

24th June 2020

Dear resident

In this email:

- Latest easing of lockdown announcements
- Guidance for people shielding
- Planning deadlines extended
- Heatwave 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.

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Latest easing of lockdown announcements

The government has announced some changes from Saturday 4 July:

- From 4 July the guidance is that you keep two metres apart where possible, but where it is not, keep a social distance of at least one metre apart.
- Two households of any size will be able to meet in any setting, inside or out.
- Pubs, restaurants and hairdressers will be able to reopen, providing they adhere to COVID Secure guidelines.
- Provided that no more than two households stay together, people will be free to stay overnight in self-contained accommodation,

including hotels and bed and breakfasts, as well as campsites, as long as shared facilities are kept clean.

- Some leisure facilities and tourist attractions can reopen if they do so safely, including outdoor gyms and playgrounds, cinemas, museums, galleries, theme parks and arcades as well as libraries, social clubs and community centres.
- Places of worship can reopen for prayer and services, including weddings with a maximum of 30 people, all subject to social distancing.

Venues such as nightclubs, soft-play areas, indoor gyms, swimming pools, bowling alleys, water parks and spas will remain closed for now.

While the infection rate continues to fall, the Prime Minister has been clear that the public must continue to follow social distancing and handwashing guidelines to keep coronavirus under control. The Government will keep all measures under constant review and will not hesitate to apply the handbrake, or reverse measures, should the virus begin to run out of control.

Read more: <https://www.gov.uk/government/news/pm-announces-easing-of-lockdown-restrictions-23-june-2020>

We will update our website with any changes to our services at <http://newforest.gov.uk>

Guidance for over 2 million people shielding

The guidance for the clinically extremely vulnerable is changing on Monday 6 July.

Millions of people shielding from coronavirus (COVID-19) will be advised they can spend more time outside their homes from Monday 6 July.

People in the shielded group will be able to meet groups of up to six people outside, will no longer need to social distance from other members of their household, and will have the same option as other single adults to form a support bubble with other households.

From 1 August, the advice to shield will be paused: the group will be advised to follow strict social distancing measures, in line with people classed as vulnerable. They will be able to return to work and educational settings, go outside to buy food, to visit places of worship and to exercise, but on the basis that strict social distancing measures can be observed.

Read more: <https://www.gov.uk/government/news/plans-to-ease-guidance-for-over-2-million-shielding>

Hampshire Helpline

0333 370 4000

Available seven days a week, from 9am-5pm, for vulnerable people who do not have support from families, friends or their local community, and who need urgent assistance with practical issues.

Planning deadline extended

Planning permission deadlines will be extended by the Government under new measures to boost the building of thousands of new homes after three months of restrictions.

Planning approvals with an expiry date between the start of lockdown in March and the end of this year will be extended to 1 April 2021.

We are awaiting detailed guidance on what this means for NFDC and information will be added to our website planning pages when available at: <http://newforest.gov.uk/article/planning>

Heatwave advice

Many of us welcome hot weather, but when it's too hot for too long, there are health risks and with the Met Office forecasting high temperatures over the next few days, we wanted to share some advice and precautions for coping in hot weather.

- keep windows that are exposed to the sun closed during the day, and open windows at night when the temperature has dropped
- avoid the heat: stay out of the sun between 11am and 3pm
- wear light, loose-fitting cotton clothes
- keep rooms cool by using shades or reflective material outside the windows. If this is not possible, use light-coloured curtains and keep them closed (metallic blinds and dark curtains can make the room hotter)
- if possible, move into a cooler room, especially for sleeping
- have cool baths or showers, and splash yourself with cool water
- drink plenty of fluids and avoid excess alcohol
- if you have to go out in the heat, walk in the shade, apply sunscreen and wear a hat and light scarf
- check up on friends, relatives and neighbours who may be less able to look after themselves
- if you are exercising dogs, walk them at cooler times in the morning and evening, to avoid heatstroke and burning their paws on hot pavements.

You can read more from the NHS at <https://www.nhs.uk/live-well/healthy-body/heatwave-how-to-cope-in-hot-weather/> and the Met

Office <https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/tips-for-keeping-older-people-cool>

Did you know: The highest UK maximum temperature recorded in June is currently 35.6 Celsius, set at Mayflower Park, Southampton on 28 June 1976.

Latest information from NFDC:

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

Latest information from central government:

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

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