

## Latest Updates

- Did you know there are walk-in appointments for you to get your Covid-19 vaccine? [Click here](#) to view the full list of locations and available appointment times. Locations include East Grinstead and Haywards Heath!
- Alternatively, you can pre-book an appointment via the [national booking site](#) or by calling 119.
- Did you know residents can access an interpreter for **FREE** for a wide range of support services? [View this video of Sussex Interpreting explaining their services!](#)

You are entitled to **FREE** transport to your Covid-19 vaccine if you are unable to access your appointment!

To book your free **return** journey, please **book your vaccination appointment** first or have **confirmed plans to a walk in**, then call **01444 275 008** to speak to a travel co-ordinator.

The booking service is available from:

### Monday - Friday:

- 10am - 1pm
- 2pm - 5pm



## Upcoming Events:

### Energy Saving Session

- Tuesday 1<sup>st</sup> March, 2pm
- Thursday 3<sup>rd</sup> March, 10am

### Understanding Universal Credit

- Monday 14<sup>th</sup> March, 6pm

### Filling benefits form (Disability Living Allowance) TBC

Please scan the QR code to find out more about our events!



## Did you know Mid Sussex Wellbeing can offer you **FREE** health checks? This includes:

- NHS Health Checks to prevent diabetes, heart disease, stroke and other health risks (eligibility criteria).
- Healthy eating talks
- Blood pressure clinics - for anyone who may not be eligible for a health check

Please contact us using the details below for more information.

