

7th October 2020

Dear resident

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

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

Should you be out?

We all need to play our part to protect one another and one of the most important things we can do to help prevent the spread of coronavirus is to stick to the self-isolation rules.

Across Hampshire, hundreds are being advised to self-isolate every week because they either have symptoms, have tested positive, or are a close contact of someone who has tested positive. Self-isolating isn't always easy, but it's important.

Self-isolate immediately if:

- you have any symptoms of coronavirus (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste)
- you've tested positive for coronavirus – this means you have coronavirus
- you live with someone who has symptoms or tested positive
- someone in your support bubble has symptoms or tested positive
- you're told to self-isolate by NHS Test and Trace or the NHS COVID-19 app
- you arrive in the UK from a country with a high coronavirus risk

Know when to self-isolate and what to

do: <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

See local data: <https://www.hants.gov.uk/coronavirus>

When to send your child to school

Information from Hampshire County Council for parents and carers on when to send your child to school <https://www.hants.gov.uk/socialcareandhealth/coronavirus/schools/flowchart>

Garden waste

Our garden waste collection service has been very popular this year. Are you one of our customers?

Would you answer four quick questions to help us improve what we do? http://forms.newforest.gov.uk/id/GARDEN_WASTE_SURVEY

If you would like to join the garden waste service you can read more here: <https://newforest.gov.uk/gardenwaste>

Learn for free with The Skills Toolkit

Free courses are available online with The Skills Toolkit from the Department of Education.

It is an online learning platform open to everyone with a range of interests and skill levels.

More courses have just been added as part of the government's plans to transform the training and skills system to help the country recover from coronavirus.

The Skills Toolkit offers a wide range of high-quality courses that can help you build up your skills, progress in work, boost your job prospects and keep your mind healthy and busy. All the courses are flexible and online, ranging from a few weeks to a few hours, so you can top up your skills at a time and place that suits you.

<https://gov.uk/theskillstoolkit>

“Just” the flu?

Each year the flu kills on average 11,000 people and hospitalises thousands more – there's no “just” about it.

The flu virus spreads from person to person. Even amongst those not showing symptoms.

The flu vaccine is the best protection for you and those around you. It's available for free to those most at risk.

If you are in any of the groups below, ask your GP or pharmacist about the flu vaccine.

- Pregnant women
- Children aged 2- 11 years old
- Members of a shielding household
- 65+ years olds
- Those who are in receipt of a carer's allowance, or who are the main carer of an older or disabled person whose welfare may be at risk if the carer falls ill
- Those with a long-term health condition (LTHC) such as: a heart problem, a chest complaint or breathing difficulties, including bronchitis, emphysema or asthma (that requires an inhaled or tablet steroid treatment, or has led to hospital admission in the past), a kidney disease, lowered immunity due to disease or treatment (such as steroid medication or cancer treatment)

Read more about the flu vaccine from the NHS: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

Census 2021

The next census day will be 21 March 2021

The census is a once-in-a-decade survey that gives the most accurate estimate of all the people and households in England and Wales.

The information you give helps decide how services are planned and funded in your local area. This could mean things like doctors' surgeries, housing or new bus routes.

Every 10 years since 1801 (except in 1941 when no census was taken due to World War 2) the nation has set aside one day for the census – a count of all people and households.

In the last census, in 2011, the population of the New Forest district was 176,462, made up of approximately 52% females and 48% males and the average age was 45.

We will be telling you more about the census as the date gets nearer, but if you would like to learn more you can go to the Office for National Statistics website: <https://census.gov.uk/>

Watch out for scams

If you are contacted by the NHS Test and Trace team, you will never be asked to provide bank details or passwords.

Testing is free and you must get a test if you develop symptoms of COVID-19. There is no charge for testing, admin costs or postage through the NHS Test and Trace system.

If you develop symptoms, or are instructed to get tested because you have been in close contact with someone who has coronavirus, you can order a free test from the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

Nextdoor

New Forest District Council has joined Nextdoor.

Nextdoor is a free online neighbourhood hub where people work together to build stronger, safer, happier communities. You join with your postcode and it connects you to your local area.

To learn more or join: <https://nextdoor.co.uk/>

You can see our public service page at <https://nextdoor.co.uk/agency/new-forest-council>

Coronavirus testing on the Isle of Wight

The Isle of Wight Council has asked us to share their request that New Forest residents do not travel to the island for Covid-19 testing.

Some people have been given the Isle of Wight in error as an option for testing. This is because the system currently uses a 75mile radius, not taking into account the need to use public transport (ferry) to reach the island. It is a national rule that people do not travel on public transport to get tested.

If you get directed to the IOW for a test, don't go, and check the system again for a different location.

If you are unable to get to a test centre in your own vehicle, you should apply for a postal test instead. Do not use public transport or a taxi to visit a test centre as this will put other people at risk.

If you need to get a test for coronavirus because you have symptoms, call 119 or go online at nhs.uk/coronavirus

Appointments for tests are made available on a daily basis; the evening before for the following morning, and the morning before for later in the day.

Only book a test if you have any of the symptoms of coronavirus.

Missed an email? Read previous residents emails
at: <https://newforest.gov.uk/article/1610/Residents-email-archive>

Latest information from
NFDC: <https://www.newforest.gov.uk/coronavirus>
Information on coronavirus from Hampshire County
Council: <https://www.hants.gov.uk/coronavirus>
Latest information from central
government: <https://www.gov.uk/coronavirus>

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