

## Holbeton Parish Council - Covid Update 02/07

Previous posts have details that remain useful including links to financial, health and mental health advice.

Anyone in England who has symptoms of coronavirus, whatever their age, can get a test by [going to the NHS website](#) or by calling 119. Any individual with symptoms must isolate for 7 days and anyone else in the household must isolate for 14 days, this advice has not changed. When someone tests positive for coronavirus the NHS Test and Trace service is notified and they will contact the affected person to attempt to identify all those they have been in contact with. Should there be a local outbreak in Devon the County Council has a local outbreak plan <https://www.devon.gov.uk/coronavirus-advice-in-devon/lomp/local-outbreak-management-plan-fags/>

Pubs, cafes etc reopen from the 4th July.....not in Holbeton yet but I'm sure we're all looking forward to it! The Village Hall hopes to reopen within the next month, any enquiries to the trustees. The playpark has had a recent safety inspection and will reopen when the identified works have been completed and the Parish Council has completed a risk assessment.

Pubs, cafes, restaurants etc are able to open subject to guidelines. A brief summary of a document that in places is clear as mud follows. Venues should have a risk assessment completed and on display for you to check. Businesses do NOT have to adhere to the guidelines at present. The recommendations are that bar service should be avoided, table service is safer...social distancing by customers and staff should be followed (more info on that below). There will be no live music. Hand sanitisers should be available at the entrance. Toilets should have a cleaning schedule displayed and signage about safe usage. Sports can be shown on TV etc but please don't shout or sing! Responsible venues will operate by reservation and will ask for your contact details to enable the Test and Trace service to identify who may be at risk if an individual is infected. It is worth considering that venues that don't adhere to guidelines are putting you as an individual and everyone you go on to have contact with at potential risk. The Local Authority will be monitoring. Enjoy!!

The new social distancing guidelines are that '2 metres or 1 metre with risk mitigation where 2 metres is not viable, is acceptable'. So understandably many businesses would struggle to survive if 2 metre social distance was required therefore the decision has been made to offer the above advice. This is causing much confusion. Ideally wherever possible remain at 2 metres, this is safer than one metre, however how much safer - between 2 and 10 times - depends on where you are and how long you are there for. The one metre plus with 'mitigation'...<https://www.gov.uk/government/publications/staying-safe-outside-your-home/staying-safe-outside-your-home>

The mitigation list is long...and covers such things as face masks, sit side to side not face to face (really counterintuitive, try it), not in crowded places, good ventilation,

washing clothes regularly and not shouting or singing.... staying at home with a bottle of wine and a takeaway continues to look appealing particularly as the chance of us all remembering this after a couple of drinks is slim?

The Village shop remains happy to deliver or collect your purchases for you to pick up from outside the shop. As the village opens up to visitors many people may feel anxious.. this is normal. To protect shop staff, you can wear a face mask. The shop has been a lifeline for many over lockdown, please continue to support them.

When you are outside you can continue to meet in groups of up to six people from different households, following social distancing guidelines. Gatherings of more than six people are only allowed if they are all from only 2 households. Gatherings of more than 30 people remain illegal. You should not hold or attend celebrations (such as parties) where it is difficult to maintain social distancing.

You can meet in groups of up to two households (your [support bubble](#) counts as one household) in any location - public or private, indoors or outdoors. You do not always have to meet with the same household - you can meet with different households at different times. However, it remains the case - even inside someone's home - that you should socially distance from anyone not in your household or bubble. For people who are clinically vulnerable, see post 8 if you want to know who this applies to, the advice on social distancing and keeping yourself safe whilst meeting other people should be followed stringently.

From 1 August the government has advised that shielding for clinically extremely vulnerable people will be paused.

There are many conflicts and contradictions in the advice as lockdown eases and it may feel frightening and anxiety inducing. The decision makers are trying to find a balance between restarting the economy and keeping virus transmission low, this inevitably leads to situations where more people can gather in one place than in another. Homes are still high risk for transmission and outside spaces remain safer. If you remain confused or worried see below.

Cllr Baumer (Retired Consultant) and Di Baumer ( Retired Public Health Nurse) have kindly offered to give telephone or email advice and support . They can be contacted as detailed below. This is NOT an alternative to receiving individual advice from your GP or Specialist Medical Care Team. It is part of our broader community response.

Dr H. Baumer Tel.830274 Email:[harry@luson.plus.com](mailto:harry@luson.plus.com)

Di Baumer Tel. 830274 Email:[dianaebaumer@googlemail.com](mailto:dianaebaumer@googlemail.com)

## **Parish Prescription Collection Service.**

The prescription delivery service for both Yealm Medical Centre and Modbury Health Centre patients will end on the 1st August, when those shielded are going to be 'allowed' to leave their homes.

As of now the prescription service will not be taking on new customers, but will discuss with each remaining customer whether and when they will feel happy to collect their own prescriptions.

For Yealm Medical Centre those having difficulty collecting their prescriptions the options of having medication delivered to Holbeton Village Store or to their homes can be arranged by contacting Corrina Murray at Yealm Medical Centre. The prescription team (Laura and Bel) will be happy to assist if required. For Modbury Health Centre please contact the Modbury Health Centre, and Gina Hay if required.

If there is another lockdown then the prescription delivery service can be restarted.

The Parish Council would like to thank Cllr Harry Baumer who coordinated this scheme and particularly Bel, Laura, Sue and Gina who have been so generous in taking on a task that has gone on longer and involved more than initially anticipated. You are amazing and I am sure your many clients agree.

C L Ackroyd