



April 2020

Hello from everyone at MSOPC

We wanted to let you know that in these uncertain times we are thinking of you. Most of us here at MSOPC have been self-isolating for some time now and we fully appreciate how difficult this can feel. As an organisation we have worked hard over the last 16 years to celebrate and encourage connection amongst the older people in our community. This, the very thing we are being advised against at this present time. The Government advice to stay at home is **incredibly important** to follow. We cannot stress this enough, not only to protect yourself but to protect others too.

We are still working hard here to support you and share any information we can. We have shared key advice on our Facebook page and have now collated this into a letter attached overleaf. Please take any offers of help with shopping, deliveries or prescriptions.

We have listed several organisations that can help you and some advice on frequently asked health questions. Councils have a list of food and restaurant organisations that are delivering locally. Many will take payment over the phone by card so you can have peace of mind of a contactless delivery. Supermarkets are prioritising those most in need so if you feel you should be included or need help with arranging a delivery please try one of the emergency numbers overleaf. Please don't forget about your pets too! The RSPCA has set up a scheme to plan should you become unwell. The number is overleaf.

During these times If you usually receive our newsletter by post but would now like this by email please contact Hannah Jeremiah on msopcharity@gmail.com.

Whilst we know this is an incredibly difficult time we also know we are stronger together. Protect each other, stay at home and keep safe.

From us all at MSOPC we hope to see you again soon.

Local support and emergency numbers

West Sussex County Council Covid Hub – Emergency Line

Request help and support online and complete the form for your local area. If you do not have access to the internet or your enquiry is urgent (e.g you are going to run out of food or medication within the next 3 days) please contact the telephone number below so they can help. **033 022 27980**

<https://www.westsussex.gov.uk/leisure-recreation-and-community/supporting-local-communities/community-hub-covid-19/>

Haywards Heath Covid Mutual Aid

A group run by local residents and supported by the council. Help with deliveries, shopping, prescriptions, posting mail, urgent supplies, topping up gas/electric or just a friendly phone call. **01444 635002**

haywardsneedshelp@gmail.com

Carers Support West Sussex

0300 028 8888

Age UK - safety, telephone befriending, doorstep deliveries (food, boredom busters)

01903 731 800

Emergency Pet Plan - RSPCA Brighton & East Sussex 0300 1234 999

MSOPC - 01444 242 760 - Hannah Jeremiah

Haywards Heath Town Council

If you are in severe hardship contact:

01444 455694, 073842 89668 between 9am and 5pm town.clerk@haywardsheath.gov.uk

East Grinstead Emergency Action

Mon-Sat 9am-4pm help if you are self-isolating and need support

01342 323 636 option 1

East Grinstead Town Council

01342 323 636, have a list of local restaurants and businesses that are delivering locally.

Burgess Hill Town Council Helpline

01444 247726

helppoint@burgesshill.gov.uk

help and support and a list of local deliveries

Parish Council Support

Balcombe – **01444 811 833**

Bolney – **07752 274 952**

Fulking - <https://fulking.net/council-members/>

Pyecombe – **07909 332 605**

Shermanbury – **07909 332 605**

Woodmancote - **07921 822 869**

Lindfield - **07707906726** -

clerks@lindfieldparishcouncil.gov.uk

We know that there is such a wealth of information out there at the moment and that it can be overwhelming. If you feel you need help or guidance please do contact us here at MSOPC on 01444 242 760. You can leave a message and we will call you back. Alternatively there is an emergency mobile number on our voicemail.