

1<sup>st</sup> July 2020

Dear resident

In this email:

- Updated government guidance from 4 July
- Health and Leisure centres
- Ward boundary review – have your say
- Coronavirus symptoms and how to get a test
- Extra Care housing
- Keeping children safe online

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.

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## **Updated government guidance from 4 July**

A reminder that from Saturday 4 July, the guidance is changing and as more businesses begin to reopen, you should continue to keep a safe distance from others.

Where you can't keep 2 metres apart, you can stay 1 metre apart as long as you follow certain precautions such as limiting the time of the interaction, and wearing a face covering.

From 4 July:

- Two households can meet in any setting, inside or out, but you must still follow social distancing measures.
- Pubs, restaurants, hairdressers, accommodation facilities and some leisure and tourist attractions can also open providing they adhere to COVID secure guidelines.
- Theory driving tests will restart in England (Car driving tests will restart in England on Wednesday 22 July)  
<https://www.gov.uk/government/news/driving-lessons-theory-tests-and-driving-tests-to-restart-in-england>

More information on what you can and cannot do:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do-after-4-july>

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## **Health and Leisure centres: Looking forward to welcoming you back safely when we can**

Since our centres closed in March, we've been busy preparing for a safe and happy re-opening.

The Prime Minister has announced that some leisure venues can reopen, such as cinemas and museums, but 'close proximity' venues such as indoor gyms, swimming pools, and spas will remain closed for now. We are keeping a close eye on this government and industry guidance and have been making some changes at the centres so you can enjoy your activity knowing you, and our staff, are safe when we are permitted to re-open.

Our plans so far mean that when we re-open, members will be able to take part in group exercise classes, workout in the gyms and go for a swim, but there will be some changes and we will be

asking everyone to play their part. We will ensure that social distancing is maintained, there will be restricted numbers in each area of the centres, and there will always be hand sanitiser close by. Please keep an eye on our website and as soon as we know more about the details, we will update at <http://www.newforest.gov.uk/healthandleisure/>

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## **Have your say on a new political map for New Forest District Council**

New boundaries are being proposed for council wards in the district.

The Local Government Boundary Commission wants to hear what residents think about the proposals which include changes to ward boundaries and a change from 60 councillors to 48.

View a map of the proposed wards, and give your views at: <https://consultation.lgbce.org.uk/have-your-say/19558>

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## **Coronavirus symptoms and how to get a test**

Anyone who has symptoms of Coronavirus – a high temperature, a new continuous cough, or a loss of, or change to, your sense of smell or taste – can get a free test to check if they have the virus.

Do not wait, apply for a test as soon as you have symptoms

Read how to get a test:

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-an-antigen-test-to-check-if-you-have-coronavirus/>

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## Extra Care housing

Do you, or a loved one, struggle to manage in your own home?

We have three Extra Care housing schemes in Totton, Lymington, and New Milton, for people who value their independence but need personal care and affordable housing. A care provider is onsite 24/7 to deliver individually designed care packages to residents.

The schemes are made up of individual flats, with their own front door, bedroom, kitchen, living room and bathroom. All rooms are equipped with an emergency pull cord. A door entry system ensures the buildings are only accessed by residents and their visitors.

Read more, see how to apply, and watch our short video that explains more: <http://www.newforest.gov.uk/extracarehousing>

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## Keeping children safe online

There is updated advice and guidance to help parents and carers keep children safe online during the coronavirus (COVID-19) outbreak:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online>

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Latest information from NFDC:

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

Latest information from central government:

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

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