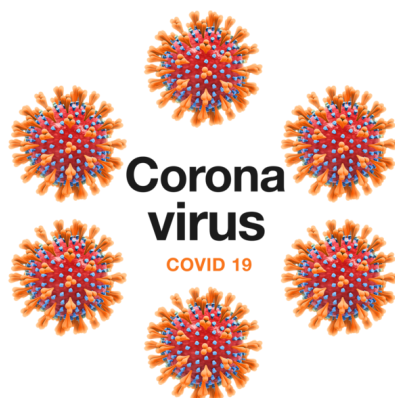




Easy read guide to COVID—19 (Coronavirus)


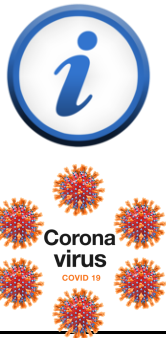





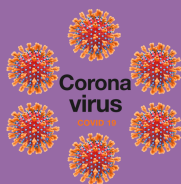
An information guide for people
with learning disabilities
in East Sussex



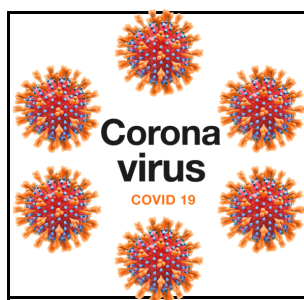


How to use this booklet

	<p>If you need help to read this you could ask</p> <ul style="list-style-type: none"> • someone in your family • A support worker • a carer
	<p>This guide will give you information about</p> <p>COVID—19 (Coronavirus)</p>
	<p>You can use this guide to</p>
 	<ul style="list-style-type: none"> • help you to understand Coronavirus and where you can find out more information • Check where you can find helpful resources, contacts and lots of things to do while you are at home
	<ul style="list-style-type: none"> • write down any important information that you want to remember
<p>blue</p>	<p>Words highlighted in blue are explained on the last page</p>



What is COVID-19? (Coronavirus)



Your family and supporters will have talked to you about COVID-19 .

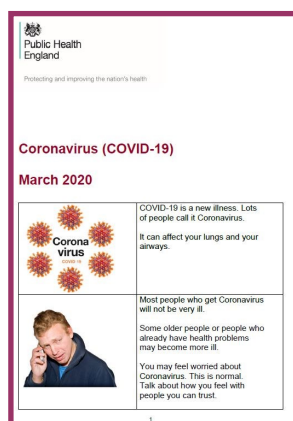
This is a new illness.

Lots of people call it Coronavirus.



There is lots of good information available about Coronavirus.

You should always make sure you get information from a **reliable source**



Easy read information on Coronavirus is available from **Public Health England**

This information will help you to understand the Coronavirus and the things everyone can do to help stop them and other people getting Coronavirus.



There is also some good easy read Coronavirus information and resources from organisations such as Mencap and Dimensions,

For Mencap information, go to:

www.mencap.org.uk/advice-and-support/health/coronavirus-covid-19






And for Dimensions, go to :

www.dimensions-uk.org/press-release/at-home-activities-resources



Coronavirus government update

 	<p>From the 24th March 2020, the government told everyone they should stay at home</p> <p>This will help to keep you and other people well and safe</p> <p>You should not meet friends or family who do not live with you</p>
 	<p>The government have made special rules that everyone should follow</p> <p>This means you can only leave your home for the following essential reasons:</p>
	<ul style="list-style-type: none"> To shop for food
	<ul style="list-style-type: none"> For medical reasons or to get medicines
	<ul style="list-style-type: none"> Travelling to and from work, but only if this is essential
	<ul style="list-style-type: none"> go out to exercise once a day
	<p>The government will look at this again by the 16th April</p> <p>The government will tell us if the rules change</p>



Coronavirus and health conditions



If you have a **learning disability** and a serious **health condition**

To keep you well from Coronavirus



You may have had a letter from your doctor to tell you to stay at home for **12 weeks**



