



COVID-19 Support: Fulking Parish Council

The Parish Council has collected together information on how to get by under the latest coronavirus restrictions. This ranges from the UK Government official advice, to what local shops are doing and how you can help your neighbours. Any feedback you can give about the situation – or this page – would also be very welcome.

[Skip to Shops & Services.....](#)

Communication:

Fulking.net – this page and the home page will carry regular updates as the situation changes. You can print this page by clicking [this link](#). If you are seeing this as a PDF or it has been printed, the website can be reached at www.fulking.net.

Mailing List – We use the mailing list as an official channel for Council announcements, including those about the anti-virus measures. Most residents are on it – to join [click here](#). To see recent announcements [click here](#).

Written Announcements – Occasionally we will hand deliver announcements to all households.

Facebook – There are two FB Groups in the village, [Fulking Villagers](#) and [Fulking Village Community Group](#) These are private groups, containing comments, observation and notifications affecting the community. You can apply to join when you land their pages. Click the links above or search for this group.

WhatsApp – Community Skill Swap. Primarily a way to share skills for the benefit of others, presently focused on helping others cope with the new regulations. There are a number of admins who can sign you up, but you should contact Samantha Leader on 07479 458323 first.

Poynings.net: Announcements from our neighbouring village's website are worth keeping an eye on. Visit www.poynings.net

Henfield Hub: A good source of information about our largest country neighbour, with regular updates on status of shops and services. [Click here](#) for more detailed shopping updates.

Latest Updates from FPC:

COVID-19 Action Plan: This contains information on volunteering and requests for assistance forms. It's probably best to print it [Click here](#) to access it.

Playground Closure: The local playground was closed just prior to the Government announcement that playgrounds were not to be used. [Click here](#) to view.

Updates from Local Authorities:

Mid Sussex District Council: Although leisure centres are closed, waste collection services are operational, and paid garden waste collection is scheduled to restart from 11th May. Waste recycling sites are also planned to reopen from 11th May for a limited service. More detail can be found [here](#).

West Sussex County Council: Updates on schools (for key workers' children), libraries, and registrations, plus a variety of links to other resources. Click [here](#) for more...

South Downs National Park: Advice is offered on accessing the Park under current regulations. [Click here](#)

National Trust: Updates on what is open where can be found [here](#). The Devil's Dyke car park is now open, and social distancing is being enforced.

HM Government

For official announcements and advice as they are issued, with more detail than seen on TV briefings. [Click here](#).
For the list of businesses allowed to stay open [click here](#).

NHS

NHS official advice

[Click here](#) for current advice on CV-19

Henfield Medical Centre

Prescriptions – If you are a volunteer collecting a prescription on behalf of someone else please use [this form](#) to help the pharmacists complete the back of the prescription form. If the patient needs to pay for their prescription the dispensers will phone them to take the payment over the phone.

This form should be used in conjunction with the consent form when possible. [Available here.](#)

Health Advice – [Click here](#) for their website which has a pop-up with the latest CV-19 updates

Please note:

1. Patients are now being recommended to use the NHS app on their smartphones to order repeat prescriptions and book appointments etc which is [available here.](#)
2. Patients appear to be offered screening via [econsult](#) which is an online triage system that guarantees a response within 24hours unless an urgent condition is identified.

Hurstpierpoint Health Centre (Mid Sussex Healthcare: also Ditchling/Hassocks)

Health Advice – [Click here](#) for their website which also has a pop-up with the latest CV-19 updates

Self reporting symptoms: [Download an app](#) to help slow the spread of #COVID19 and identify at risk cases sooner by self-reporting your symptoms daily, even if you feel well.

Domestic Violence

Lock-down has led to a significant [increase in calls to domestic abuse helplines](#). If this becomes a problem for you or someone you know, here's advice on how to discretely contact a [Police helpline](#) without raising suspicion.

Scams

There have been widespread reports of criminals taking advantage of the people during lock-down. Local trading standards organisations are publishing warnings of what to look for. Here's a [link](#) to the East Sussex version.

