

# Age Concern Heathfield and District Latest Updates

May 2020

Due to the current Covid-19 crisis we have been unable to print and distribute our normal version of the newsletter. Instead we have put together this sheet which we hope will update you on what we have been doing and to tell you about the new initiatives we hope to introduce over the coming weeks.

## Shopping Service

Our team of volunteers have been busily shopping for nearly 60 clients each week to ensure that everyone receives the weekly groceries they require. To help us with the volume of requests the Heathfield and Waldron Rotary Club have joined forces with us, along with two university students and some members of the community and together we have been able to help everyone who has requested it.

We are extremely grateful to the Heathfield branch of Waitrose who provided us with goodie bags and boxes of chocolates to give to all our shopping clients. This was a real boost to everyone and coincided with the VE Day bank holiday weekend when many people had been looking forward to celebrating at one of the many events that had to be cancelled.

We have not received any new requests for help now for several weeks, but if you or anyone else you know requires help with shopping please telephone us on **01435 866960**

## Coronavirus Action Group

A number of groups have been formed in response to the crisis and one such group based in Horam has been given the use of one of our minibuses to help with their efforts. The group provides help to residents in Heathfield, Horam, Waldron and Vines Cross has been set up to assist with the collection and distribution of medical equipment for those with long term health conditions, shopping, collection of prescriptions and a toy and book service for those families isolating at home. They have also been involved in making and distributing PPE equipment to local hospitals and care homes.

## STOP PRESS .....

With the continued spell of dry weather and improved ground conditions, the laying of the foundations for the Men's Shed have begun. Once completed the construction of the workshop will take place over the next couple of weeks. This is the newest Age Concern project and aims to provide a safe and welcoming environment for men to meet, build friendships, share skills and be creative, but above all else to have fun!

If you would be interested in becoming a member or would like to find out more about the Men's Shed, please ring Nic Stenhouse, membership secretary on: 07850 992059



The Heathfield branch of Waitrose donating goodie bags and chocolates to our clients

## Telephone Buddies

123 clients are currently being buddied, 59 of which are medical car service users; 4 have been referred to us by family or neighbours.

Clients are called up to 3 times a week, depending on the level of support they, or their families, have requested, and all are extremely grateful to receive our calls.

Most clients are very accepting of their situation and are able to find ways of passing the time, although those without access to outdoor space are finding it more difficult.

Clients remain well, but several have had family members affected by the virus or have lost family members to it.

Our telephone buddies are doing their utmost to offer friendship and encouragement – buddies are not able to offer advice, but can suggest NHS helplines or signpost clients towards other professionals who can give specialist support.

## Delivering boxes to Vulnerable households

Although we are unable to use the minibuses to take our clients out, we are still putting the buses to good use. We drive one of the buses over to Newhaven once a week to collect the food boxes that the government are providing to those vulnerable households who are shielding at home due to serious underlying medical conditions. The boxes are packed by a team of East Sussex County Council employees and then distributed around the TN21 postcode area by several of our volunteer drivers.

**AGE**  
*Concern*

Heathfield and District  
Reg. Charity No: 205665

## A very special thank you!

We were delighted to receive a generous donation from the Lund Trust who had heard of our efforts to help the elderly and vulnerable members of this community during the crisis and who wanted to support us by making a donation towards the additional costs we are currently incurring. This was a wonderful surprise and is very much appreciated. The money will of course be put to very good use in helping to fund the fuel costs for the minibuses and the postage, invoicing and telephone costs associated with the shopping and telephone buddy services.



We would also like to thank those individuals who have not only written us notes of thanks, but who have also made personal donations. We are extremely grateful to you all and very touched by your generosity. We will of course ensure the money is used towards supporting the activities and services we provide during the crisis.

It is a tremendous boost to us all to receive these kind gestures of thanks – as you know, we are all volunteers and Age Concern Heathfield and District relies on obtaining its funding entirely from donations, fundraising and bequests.

Thank you all so much!

## Activity Packs

In an effort to help ease the boredom of being stuck at home, we are preparing some activity packs which we will be distributing to clients over the coming weeks. Each pack will contain a selection of things to do – colouring sheets, puzzle books, pencils and pens and the hope is they can be used to while away a few hours.

For those of you that would like to, we shall be collecting some of the completed colouring sheets back in to create a collage of 'lockdown artwork' for use on our website and in the next edition of our newsletter.

