



[Get coronavirus help and support.](#)

Keep up to date with [disruption to council services.](#)

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## Enjoy walking safely



May is National Walking Month! Since lockdown restrictions on exercise has eased we've been walking a lot more than usual and discovering some of the local green spaces we've previously taken for granted.

Even with the need to social distance and be conscious not to overcrowd, we can all still enjoy the walking opportunities on our doorsteps. [Here are our top tips for enjoying green spaces safely.](#)

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## Let's talk face coverings!

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The government guidance on face coverings has changed. If you are going into enclosed spaces that can be difficult to social distance, such as a supermarket or public transport, you should now wear a face covering if possible.

The good news is that you can make a face covering from home using an old t-shirt. We've created an easy to follow guide here: [Make your own face covering.](#)

Residents have been showing phenomenal amounts of community spirit in the face of

some very difficult times. From handwritten offers of support through front doors to full scale production of scrubs for the NHS, [find out how communities are helping to fight against Covid-19.](#)

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## Preventing suicide in Sussex



Suicide is a tricky subject to talk about, especially if you are concerned that someone you know is possibly thinking about taking their own life.

Whether you are concerned for someone else, or in need of support yourself, Preventing Suicide in Sussex has been launched to provide support for those in need. As well as knowing where to go for help, it is also important to know what to look out for if you are worried about a friend or a loved one.

If you are worried about someone, [find out more about the warning signs and how you can help.](#)

If you are thinking about suicide, you don't have to struggle with difficult feelings alone. Please visit [Preventing Suicide in Sussex website](#) for help.

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## Healthy eating tips

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are giving your body what it needs.

[Healthy eating tips while at home.](#)

Right now, it is easier than ever to make unhealthy snack choices, throw meal plans out the window and accidentally eat a whole loaf of banana bread.

But it is more important than ever to maintain a healthy balanced diet and boost your immune system. We have put together some handy starting points below to help you ensure you

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## Keeping kids safe while at home



The COVID-19 pandemic has seen the way we live and work change dramatically over the past few months.

With many of us home-schooling our children whilst juggling working from home, we are likely to feel our attention being pulled in many different directions.

Around 90% of the most serious, but preventable, accidents to under-fives

happen at home, with two of the leading causes being burns and scalds, and accidental poisoning.

Check out [how to keep your little ones safe from accidents in the home.](#)

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## From the newsroom...



**[Attacks on sheep prompt warning to dog owners.](#)** We are urging dog walkers to please keep dogs on leads around livestock after sheep were attacked in two separate incidents.

**[Laptops delivered to vulnerable young people.](#)** Using a Department for Education scheme, vulnerable and disadvantaged young people in East Sussex have been given a boost to their learning with the arrival of a shipment of over 1,000 free laptops.

[Visitors to the county's coast urged to stay safe.](#) Recently there has been a cliff fall in Peacehaven, the rescue of a visitor stuck at the base of the cliff after being cut off from the tide in Seaford, and people posing for a selfie at the edge of the cliff in Eastbourne.

