



COVID 19 UPDATE

PARISH NEWSLETTER

5 August 2020

Shielding Restrictions

Shielded Residents, within the areas where the Leicester local lockdown was enforced, will be asked to follow the shielding guidance rigorously until the 17th August. The Government will relax shielding advice in the **Blaby area** in two stages on **3 August and 17 August**. This is because the number of people with the virus in Blaby area has fallen

From 3 August 2020

- you may, if you wish, meet in a group of up to 6 people outdoors, including people from different households, while maintaining strict social distancing;
- you no longer need to observe social distancing with other members of your household;
- If you are a single adult household (either an adult living alone or with dependent children under 18), you may from this date, if you wish, also form a 'support bubble' with one other household. All those in a support bubble will be able to spend time together inside each other's homes, including overnight, without needing to socially distance.

From 17 August the advice to 'shield' in your area will be paused. From this date, as with the wider population, the Government will be advising you to adopt strict social distancing rather than full shielding measures. Strict social distancing means you may wish to go out to more places and see more people but you should take particular care to minimise contact with others outside your household or support bubble

- you can go to work, if you cannot work from home, as long as the business is COVID-secure;
- children who are clinically extremely vulnerable can return to their education settings if they are eligible (in line with their peers). Where possible children should practise frequent hand washing and social distancing;

- you can go out to buy food, to places of worship and for exercise but you should maintain strict social distancing;
- you should remain cautious as you are still at risk of severe illness if you catch Coronavirus, so the advice is to stay at home where possible and, if you do go out, follow strict social distancing; and
- If you are clinically extremely vulnerable you are advised not to enter any area where local lockdown measures are in place.

If residents are currently in receipt of Government Food Parcels these will be carried on being delivered from the 1st August until 17th August by Leicester City Council. Affected people should be contacted shortly. If someone is not yet registered for support but are concerned that they will need help, they can contact the city council via email at c19support@leicester.gov.uk

If any shielded people living in the following areas require further assistance the BDC Community Hub can still provide support with shopping, prescription delivery etc Please contact Blaby District Council on www.blaby.gov.uk or by calling 0116 275 0555.

This applies to clinically extremely vulnerable people in:

- Braunstone Town (including Fosse Park)
- Glenfield
- Glen Parva
- Leicester Forest East (The area East of the M1)
- Thorpe Astley
- Enderby (area to the East of M1)

Accessing Supermarket slots for Clinically Extremely Vulnerable People.

If people on the shielded list have not already arranged supermarket slots they will now need to follow the procedure below.

Accessing supermarket slots from 1 August onwards:

- 1) Create an online account with any participating supermarket – please note that Ocado are currently not accepting registrations of new customers. Please do so as soon as possible.
- 2) Within 1 week of creating an account you should be contacted by that supermarket. If this does not happen, please contact the supermarket directly. Explain that you are on the Shielding Patient List and are Clinically Extremely Vulnerable, and that you registered for support to access food with central Government on or prior to 17 July. The supermarket should be able to manually locate you on the list they receive from central Government, and activate your priority access to online delivery slots. When you contact the supermarket please provide them with your details, and make sure they are the same as those which you registered with the Government when you requested support to access food.
- 3) If you have been contacted by a supermarket but are having trouble ordering online or accessing your priority slot, please contact the supermarket directly

Co-op Home delivery and collection

The Co-op are now offering online shopping from the Enderby and Glen Parva Stores. When you order online you can collect your shopping or get it delivered within two hours. They can also deliver when you buy-in store so you don't need to carry heavy bags.

<https://www.coop.co.uk/in-store-services/home-delivery>

Easing of restrictions

Anybody may now use public transport and, from 1 August, the advice on going to work will be updated to include employer discretion with discussions between employers and employees about working arrangements being encouraged. The updated roadmap for areas of the economy reopening, including most remaining leisure settings and close contact services such as beautician services reopening from 1 August. Indoor performances and larger gatherings will be subject to pilots and wedding receptions will be allowed for up to 30 people. Nightclubs and soft play areas will remain closed.

From 1 August advice for clinically extremely vulnerable people (shielded) will move in line with advice to those who are clinically vulnerable. In practice, this means staying at home as much as possible, and if people do go out, taking particular care to minimise contact with others outside their household (unless you are in a support bubble) and robustly practising good, frequent hand washing.

The relaxation of the shielding guidance will mean people who are clinically extremely vulnerable will be advised they can go to work or to the shops, as long as they are able to maintain social distancing as much as possible. This means that if they are unable to work from home but can work on site, they should do so, provided the business is COVID-safe.

Government Food Parcels to shielded people will stop after 31 July. Shielded people who have been in receipt of these parcels are entitled to get priority online shopping slots if they do not wish to go shopping. Please contact Blaby District Council on www.blaby.gov.uk or by calling 0116 275 0555

NHS volunteer responders

Support will continue to be available through the NHS Volunteer Responder Scheme beyond the end of July. NHS Volunteer Responders can support you with:

- collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies;
- a regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks; and
- transport to medical appointments arranged through Health care professionals.

Please call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support. More information is available at www.nhsvolunteerresponders.org.uk.

Testing for Coronavirus

Anyone with symptoms of coronavirus, however mild (a high temperature, a new continuous cough or a loss or change to your sense of smell or taste), must stay at home and book a test www.nhs.uk/ask-for-a-coronavirus-test or by calling 119.

Test and Trace

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.

Parish or Community Groups needing help with matters relating to the Coronavirus please speak to your local Parish Liaison Officer or contact the Community Hub on 0116 275 0555 or <https://www.blaby.gov.uk/leisure-health-and-community/community/coronavirus-community-hub/>