



# COVID 19 UPDATE

*PARISH NEWSLETTER*

1<sup>st</sup> July 2020

## What are the lockdown rules in Leicester?

### Information about affected areas of the lockdown in the district

Following Monday night's announcement (29<sup>th</sup> June), we can confirm that the following areas of the district come under the Leicester Lockdown:

- Braunstone Town (including Fosse Park)
- Glenfield
- Glen Parva
- Leicester Forest East (The area East of the M1)
- Thorpe Astley
  
- All non-essential shops will close from Tuesday 30<sup>th</sup> June, which Mr Hancock said will be enforced by law this week
- Schools will close from Thursday 2<sup>nd</sup> July and will not reopen until next term. However, they will stay open for vulnerable children and children of critical workers

- People should avoid all but essential travel to, from, and within Leicester and affected suburbs and should "stay at home as much as you can"
- The planned easing of some restrictions in England on Saturday will not go ahead in Leicester. This means restaurants, pubs, cafes, hairdressers and cinemas will stay closed, and shops allowed to open on the 15<sup>th</sup> June will have to close again.
- The relaxation of shielding measures on 6<sup>th</sup> July - which will allow the most clinical-vulnerable to spend more time outside - will not go ahead in the lockdown area.

Resident's in the affected areas can access help via the Community Hub if they need help with shopping, prescriptions, etc.

[Leicestershire County Council](#) has released an approximate boundary of the area and has a "[postcode checker](#)" available for those who are unsure whether they are affected.

## **Review of social distancing measures for areas not affected by lockdown**

From [Saturday 4th July](#), the Prime Minister has announced that pubs, restaurants and hairdressers will be able to reopen, providing they adhere to COVID Secure guidelines.

From the same date, he has set out that two households will be able to meet up in any setting with social distancing measures, and that people can now enjoy staycations in England with the reopening of accommodation sites.

In order to begin restoring the arts and cultural sector, some leisure facilities and tourist attractions may also reopen, if they can do so safely – this includes outdoor gyms and playgrounds, cinemas, museums, galleries, theme parks and arcades, as well as libraries, social clubs, places of worship and community centres.

Following a review, the Prime Minister has also set out that where it is not possible to stay two metres apart, guidance will allow people to keep a social distance of 'one metre plus'. This means staying one metre apart, plus mitigations which reduce the risk of transmission.

The evidence in the review shows that although relative risk may be higher at one metre than two metres, mitigations can be put in place to reduce this risk so being one metre apart is broadly equivalent to being two metres apart. Mitigations could include contactless purchases in shops, to working in fixed teams with staggered breaks across manufacturing and construction.

Due to the lockdown restrictions that apply to Leicester City and some surrounding areas, some businesses may take the decision not to open as planned on the 4<sup>th</sup> July.

## Test and Trace

The analysis shows that between 11<sup>th</sup> and 17<sup>th</sup> June, 6,923 people who tested positive for Coronavirus had their cases transferred to the tracing service, an increase of 974 on the previous week. Of those, 4,869 people (70.3 per cent) provided information about their recent contacts. So far, NHS Test and Trace has identified 113,925 close, recent contacts of those who tested positive for the virus, 88.6 per cent of those reported.

Those people affected by Test and Trace in the District can access help via the Community Hub if they need help with shopping, prescriptions, etc.

## Coronavirus: Protect your mental health

Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health, particularly those already living with conditions like anxiety.

As [Anxiety UK's](#) Nicky Lidbetter explains, the fear of being out of control and unable to tolerate uncertainty are common characteristics of many anxiety disorders. So it's understandable that many individuals with pre-existing anxiety are facing challenges at the moment.

"A lot of anxiety is rooted in worrying about the unknown and waiting for something to happen - coronavirus is that on a macro scale," agrees Rosie Weatherley, spokesperson for mental health charity [Mind](#).

For those with mental health problems these are just of the some useful contacts:

- NHS: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>
- BBC: <https://www.bbc.co.uk/news/health-51873799>
- Anxiety UK: <http://www.anxietyuk.org.uk/>
- Mind: <http://www.mind.org.uk/> Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)
- Samaritans: [www.samaritans.org.uk](http://www.samaritans.org.uk) Phone: 116 123 (free 24-hour helpline)
- Leicestershire Action for Mental Health Project (LAMP): [www.lampadvocacy.co.uk](http://www.lampadvocacy.co.uk) Phone: 0116 255 6286
- Adult Social Care LCC: Phone 0116 305 0004

## Shielded People Regulations

Shielded residents should now have received a letter from the Government informing them of the new guidance.

- People who are shielding will no longer receive government parcels after the 31<sup>st</sup> July 2020. They will now receive notes in their food parcels to remind them of this.
- They need to register with a supermarket for priority deliveries. If not already registered as needing food support and would like to have access to a priority supermarket delivery slot, individuals need to register on line or by phone before the **17<sup>th</sup> July 2020** – web site: <https://www.gov.uk/coronavirus-extremely-vulnerable> tel: 0800 028 8327
- If help is required to register with a Supermarket, Blaby DC has guidance to help them with this. Alternatively they can access the Co-op (Whetstone) delivery service through the Blaby District Council Community Hub [www.blaby.gov.uk](http://www.blaby.gov.uk) or by calling 0116 275 0555
- Urgent help can still be sought through the Blaby District Council web site [www.blaby.gov.uk](http://www.blaby.gov.uk) or by calling 0116 275 0555