This means you should not go out even for essential things like shopping and medication

You will get support to get these things



If you have received a letter, you can register with GOV.UK. for support

You can also register if you have not yet received a letter but think you have a serious health condition which makes you

extremely vulnerable to Coronavirus

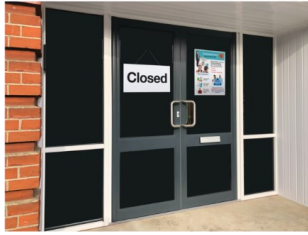
Click here:

[Register if you are vulnerable to coronavirus – GOV.UK](#)



Coronavirus

Looking after yourself



Some day services are still open but drop-ins and groups have closed

Cinemas, Pubs and Libraries have closed too



We know that it will not be easy to stay at home

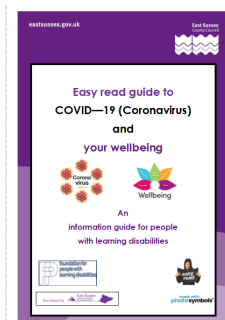
It will not be easy to stop doing the things you like to do or going out to the places you like to go



But it is **very important** to stick to these rules



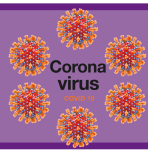
It is important to **look after yourself** during this time



Look at our **Easy read guide to COVID—19 (Coronavirus) and your wellbeing** for information, support and things you can do to help yourself



Remember there are still lots of things that you can do to be active, keep busy and to look after yourself



Things to do! You could.....



Watch, television and films



Listen to music



Play games

Exercise



Exercise in your house

Go up and down the stairs



Use food tins as weights



Dance to music



If you can, go for a walk, you could go in your garden, or in a park

Remember you must keep your distance from other people (at least 6 feet or 2 metres away)



Things to do! You could



Do a Word search



Read a book



Do some colouring and art



Use your computer



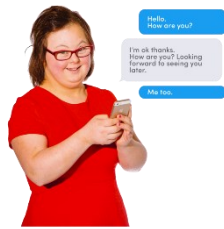
Ask a support worker to phone you



Keep talking and stay in touch!



It is **very important** to talk to someone every day



Phone or text a friend or family



Use Facebook or Facetime to talk to your friends or family



Use WhatsApp to video chat, send a message or pictures with family or friends.

A group of friends and family can talk on WhatsApp



Use Skype or Zoom to video chat with your friends, family or supporters

You could have a coffee, a chat or listen to music together and have a dance!



Coronavirus and Food Shopping



To help keep you well from Coronavirus

If you have a learning disability, health conditions or are over 70



It is important that you **stay home** and **away from busy places**

You should only go out if you **really need to** and are **following the new rules**



You **can** go out to buy food shopping
(remember you can not go food shopping if you have received a letter from your doctor telling you to stay at home for 12 weeks)

But it does mean **going shopping less and at quiet times**



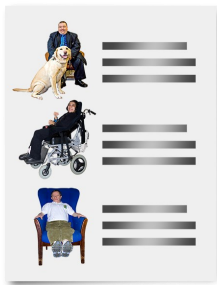
Or asking someone to get food for you, or have it delivered?



Some shops have **quiet times for people with learning disabilities**, older people, people with health conditions and carers.



Coronavirus and Food Shopping

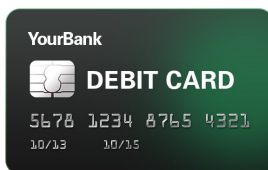


Some of the bigger supermarkets have been given the Government's list of the most vulnerable people

These are people that have received a letter from their doctor and do not have any help to get their food shopping

This list will help supermarkets make sure that online delivery slots are saved first for older people, vulnerable people, carers or people with disabilities

If you are on the Government list of vulnerable people or you are a vulnerable person and don't have a support network, you can sign up on the [government website here](#).