Financial Support

A number of emergency financial support schemes are emerging, which are also being publicised by the local authorities. We have been directly notified of two:

The Sussex Crisis Fund provides to support community and voluntary sector organisations in Sussex who are leading efforts to support people most affected by CV-19. Emergency grants of up to £5,000 are offered to charities and community groups which are responding to the immediate crisis in the community.

Please email the Grants team at grants@sussexgiving.org.uk or visit www.sussexgiving.org.uk/apply

The Sussex Crisis Fund is also welcoming donations. [Click here](#) for more.

Small Business Grants. Mid Sussex district Council now has the funding to issue grants to help with business rates to small businesses. These grants are worth £10k or £25k depending on the type of business. The council is asking businesses to [register online](#). It is intended to make payments from 6th April. Find out more [here](#).

Local Shops and Services

Knights Budgens (Henfield/Hassocks): Updates are available on their open [Facebook page](#).

Opening times: 8am – 8pm weekdays, Wednesdays 8-9am is reserved to over 70s or those in high risk groups, Sunday opening is 10am-4pm. There currently restrictions on total number allowed in the shops at one time. Contact: 01273 492750 or Facebook messenger

Rushfields: The garden centre re-opened on 20th May, but is closed on Sundays. Social distancing rules are in force. The farm shop is open. An on-line ordering system is available. More information is available on their website, [here](#). Contact: farmshop@rushfields.com or 01273 857445

Swains: Open as usual, now including the garden centre, which has limited stock. [Website here](#), but no specific CV19 reference. Facebook is more up to date click [here](#). Contact: info@swainsfarmshop.co.uk or 01273.494582

Lloyds Pharmacy: Opening an hour later (10:30am) and closing an hour early every day. Closing between 1 and 2 for lunch. Only 2 people inside at a time – one out, one in. No signatures needed on prescriptions. Also operate a delivery service (**ECHO**), which is under some strain at present. General updates [here](#). Contact: 01273 492030

Truffles: They are open as usual and offering a delivery service. Our 'stop' is the Shepherd & Dog car park. The routine seems to have settled on Tuesday and Thursday at 9am. However the latest situation can be found on their [Facebook page](#), rather than their website. Contact: info@trufflesbakery.co.uk or 01273 492687 or FB messenger

Jeremy's: They are open as usual and operating a limited local delivery service. Updates are available on their [Facebook page](#). Contact: jeremyjezz@aol.com or 01273 495799 or FB messenger

Shepherd & Dog: Although closed as a pub, the S&D is offering takeaway draft beer, either in your own or their containers. Contact: bar@shepherdanddog.com, [message via FaceBook](#), or via WhatsApp on 07871742850

The Royal Oak & Devil's Dyke Pubs: closed

The Plough, Pyecombe: Open daily, 5 – 10 pm, for a take away service of most of their regular menu (10% discount on all orders). ..orders can be placed over the phone. Call: 01273 842796 to order. Delivery £5. Menus etc [here](#)

Relish Cafe: Now offering home delivery (and takeaway) home cooked meals, all freshly made, at five pounds per serving. Contact: 01273-495551 or [Facebook](#)

Hawthorn Veterinary Services: The Partridge Green surgery is closed. Henfield remains open for urgent and emergency surgery by prior arrangement. Clients may call and request up to 3 months worth of medication for their pets. This will either be delivered to you if within a 5 mile radius or sent to you by post. Video consultation is being offered. Contact: 01273 495227 or reception@hawthornvets.co.uk their [website](#)

National Supermarkets: This is well covered in the national news, but most are now enforcing social distancing inside and around the stores, with limited numbers allowed inside and some product rationing. Stock levels are improving, but online delivery services remain backlogged.

CV-19 Updates on national sites: [Sainsbury's](#) [Waitrose](#) [Tesco](#) [ASDA](#) [Co-op](#) [Morissons](#) [ALDI](#) [Lidl](#)

Feedback

The local authorities are keen to understand the situation on the ground. We have decided to give them a weekly report. We need your help to do this. If there's anything you would like to pass on, please contact Trevor Parsons by email at parish.clerk@fulking.net or 01273 846310, or contact one of your councillors.

[Back to Home page...](#)

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This is the community website for the people of Fulking.
If you have any news, diary entries or want to post an article,
please email webmaster@fulking.net

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