

Holbeton Parish Council. Coronavirus Update 18/06.

From From 13 June, adults who live by themselves and single parents with children under 18 living at home in England can join up with one other household to create a support bubble.

Forming this support bubble means you effectively become one household – you can act as if you all lived together. This means you can do things such as go round to their house, stay the night and travel together in private vehicles.

But once you've formed your support bubble, you can't change who's in it. You also can't go into the homes of anyone outside your support bubble – unless it's in line with the wider guidance, which includes accessing a garden or other outdoor space.

If you are over the age of 70 then you are still able to form a support bubble.

However, we know that people over the age of 70 are at greater risk from coronavirus so you may want to take extra care. You might want to avoid forming a bubble with a household that is more exposed to coronavirus, for example if there are people in the home who are healthcare workers. Everyone in your support bubble should take extra care when meeting up with people outside of the bubble. This includes maintaining a distance of at least 2 metres and following proper hygiene measures, including washing your hands frequently with warm water and soap.

If you are classed as **clinically extremely vulnerable** and have been advised to **shield** by the Government, then you should NOT form a support bubble. The Government are currently reviewing the guidelines for people who are shielding and will be providing more information by the end of June.

Handwashing and social distancing remain the best way to protect ourselves and each other.

As of 15 June it is mandatory for most people to wear a face covering while using public transport (not something that Holbeton sees much of!)or when in a healthcare setting.

You do not need to buy a face covering if you don't want to, as they can be made from items we already have in the home (with some scissors and elastic bands) such as:

- a scarf
- a bandana
- a handkerchief
- bedding
- an old cloth t-shirt.

If you enjoy and have time to sew, you could also make face coverings with some cotton fabric, elastic, scissors, needle and thread. There are videos on You Tube or Ann Rayner Tel 830295 is happy to advise.

The Citizens Advice service estimate that 1 in 3 people have been contacted by a scammer since the crisis began. Their advice on protecting yourself can be accessed by this link. <https://www.citizensadvice.org.uk/sa20/> A recent scam involves the Track and Trace service...you do not need to pay for a test or need to give them your bank details at any time.

If you have symptoms arrange a test via <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/ask-for-a-test-to-check-if-you-have-coronavirus/>

Children who are eligible for free school meals will receive a voucher to cover meals during the school holidays. As many families circumstances are subject to change at the moment you can check if you are eligible here. <https://www.gov.uk/apply-free-school-meals>

Devon Libraries will be reopening from July 6th but there is no information about the mobile service at the moment.

C L Ackroyd