

EASING OUT OF LOCKDOWN

STAY ALERT, STAY SAFE

The Government has advised extremely vulnerable people who are shielding that they can start easing out of lockdown from Monday 6th July.

From **1 August**, people who are currently shielding should adopt **strict social distancing** measures instead. Food and medicine boxes from the National Shielding Service will stop, although people who were on the shielding list should still be able to get priority supermarket slots and support from local volunteer groups.

What has changed?

The UK's chief medical officers have **downgraded the coronavirus alert level** from four to three after a "steady" and continuing decrease in cases in all four nations. The downgrading - recommended by the Joint Biosecurity Centre (JBC) - means transmission of coronavirus is no longer considered to be "high or rising exponentially". Localised outbreaks of Covid-19 are still "likely" to occur, the advisers warned, and the virus remains in general circulation.

A ground-breaking **coronavirus treatment** has been approved for use across the NHS, it is proven to reduce the risk of death significantly, although no vaccine is yet available.



Why take the risk?

The physical and mental wellbeing of people is important to focus on, alongside taking every reasonable step to continue preventing the spread of Covid-19.



From 6th July



People shielding can form 'support bubbles' and go out to meet people.



Do I still need to keep to social distancing rules?

YES, EVERYONE must follow social distancing and hygiene requirements. From July 4th many places will reopen and some flexibility on the distancing is allowed, but all 'vulnerable' people should take extra care and keep to 6ft '3 steps' distance.

How 'vulnerable' am I?

There has been some confusion because there were **THREE** different categories of people

1. the general public,
2. 'vulnerable people'
3. 'extremely vulnerable people'.

ALL people over 70 were classed as 'vulnerable' but only a few of them were 'extremely vulnerable' - because of other serious medical conditions, and they should have received letters advising them about shielding.

Anyone **showing coronavirus symptoms** should start isolating and call your doctor to book or order your home-test kit. Call **111** if you're worried and need advice.

The New Normal...

From Saturday 4th July many places you've missed will be reopening. Healthy people over 70 can visit them but must follow strict social distancing and hygiene rules. Extremely vulnerable people should wait until August before visiting these venues. Some places (like museums and restaurants) may need to be booked ahead and may require your contact details.

■ **Places of worship** ■ **Libraries, museums and galleries** ■ **Outdoor pursuits like bowling**
■ **Hair salons and barbers** ■ **Bingo Halls, pubs, restaurants** ■ **Visitor attractions including gardens and heritage sites**

Wearing a face covering

Wearing a face mask is NOT compulsory but is **recommended in all enclosed spaces**. A non-surgical mask will NOT protect you from the virus BUT may help protect other people (because those with no symptoms can still infect others).



So even simple homemade masks or a scarf worn over the nose and mouth, can help limit the spread when out in public - although **social distancing and washing hands and faces is still more important.**

Public transport...

Alternative travel options should be considered first, but if you do need to take the bus or train you will have to wear a face covering.



Ease back into shopping...

Although all major stores will have reopened in July it will be best to avoid the crowded highstreets.

Local shops are much easier to use safely, they offer a more personal service and it is easy to see if they are too busy. **AVOID QUEUES** check out what days and times are quietest



The Furzedown Project

Although the Project can not open as normal it is exploring different options to run some activities, but the priority is to keep everyone safe.

Some exercise classes may be held in a nearby outdoor area in July/August.

It will be more difficult for groups to meet up indoors but they are researching what can be done and will contact their members.

Local help and support:

The **Furzedown Project** is happy to talk, call Mike or Clive on **020 8677 4283** Mon to Fri.

Useful numbers

Wandsworth Council Community Hub support: 020 8871 6555

- Councillor Leonie Cooper: **07725 612238**
- Councillor Judi Gasser: **07962 268074**
- Councillor Graham Loveland: **07973 126885**
- Revd Sue Clarke **07710744006**
- Revd Rob Powell **07341 277 324**
- Revd Marc Richeux **02086774521**

If you have email, join the **Furzedown Network** chatgroup by sending a blank email to **furzedown+subscribe@groups.io**

National helplines

- **Age UK advice Line: 0800 678 1174**
- **The Silver Line: 0800 4 70 80 90**