Lots of supermarkets are asking people to use a card (if you have one)

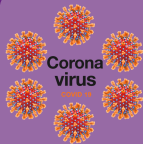
and

not to pay with cash



Lots of supermarkets have put a limit on what people can buy

This means you can only buy up to **3 of the same** food items, toiletries and cleaning items.



Coronavirus and Food Shopping



These are some of the supermarkets that have been given the Government's list

Some supermarkets have changed what time they open and close

Some supermarkets also have **dedicated shopping hours** just for the elderly, vulnerable, carers and people with disabilities



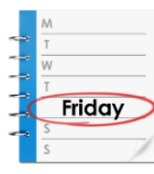
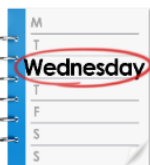
Sainsbury's stores have changed their opening hours to 8am to 8pm Monday to Saturday

Sunday opening hours staying the same.

Opening hours in Sainsbury's Locals have not changed.



to



There are shopping hours just for the elderly, vulnerable and people with disabilities from :

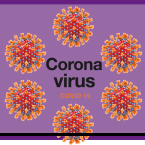
8am to 9am on

Monday, Wednesday and Friday

Find your nearest Sainsbury's and opening times on the internet by going to:

[https: stores.sainsburys.co.uk](https://stores.sainsburys.co.uk)

And type in the town where you live

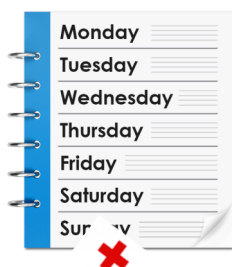


Coronavirus and Food Shopping

ASDA



to



ASDA stores have changed their opening times to 8am to 8pm

They are asking people not to shop until 9am every day except for Sunday (Sunday opening hours staying the same)

This will allow the elderly, vulnerable, people with disabilities and carers to do their food shopping from **8am — 9am**

Find your nearest Asda and check opening times on the internet by going to:

<https://storelocator.asda.com>

And type in the town where you live

Iceland



to



Iceland is opening early to elderly and vulnerable people in all of their **Food Warehouse shops**

They have also asked the managers of all other Iceland shops to offer the same (**but they may not, so please check before you go**)

This is from **8am to 9am (Food Warehouse)**

Monday to Saturday

Find your nearest Iceland and check opening times on the internet by going to:

<https://www.iceland.co.uk/store-finder>

And type in the town where you live



Coronavirus and Food Shopping



Tesco store opening hours are now 6am to 10pm

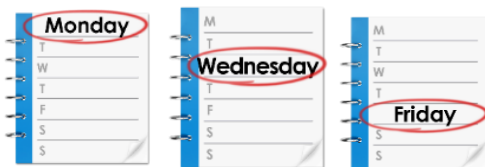


to



Tesco has a dedicated shopping hour for vulnerable and elderly people

This will allow the elderly, vulnerable, people with disabilities and carers to do their food shopping from **8am —9am**



On Monday, Wednesday and Friday **(but not in Express stores)**

Find your nearest Tesco's and check opening times on the internet by going to:

<https://www.tesco.com/store-locator/uk>



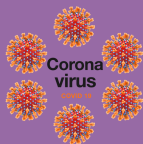
If you need some help in a supermarket

Show staff your Sunflower Lanyard (if you have one)

You can ask Customer Service staff in the Supermarket for a Sunflower Lanyard if you do not have one



Always remember to **wash your hands** when you get home from shopping



Food, Medication and a plan!



You can **get food from food banks** if you do not have any money for food

Speak to your supporter or someone you trust who can help you



There are lots of food banks across East Sussex.

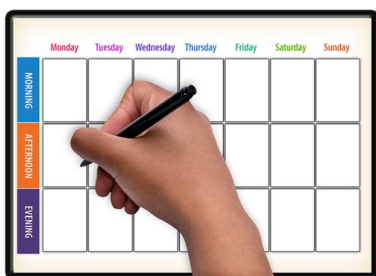
You can search for Food banks near to you

Type '**food banks in east sussex**' in to your computer and press search to find details of your nearest one



Medication

Make sure you have enough medication, or a way to get it?



