



15th May 2020

Dear resident

In this email:

- Latest Government guidance
- Spending time outdoors
- Help is at hand from the Hampshire Helpline
- Mental Health Awareness Week
- Financial support and advice

We are sending emails like this one to residents of the New Forest with information about our services as we respond to the Coronavirus (COVID-19) outbreak.

You can unsubscribe at any time – see the end of this email.

Please share this email with your family and friends, and if they would like to sign up to receive them in future, they can subscribe at <http://www.newforest.gov.uk/emails>

Latest guidance to Stay Safe

We can all continue to 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 anyone in your household has symptoms.

<https://www.gov.uk/coronavirus>

We continue to look carefully at what new guidance from Government means for NFDC and our services to our community.

Any changes will be shown at

<http://www.newforest.gov.uk/coronavirus>

Spending time outdoors

The Government have eased the restrictions and people in England can now spend more time outdoors and enjoy a wider range of activities for any length of time, subject to social distancing rules.

You:

- Can spend time with one member of another household, one-on-one, as long as you adhere to strict social distancing guidelines at all times, staying 2 metres apart.

But you:

- Cannot gather with more than one member of another household, for example to play sports.
- Cannot go on holiday

- Cannot visit and stay overnight at a holiday home or second home
- Cannot visit the homes of friends and family, unless it's to help a vulnerable person, for medical reasons, or to take a child to another household with whom parental responsibilities are shared

<https://www.gov.uk/government/news/coronavirus-guidance-on-access-to-green-spaces>

If you are heading out, we, Forestry England, and the National Park Authority are asking people to respect and care for the New Forest, and to act responsibly if visiting the area's outdoor spaces. The priority remains to keep people and the Forest safe.

Some car parks have been re-opened, but local attractions, pubs, campsites, restaurants and hotels remain closed.

<https://www.forestryengland.uk/new-forest>

The Forest is on an amber fire warning due to the recent dry weather, so no barbecues are allowed, and we ask that people respect the vulnerable areas that are closed to protect ground nesting birds, stick to the designated routes when cycling, keep their distance from New Forest animals and follow the countryside code.

Help is at hand

There are lots of ways you can get help during the Coronavirus (COVID-19) pandemic. Local community hubs can help you get food, medicine and other essential support.

You're not alone. We're here to help. If you live in Hampshire, call: Hantshelp4vulnerable: 0333 370 4000 seven days a week, 9am to 5pm.

The NHS, councils, voluntary groups and community organisations are working together to make sure we get help to those who need it most.

<http://newforest.gov.uk/coronaviruscommunity>

Mental Health Awareness Week 18 – 24 May

Next week is Mental Health Awareness week from the Mental Health Foundation, focusing on the theme of kindness. During the Coronavirus crisis we have seen so many people in our community come together in kindness to help others.

Follow us on Facebook

<https://www.facebook.com/newforestgov>

and Twitter <https://twitter.com/newforestdc>

where we'll be sharing advice throughout the week on ways to improve your mood and your mental health.

And you can get involved by sharing your stories of kind acts by or for you, and sharing your ideas of how we can all be kinder to help support everyone's mental health using #kindnessmatters and #mentalhealthawareness

Find out more at

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Financial support and advice

If you are looking for the latest on what financial support there is for individuals, families and businesses, what to do if you are

unable to work, how your benefits may be affected, or information if you are on furlough, please see <https://www.gov.uk/coronavirus>

- What to do if you are employed and can't work:
<https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-employed-and-cannot-work>
- What to do if you were employed and have lost your job:
<https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-you-were-employed-and-have-lost-your-job>
- What to do if you are already getting benefits:
<https://www.gov.uk/guidance/coronavirus-covid-19-what-to-do-if-youre-already-getting-benefits>

Our Council Tax and Benefits teams can advise on benefits, applying for Council Tax Reduction, food bank vouchers, paying bills and more.

See information at: <http://newforest.gov.uk/coronavirusmoney> and get in touch at counciltax@nfdc.gov.uk and benefits@nfdc.gov.uk

Latest information from NFDC:

<http://www.newforest.gov.uk/coronavirus>

Latest information from central Government:

<https://www.gov.uk/coronavirus>

To stop receiving these emails please email STOP to enews@nfdc.gov.uk

Read our privacy notice:

<http://newforest.gov.uk/article/4549/Privacy-Notice>

To stop these emails going in to your junk folder add communications.nfdc@notifications.service.gov.uk to your

safe sender list. If you're still having problems, contact enews@nfdc.gov.uk support for help.