

# Coronavirus (Covid-19)

and

## Food shopping



To keep you well from Coronavirus

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



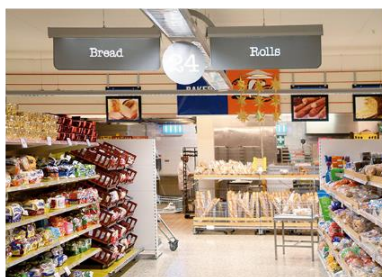
You should **stay home** and **away from busy places**



This means **going shopping 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.

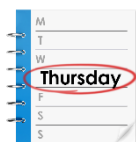
**Phone the shop first to check the times**

# Sainsbury's



**Sainsbury's**  
**New England Street**  
Brighton  
BN1 4GQ

01273 696539



**Thursday** mornings



to

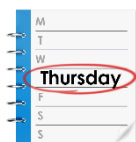


**8:00 am to 9:00 am**



**Sainsbury's**  
**Lewes Road**  
93 Lewes Road, Brighton  
BN2 3QA

01273 674201



**Thursday** mornings



to



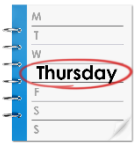
**8:00 am to 9:00 am**



**Sainsbury's  
West Hove**  
361-367 Old Shoreham Road  
Hove  
BN3 7GD



01273 439257



**Thursday mornings**



to



**7:00 am to 8:00am**

**TESCO**



**Tesco  
Church Rd  
Hove  
BN3 2DL**



0345 677 9796



**Monday, Wednesday and Friday  
Mornings**



to

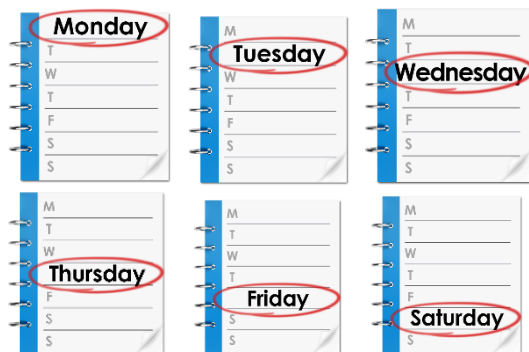


**9:00 am to 10:00 am**

Iceland



**Iceland**  
**London Road**  
Brighton  
BN1 4JA



**Monday, Tuesday, Wednesday,  
Thursday, Friday and Saturday**

Mornings

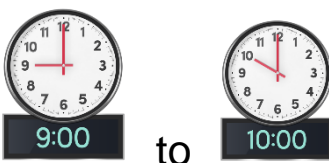


**8:00 am to 9:00 am**



**Sunday mornings**

**9:00 am to 10:00 am**



# ASDA



**Asda**  
**Brighton Marina**  
Brighton BN2 5UT

01273 606611



**Friday** mornings



to

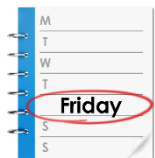


**8:00 am to 9:00 am**



**ASDA**  
**Hollingbury**  
Brighton  
BN1 8AS

01273 541166



**Friday** mornings





to



**8:00 am to 9:00 am**



	<h2>How to ask for help?</h2>
 <p>The image shows a yellow card with a green circular logo on the left. Inside the logo is a thumbs-up hand with the text 'THUMBS UP!' written across it. To the right of the logo, the text reads: 'I have a learning disability, I may need some support.'</p>	<p>Show staff a <b>Thumbs Up card</b></p> <p>(copy of card on page 7)</p>
 <p>The image shows a green lanyard with a pattern of yellow sunflowers. It has a silver-colored metal clasp at one end.</p>	<p>Show staff a <b>Sunflower Lanyard</b></p> <p>Ask <b>Customer Service staff</b> in the Supermarket for a <b>Sunflower Lanyard</b></p>
	<h2>Wash your hands</h2>
 <p>The image shows a pair of hands being washed under a silver faucet. The hands are covered in white soap suds.</p>	<p>Remember to <b>wash your hands</b> when you <b>get home</b> from shopping</p>
	<h2>Help if you don't have money for food</h2>
 <p>The image shows a man in a striped shirt standing in a food bank. He is surrounded by numerous green crates filled with various food items, including cans and bags of food.</p>	<p>You can <b>get food from food banks</b> if you don't have any money for food</p>
 <p>The image shows a white corded telephone with a numeric keypad. The keypad has buttons for numbers 1 through 9, a star key (*), 0, and a hash key (#).</p>	<p>Phone the <b>Specialist Community Disability Service</b> to find out about food banks near you</p> <p><b>01273 295550</b></p>



## Food bank information

[https://search3.openobjects.com/mediamanager/brighton/fsd/files/new\\_practical\\_and\\_emotional\\_support\\_factsheet.pdf](https://search3.openobjects.com/mediamanager/brighton/fsd/files/new_practical_and_emotional_support_factsheet.pdf)

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Things are changing very quickly so if you can, please check the information in this leaflet is correct.

In addition, the information does not constitute a recommendation or endorsement of any organisation, resource or website listed.

