

Issue 16
4 September
2020

Newsletter for the Allerdale and Copeland Area

This is the sixteenth edition of the newsletter which from this edition, will be a monthly newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times. Updated information is also available on the Cumbria County Council website: <https://cumbria.gov.uk/coronavirus/>

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|  Wash your hands regularly |  Keep your distance if you go out (2 metres apart where possible) |  Avoid crowds and gatherings |
|  Wear a face covering if you can |  If you have symptoms, self-isolate and only leave your home to get tested |  And, if you're contact traced follow the advice you're given |



You can spread coronavirus even if you do not have symptoms and that can be life-threatening to vulnerable people.

Coronavirus has killed over 400 people in Cumbria.

Protect yourself, your family and your community.

Find out more at
cumbria.gov.uk/stopthespread

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

Latest Government Guidance



HM Government

[Gov.UK](https://www.gov.uk)

A new payment scheme began on 1 September for people on low income that need to self-isolate and are unable to work from home in areas with high incidence of Covid-19.

- Government to implement new payment for people on low incomes in areas with high rates of COVID-19, who need to self-isolate and can't work from home
- Payments of up to £182 to be made to people who have tested positive for Covid-19 and their contacts

Further information on this scheme can be found here: <https://www.gov.uk/government/news/new-payment-for-people-self-isolating-in-highest-risk-areas>

On the 26 August the government announced that from 1 September all students, in all year groups will return to education full-time. New advice will apply to use of face coverings by staff and pupils in some schools and to learners in further education. This guidance applies for schools and other education institutions that teach children in years 7 (aged 11 to 12) and above in England. Further information can be found here:

<https://www.gov.uk/government/publications/face-coverings-in-education>

For the most frequently asked questions and what you can and can't do visit here: <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

What else will be changing and milestones to be aware of:

September: All schools, nurseries and colleges will open for all children and young people on a full-time basis. With universities working to reopen as fully as possible.

October: The government intends to bring back audiences in stadiums allow conferences and other business events to recommence in a Covid secure way, subject to the successful outcome of pilots. The furlough scheme will end on 31 October 2020.

November: The government's ambition is to scale back remaining social distancing measures, but this is contingent on a number of factors, including consideration of the specific challenges as we move into winter. For further information and regularly updated guidance visit the Gov website here: <https://www.gov.uk/coronavirus>

NHS Information



NHS

Individuals are still being urged to self-isolate for at least 10 days if they develop any symptoms of coronavirus, these being:

- A high temperature
- A new continuous cough
- A loss or change to sense of smell or taste

If you have any of these main symptoms you should self-isolate immediately, stay at home and book a test.

You must also self-isolate if you are contacted by the NHS Test and Trace service because you have been in close contact with someone who has tested positive.

You can book a free test here:

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

How the NHS Test and Trace service works:

Isolate: as soon as you experience any symptoms, you must self-isolate for 10 days and anyone in your household must self-isolate for 14 days from when you started having symptoms.

Test: book a free online test immediately or call 119.

Results: if you test positive you must complete the remainder of your 10-day self-isolation and anyone in your household must complete self-isolation 14 days since the symptoms started.

Share contacts: if you test positive for coronavirus, the NHS Test and Trace service will send you a text, email or call you with instructions of how to share details of people with whom you have had close, recent contact with and places you have visited.

Alert: if you have been alerted by the NHS Test and Trace service that you have been in close contact with someone who has tested positive for coronavirus, you must self-isolate and then log onto the NHS Test and Trace website to communicate with the service. If you or other members of your household then develop symptoms you must book a test.

Local Government Information

Cumbria County Council

The latest report (26 August) shows that the number of new coronavirus cases in Cumbria continues to be broadly static with 28 new cases.

The local multi-agency Cumbria Health Protection Board is continuing to monitor the situation closely.

