**Withington Parish Emergency Team**

**Coronovirus (Covid-19) – Bulletin 5**

15th May, 2020.

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| Earlier this week HM Government announced some small changes to the Covid-19 restrictions in place on us all. These changes are the first step in lifting the lockdown. Of course, if people don’t stick to the restrictions there is a very real chance that infection rates might start to climb again and that might result in the strict lockdown being reintroduced. If everyone uses common sense and follows the latest guidelines that can be avoided.This bulletin provides the latest information available on Government and NHS websites, particularly about the new “Stay Alert” campaign. |

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| Stay alert**We can all help control the virus if we all stay alert. This means you must:*** **Stay at home as much as possible**
* **Work from home if you can**
* **Limit contact with other people**
* **Keep your distance if you go out (2 metres apart where possible)**
* **Wash your hands regularly**

Do not leave home if you or someone you live with has:* a high temperature; or
* a new, continuous cough

[**Check the NHS website if you have symptoms**](https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/) |

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| **What has changed?**There are a limited number of things you can now do that you could not do before. You may now:* Spend time outdoors – for example sitting and enjoying the fresh air, picnicking, or sunbathing. The village green remains open for you to enjoy.
* Meet one other person from a different household outdoors - following social distancing guidelines.
* Exercise outdoors as often as you wish - following social distancing guidelines.
* Use outdoor sports courts or facilities, such as a tennis or basketball court, or golf course – with members of your household, or one other person while staying 2 metres apart
* Go to a garden centre

At all times, you should continue to observe social distancing guidelines when you are outside your home, including ensuring you are 2 metres away from anyone outside your household. **As before, you cannot:*** Visit friends and family in their homes
* Exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
* Use an outdoor gym or playground
* Visit a private or ticketed attraction
* Gather in a group of more than two (excluding members of your own household), except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations).

If you are showing coronavirus symptoms, or if you or any of your household are self-isolating, you should stay at home - this is critical to staying safe and saving lives. |
| The Covid-19 Pandemic has really brought the Parish of Withington together. Some of the successes so far have been:Several people sewing for the NHS, making scrubs, wash bags and other vital PPE which was in short supply. Those who haven’t been sewing have been donating fabrics and other equipment. Well done to everyone.The WhatsApp? Group now has 50 members. The group has brought us all together, with people offering to add to their shopping, visiting the post office, getting together to place larger orders for garden centres etc. We have even had newer members of the community introducing themselves and meeting their neighbours on-line. Lisa has done a great job keeping this going; if you haven’t yet joined the group and would like to get involved, just send a text to Lisa Gray (07889 956865) who will sign you up!.The (now) weekly grocery, meat and bakery order continues to be popular – thanks again to Carl and Julie for leading on this. Other initiatives have included a charity draw in aid of The Parish Rooms, which still have to be maintained, but for which there is currently no income. Thanks to Bill and Cheryl for donating a fantastic prize, and to those organising the draw.The regular coffee mornings have continued remotely. You stay at home with your own coffee and cake and join a Zoom meeting on-line to chat with other Parishioners. Thank you to Jon who sends the meeting invite via the WhatsApp? Group.Lots of volunteers are available to help anyone with problems during the pandemic, particularly elderly or vulnerable people who are having to stay at home. If you are in need of support please contact one of the Emergency Team – details below. |

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| **Stay alert** | **Control the Virus** | **Save lives** |
| **Household & Garden waste**Household recycling centres have now reopened. This has helped those people with large amounts of garden refuse. But for those who cannot get to the recycling centres there is always the temptation to have a garden bonfire. There are no laws against having a bonfire, but there are laws for the nuisance they can cause. You cannot get rid of household waste if it will cause pollution or harm people’s health. This includes burning it. You could be fined if you light a fire and allow the smoke to drift across the road and become a danger to traffic.It is not advisable to have bonfires at the moment to avoid putting additional strain on emergency services, but if you do then please follow this advice: * Keep at least six metres between the fire and your buildings and boundary.
* Telephone the fire service beforehand so that they don’t send out fire engines if they get a call (01743 260200). They may offer more advice.
* Don’t burn aerosols, batteries or plastics.
* Never use petrol, diesel or other flammable liquids to light the fire.
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| **A reminder of your Parish Emergency Team contacts:**Martin Timmis, Chair WPET (01743) 510236 or 07951 098662Phil Heath, Chair WPC (01743) 709430 or 07789 915323Neil Maxwell, Parish Councillor, (01743) 709333 or 07970 464530Lesley Stone, Parish Councillor & Volunteer coordinator (01743) 709105 or 07801 569372Alan Williams, Parish Councillor, (01743) 709282 or 07739 694723Denise Roscoe, Parish Clerk, (01743) 709603. |