Appeal](#)
- [Sussex Crisis Fund](#)