

Dear resident

In this email

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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 Coronavirus (COVID-19). You can unsubscribe at any time – see the end of this email.

New coronavirus lockdown just announced

Prime Minister Boris Johnson has this evening announced tougher coronavirus restrictions in England from tonight (one-minute past midnight on 5 January 2021).

The new set of lockdown restrictions for England has been introduced to stop the current fast spread of coronavirus which has reached a record high.

The increasing pressure on the NHS means healthcare services are at risk of being overwhelmed.

You may now only leave home for limited reasons such as to shop for essentials, to work if you absolutely cannot work from home, to seek medical assistance such as getting a COVID test, or to escape domestic abuse.

You should follow this guidance immediately. The law will be updated to reflect these new rules.

Keeping to the lockdown restrictions, as well as reducing your social contact and continuing to follow hands – face – space, will save lives.

Stay home – protect the NHS – save lives

You must stay at home except for:

- shopping for necessities for yourself or a vulnerable person
- going to work if you cannot work from home
- exercising locally once a day, alone, with your household or support bubble, or with one other person
- meeting your support bubble or childcare bubble where necessary
- seeking medical assistance, or to avoid injury, illness or risk of harm (including domestic abuse)

Primary schools, secondary schools, and colleges across England will close and move to remote provision from tomorrow, except for vulnerable children and the children of key workers.

Full lockdown restrictions and updates will be added to <https://www.gov.uk/coronavirus> and a summary is now available at <https://www.gov.uk/guidance/national-lockdown-stay-at-home?priority-taxon=774cee22-d896-44c1-a611-e3109cce8eae>

Council services

We are reviewing what this latest announcement means for our services.

- Health and leisure centres are closed <https://leisure.newforest.gov.uk/>
- Information offices at Lyndhurst, Lymington, Fawley, New Milton, Hythe and Ringwood are closed <https://www.newforest.gov.uk/article/1163/Information-offices>
- Parking clocks (season tickets) can be bought on our website – they will be posted to the address supplied and should be received within five working days <https://www.newforest.gov.uk/article/1388/Pay-for-parking>
- Building control are continuing with external inspections (where access through a property is not required) and other inspections will be risk

assessed to ensure the surveyors and the homeowners are not put at any risk.

Essential services, like waste collections, benefit payments and homelessness support continue, but please see <https://newforest.gov.uk/coronavirus> for any updates and <https://www.newforest.gov.uk/article/1162/Contact-us> for how to get in touch.

Keep up to date at:

- Website: <https://newforest.gov.uk/coronavirus>
- Facebook: <https://www.facebook.com/newforestgov>
- Twitter: <https://twitter.com/newforestdc>

Hampshire helpline 0333 370 4000 – for advice and support if coronavirus has had an impact on you or any aspect of your life.

Coronavirus vaccine

The Oxford-AstraZeneca vaccine, the second vaccination to be approved in the UK, has started to be given across the country.

The vaccine, which has been through stringent safety checks and extensive trials, is our best defence against the virus and will help curb infections and then allow restrictions to be lifted.

The NHS is currently offering the COVID-19 vaccine to people most at risk from coronavirus. The vaccine is being offered in some hospitals and hundreds of local vaccination centres run by GPs.

It's being given to:

- some people aged 80 and over who already have a hospital appointment in the next few weeks
- people who live or work in care homes
- health care workers at high risk

The vaccine will be offered more widely, and at other locations, as soon as possible.

The NHS will let you know when it's your turn to have the vaccine. It's important not to contact the NHS for a vaccination before then.

Read more: <https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

Reporting a breach of coronavirus restrictions

If you are concerned that there has been a breach of restrictions you can contact Hampshire Constabulary at <https://www.hampshire.police.uk/tua/tell-us-about/c19/tell-us-about-possible-breach-coronavirus-measures/>

If you have concerns that Covid-secure measures are not being met by a business, we would recommend you raise this with the business at the time and, if you are not satisfied with the response, contact our environmental health team at eho.office@nfdc.gov.uk 02380 285230.