We shall also include the necessary sweet treat to munch on whilst busily colouring!

We hope you will enjoy them and put them to good use.

## Jigsaws and Books

We would like to set up a mobile service to loan out books and jig saws to those of you who like to read or 'puzzle'. We would operate the service from one of our minibuses and visit once a week to give you the opportunity to swap finished books for new ones and completed jigsaws for a fresh challenge.

We have established that the coronavirus germs only survive on paper or card for 24 hours or on shiny surfaces for up to 72 hours, so all donated or returned items will be quarantined until they are safe to redistribute.

We will provide a selection of books and jig saws to get us started, but if anyone has any clean, good condition books or jigsaws they could donate to us please phone us on **01435 866960** and we will arrange collection.

If you would like this mobile service to visit you please also let us know



## Calling all knitters!

There has been a suggestion that some of you may like to take part in a group project to knit either squares for blankets, or small hats and canula cuffs for premature babies. If you would like to take part please let us know and we will, provide you with all the necessary equipment and instructions on how to make each item.



## Some useful contact numbers for services and deliveries:

**Happy to Help** -collection and delivery of prescriptions – 863786 or 864646

**Butchers Hook** - 07710143925 no minimum order next day delivery

**Cade Street Nursery**, Cade Street, Heathfield - 01435 862988 - [cadestreetnursery.co.uk](http://cadestreetnursery.co.uk) spend over £75.00 for free delivery

**Cuculo** - High Street, Heathfield - home deliveries - 01435 862596 - [enquiries@cuculo.co.uk](mailto:enquiries@cuculo.co.uk).

**Davies & Sons family butchers** offer a delivery service to Heathfield, Horam and Hailsham. contact 01435 813130 or [dec@daviesfamilybutchers.co.uk](mailto:dec@daviesfamilybutchers.co.uk)

**Dominos**, High Street, Heathfield - 01435 866606 - [dominos.co.uk](http://dominos.co.uk)

**Health Shop** - home deliveries - 01435 866532

**Heathfield Pet Shop**, Station Road, Heathfield - home deliveries - 01435 864652 -

<https://petfoodshopheathfield.co.uk>

**Horam Sous Chef** meals on wheels and deliveries of food as well as Sunday roasts - 01435 570212

**Horse and Groom**, Rushlake Green - home deliveries - 01435 830320

**Nemos** - Fish and Chips, High Street, Heathfield - minimum order £10.00 payment over the phone - 01435 868088 -

<https://heathfieldfishandchips.co.uk/menu-and-prices>

**Tottingworth Farm Shop**, Broad Oak, Heathfield will deliver free within three miles please telephone 01435 862425 - <https://www.tottingworth.co.uk>

**The Wheel Burwash** - home deliveries please contact Sam on 07566238120 -

[www.thewheelinnburwash.org/](http://www.thewheelinnburwash.org/)

**Sussex by the Sea Fishmongers**, High Street, Heathfield - will stay open for sale of fresh local fish and seafood during this time we will offer a free delivery service in TN21 area there will be no charge for delivery - 01435 817724 - [sussexfreshfish.co.uk](http://sussexfreshfish.co.uk)

**Middle House** Mayfield - free delivery with orders over £20.00 - 01435 872146 - [info@mayfield.co.uk](mailto:info@mayfield.co.uk) - [www.mhmayfield.co.uk](http://www.mhmayfield.co.uk)

**Patisserie Valentin**, High Street, Heathfield are preparing bread orders for delivery - 01435 863487

**Pilo Café Bistro**, Station Approach, Heathfield - Tuesday to Saturday takeaways available payment over the phone - from 6.00 pm - 8.00 pm - 01435 863376 or <https://piliobistro.co.uk>

**Old Orchard Nursery**, Burwash Common has food and ready meals - free delivery - 07969778985

**2 Sisters Deli**, Horam - open for customers takeaways and deliveries 07535 884446 -

[www.twosistersdeli.co.uk](http://www.twosistersdeli.co.uk)

**Pomfret Butchers** are offering daily home deliveries for the foreseeable future. Pomfrets 01435 863527

**Thorpe Nurseries** - 01435 812455 - free deliveries

**Zero shop** - are now taking orders on 07391490098 or email [info@thezeroshop.co.uk](mailto:info@thezeroshop.co.uk)