Make a plan

Make a list of :

- things to do
- people to talk to
- Places to go and things you would like to do when you can go out again!



Other ideas and things you can do



East Sussex Libraries

Digital library

Free access to lots of online books, audiobooks, magazines and newspapers to read on your computer, tablet or mobile.

[eBooks and audiobooks](#)

[Online reference library](#)

[eMagazines and newspapers](#)

Not a member of the library?

You can join the library online

[Join the library online](#)



Other ideas and things you can do



Museums around the world to look at on your laptop or iPad.

Visit a museum online.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



The BBC will soon be repeating sporting events like the Olympics, World Cup and Wimbledon to make up for sport being cancelled this year.



The National Theatre is going to stream a free play every Thursday night

Visit YouTube for the National Theatre Live productions

For more information, go to:

<https://www.nationaltheatre.org.uk/nt-at-home>



Listen to an opera for free

<https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html>



Other ideas and things you can do



Take a look at the world

https://www.google.co.uk/intl/en_uk/earth/



Watch the pandas, penguins and koala bears at Edinburgh Zoo

<https://www.edinburghzoo.org.uk/webcams/panda-cam/#pandacam>



Visit a zoo and learn about the animals

<https://www.chesterzoo.org/>



Watch the fish in an aquarium

<https://www.georgiaaquarium.org/webcam/ocean-voyager/>



Other ideas and things you can do



SproutFlix invite you to join them for this virtual film festival , all of the films feature people with learning disabilities

Go to: <http://sproutflix.org/virtual-sprout-film-festival/>



Arts on Prescription— a good, crafty wellbeing resource! Lots of ideas of things to do to keep happy and healthy whilst we are all stuck at home!

Go to: <https://www.facebook.com/ArtsonPrescriptionEastSussex/>

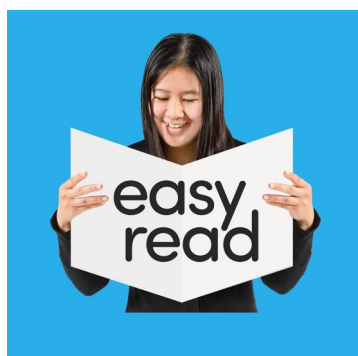


Supported Loving

Supported Loving are holding Virtual Network Meetings and will also be starting weekly Netflix parties where you can watch a film together online

To find out more about the Supported Loving network and these events

Go to: <https://www.facebook.com/SupportedLoving1>



Photosymbols have created a new website to share Coronavirus information and support

You can find the latest information, activities and online events and always in easy read!

Go to: <https://www.keepsafe.org.uk/resources>



Other ideas and things you can do



Millies nightclub runs club nights for people with learning disabilities in East Sussex. It will be closed in April and May

They held their first Facebook Live event recently with DJ Daniel & his dad David !
They will be hosting future Facebook live events, go to: <https://www.facebook.com/milliesnightclub/>



Hastings and Rother Mencap have been doing some Facebook live Makaton sessions

And

Active Arts are doing 'Wake up and Warm up' exercises with Jo

For more information, go to:

<https://www.facebook.com/HastingsAndBexhillMencap/>



Project Artworks will be continuing with Peer Support Network activities and online meet-ups

**Weekly online drop-ins via Zoom on
Wednesdays from 2 – 4pm**

Contact Esther at Project Artworks for a link and instructions on how to join the meeting .
Send an email to:

esther@projectartworks.org



Other ideas and things you can do



Dance Hastings CIO are offering free weekly inclusive dance classes for people with physical or learning disabilities

For more information, go to:

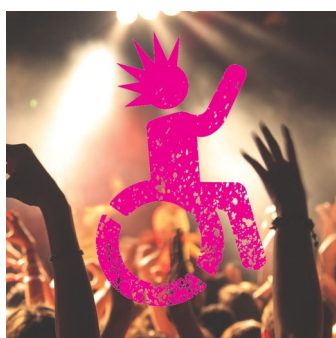
<https://www.facebook.com/dancehastings/>



Active Hastings can help to keep you active while we all have to stay at home! Lots of ideas, tips and things you can do to keep moving.