Disposing of waste if you're self-isolating

If you have any symptoms of COVID19 you must self-isolate immediately and book a test.

The main symptoms are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

To book a test, call 119, use the NHS COVID-19 app or visit

<http://NHS.uk/coronavirus>

You must change the way you put out rubbish for collection if you are self-isolating due to coronavirus, because you have had a positive test result, have symptoms

or have been told to isolate by NHS Test and Trace,

Please double-bag your personal waste (tissues, cleaning cloths) before putting them in your black sack. Wait at least three days before putting your sacks out for collection.

By taking these extra precautions, you can help keep our staff safe and our collection services running during this time.

There is more information on our website:

<https://www.newforest.gov.uk/article/1579/Coronavirus-waste-and-recycling-changes#h20>

Financial support for those who have to self-isolate – read more and see if you are eligible: <https://newforest.gov.uk/testandtracepayment>

Cold weather advice

Icy conditions and cold weather are forecast this week.

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Please check on older neighbours and relatives, and those with heart or breathing problems, to make sure they are safe and well, and have stocks of food and medicines so they do not need to go out during very cold weather.

If you are concerned about someone, you can contact Hampshire County Council's Social Care and Health team

<https://www.hants.gov.uk/socialcareandhealth>

If you're concerned the person may have hypothermia, contact NHS 111 or in an emergency call 999.

Keep warm and well:

- keep following COVID-19 guidance and remember hands, face, space
- if you're not very mobile, are 65 or over, or have a health condition, such

as heart or lung disease, heat your home to at least 18° C

- keep your bedroom at 18° C all night if you can – and keep bedroom windows closed
- if you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable
- use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time
- have at least 1 hot meal a day – eating regularly helps keep you warm
- have hot drinks regularly
- get your heating system checked regularly by a qualified professional
- stay as active as you can – any exercise can bring health benefits
- get your flu vaccine

Help with heating costs:

- See Hampshire County Council's advice for people struggling to keep their homes warm
<https://www.hants.gov.uk/socialcareandhealth/adultsocialcare/coldspots>
- Winter Fuel Payment – If you were born on or before 5 October 1954 you could get between £100 and £300 to help you pay your heating bills.
<https://www.gov.uk/winter-fuel-payment>
- Cold Weather Payment – You may get a Cold Weather Payment if you're getting certain benefits or Support for Mortgage Interest.
<https://www.gov.uk/cold-weather-payment>
- See the government's Simple Energy Advice website
<https://www.simpleenergyadvice.org.uk/> or call the Simple Energy Advice helpline on 0800 444 202.

Tell us about people homeless or rough sleeping this winter

Contact our homelessness team as soon as possible if you see, or know of someone, that you suspect is homeless or sleeping rough: on our website

<https://newforest.gov.uk/article/993/Help-for-homeless>, email

homeless@nfdc.gov.uk, or call 023 8028 5222.

Recycle your real Christmas tree

If you have a real Christmas tree, we can help you recycle it safely this new year.

- In your garden waste: Until 18 January 2021, if you subscribe to our green waste collection service, you can recycle your real Christmas tree in your garden waste bag. Trees must be less than 6ft tall and be cut up, with all decorations removed, before placing them in your bag.
- At our local drop off points: Until 17 January 2021, you can recycle your real Christmas tree by leaving it in a designated drop-off point at selected car parks. The collected trees will be chipped and used as mulch. Remove all decorations from the tree before taking it to a drop-off point. Find your local drop off point at <https://www.newforest.gov.uk/christmasrefuse#trees> Please observe the local coronavirus restrictions when leaving home to drop off your Christmas tree.
Do not fly-tip trees in car parks that are not on our list, outside of the designated fenced bays, in disabled parking bays, on footpaths, or by litter bins or recycling banks.

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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