This message is to let you know what is happening at Active Lives this week.

Grace Eyre has now closed the building on Montefiore Road and for all staff to either work in Choices buildings or from home.

On Monday the government made some new guidelines that will try and help to stop the spread of Coronavirus.

- Everyone should stay home as much as they can
- People can only go out once a week to shop for food
- People can go for exercise with people in their house
- No more than 2 people can gather together
- Staff that work with vulnerable people can still work

They also said that vulnerable people may be able to get extra help from the government.

There is a website now and you can register to see if you can have this extra help. Go to this website below and follow the instructions – please ask for help from someone if you need it.

Active Lives want to support as many people as possible.

- The new rules make it very hard to do some of the things we wanted to do
- Project Workers are either helping in other services or working on ideas to connect with people
- We are regularly calling people that live with families or on their own to see how they are and this will carry on for as long as needed
- If you live with a Shared Lives carer, in a Choices run house or in a flat with Housing they will be checking in with you

Online Group Support

- Grace Eyre Friendship are hosting a Facebook page to help people connect
  - Go on Facebook and search Grace Eyre Friendship Brighton
- Speak Out have started a Facebook group that you can join to chat with other people
  - Go on Facebook and search Speak Out Chat and ask to join

Active Lives will remain closed from 23rd March 2020 until 30th April 2020.
During this time Grace Eyre will continue to support as many people as possible for as long as possible.

Grace Eyre’s services and staff in Active Lives, Choices, Shared Lives and Housing will all be working together to help those most in need during this difficult time for the country.

If you live with family, with another care provider or on your own, please do contact us if you would like to discuss any individual situations from the decision to close Active Lives.

Our contact number is 01273 201909 or you can email us at activelives@grace-eyre.org

We will also share any new information regularly.

In the meantime, please continue to listen to the advice from the Government and continue to stay at home.

Thank you!

David