For more information, go to:

<https://www.facebook.com/activehastings/>



Gig Buddies are hosting **CoronavirusFest!**

Live music and acts online to keep us all entertained, go to:

<https://www.facebook.com/coronavirusfest/>



Take a look at the **East Sussex Learning Disability Partnership Board Facebook page** for further information on the work of the Involvement Matters Team and the Learning Disability Partnership Board

Go to : [Learning Disability Partnership Board – East Sussex](#)



Coronavirus Support



Community hubs have opened across East Sussex

These hubs will give extra help to people who need support and are finding it hard to cope

There are online forms and phone lines which anyone can contact to ask for help



This is for people who :

- are **isolated**, worried or unwell at home
- and do not have family or friends that can help them



The staff at the hub will try to get the right help to the people **who need it the most**

This could be arranging food to be delivered, medicines or mental health support.



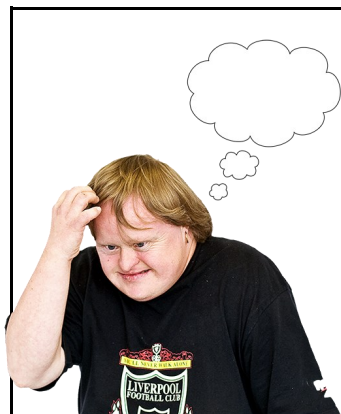
Community hubs have opened in every part of East Sussex and are open from 9am- 5pm.

For more information, click here

[community hubs web page.](#)



Coronavirus Support



If you are concerned or worried, you should speak to your support staff or someone that you trust

If this does not help and you are concerned about your **mental health**, you or your supporter can contact your social worker or resource officer (if you have one)



Your social worker or resource officer can help you to get support

If you have a social worker or resource officer, contact the Community Learning Disability Team or Transitions team on:



⇒ **Community Learning Disability Team (East)**
Cavendish House, Hastings on 01424 724900

or

⇒ **Community Learning Disability Team (West)**
Bellbrook Centre, Uckfield on 01323 747117

or

⇒ **Transitions Service**
St. Mary's House, Eastbourne on 01323 466166



If you **do not** have a social worker and need advice you can contact:

Health and social care connect on

0345 60 80 191 Open 8am to 8pm - 7 days a week

Or

Email: hsc@eastsussex.gov.uk





East Sussex
Learning Disability
Partnership Board

Things are changing very quickly so if you can, please services to check the information in this guide is still correct



A BIG Thank you to....



Brighton Specialist Community Disability Service for the use and adaption of their easy read information



Community Learning Disability Team and Pohwer for local links and information



Foundation for people with Learning Disabilities for their wellbeing resources



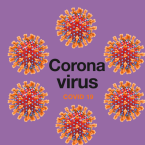
Public Health England



Public Health England, Mencap and Dimensions for their easy read Coronavirus information and resources



And to the Involvement Matters Team for being the easy read checkers!



Glossary (explaining words)

Word	Meaning
COVID—19 (Coronavirus)	A new illness
Reliable Source	Information from an organisation you can trust
Public Health England	A government agency that helps keep the country healthy and well
Government	A government is a group of people that rule a country. Governments make laws and rules.
Essential	Very, very important
Extremely vulnerable (to Coronavirus)	You are more likely to become very ill if you catch it
Isolated	On their own
Mental Health	Mental health is about how we feel in our minds

We do not recommend or endorse any supermarket, organisation, resource or website listed in this guide.