For the latest information and infection rates visit:

<https://www.cumbria.gov.uk/publichealth/covid19outbreakcontrol.asp>

The county council's Director of Public Health is still reminding people to continue to be vigilant and follow social distancing guidelines and good hygiene measures. With the key public health message remaining in place; wash or sanitise hands regularly, observe social distancing rules, wear face coverings in enclosed public spaces, If you have symptoms, self-isolate and get tested, follow advice to self-isolate.

Covid-19 Emergency Support Line

The Cumbria Covid-19 Emergency Support Line, which was set up to support people who were shielding, stopped operating at the end of August as the national Shielding programme is currently "paused." The support line may be reactivated in the event of a local lockdown, or if the national Shielding programme is reintroduced.

The support line was very successful, up until the end of July, it had received 6,756 calls, 933 emails and 252 online form submissions

There is also a new service on the county council website that finds the nearest volunteer support groups and other services based on the location you provide. It is designed for people to access support should they need to stay at home due to coronavirus.

The service can be found here: <https://www.cumbria.gov.uk/>

If you are struggling to buy food or essentials because of financial difficulties you can contact the Ways to Welfare community support team here: <https://www.cumbria.gov.uk/welfare/support.asp> or your local Citizens' advice <http://citizensadvicecumbria.org.uk/> for support.

Local Government Information

Cumbria County Council

Key messages

- The infection rate is currently low, thank you for your efforts. Let's keep it going and prevent local outbreaks.
- Coronavirus is still here, in Cumbria it has already claimed the lives of over 400 people and there is no vaccine. Your actions can prevent more deaths.
- We must continue to protect ourselves, our loved ones and our communities / Protect yourself and those close to you.
- Respect social distancing rules and practise good hand and respiratory hygiene. Where possible, we should continue to stay 2 metres apart or '1 metre plus' additional safety precautions, such as wearing a face covering, when it is not always possible to stay 2 metres apart.
- We all have a duty to keep each other safe, coronavirus is still here but together we can continue to limit its spread and prevent a second wave.
- Face coverings must be worn in more indoor settings, unless you are exempt. These include hair salons and barbers, cinemas, libraries and places of worship. Please be mindful and respectful that some people are not able to wear face coverings.
- For anyone heading for a night out this weekend remember to do the basics – social distancing as far as possible, wash your hands regularly and make sure you provide contact details to any venues you visit. If you are getting a taxi you are encouraged to wear a face covering.
- Recent coronavirus cases have related to house parties and BBQs where there was mixing between groups from multiple households. We urge people to think carefully before holding these types of gathering.
- Help stop the spread. When local businesses ask for your contact information, remember to provide all your details and double check they are accurate.



Local Government Information

Cumbria County Council

Getting back to school safely:

Schools reopened to all pupils from 1 September. The Government's view is that the risk from Covid-19 is now significantly outweighed by the benefits for children's well-being, development and learning of getting back to school.

Information about how schools are reopening safely is now available and anyone with children returning to school is encouraged to ensure they understand the new arrangements in place.

Find out more here: <https://www.cumbria.gov.uk/coronavirus/schools.asp>

For full government guidance on the reopening of schools, find more here: <https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools>

Traveling to school:

To reduce the number of people travelling by bus, if possible consider your child walking, cycling or scooting to school. If your child does need to use school transport make sure you understand the arrangements in place for their school and follow the guidance.

Find out more here: <https://www.cumbria.gov.uk/childrenservices/schoolsandlearning/schooltransport.asp>



**Back
to school
safely**

Walk, cycle or
scoot to school
where you can.

**Cumbria
County Council**

**STAY ALERT
CONTROL
THE VIRUS
SAVE LIVES**

Local Government Information

Cumbria County Council



**Calling All
Parents**
Help paying for
your childcare

Childcare Choices

30 Hours Free Childcare

All 3 & 4 year olds are eligible for 15 hours of free childcare the term after they turn 3.
Working parents of 3 & 4 years olds may be eligible for 30 hours.
Apply at www.childcarechoices.gov.uk

Tax-Free Childcare

The scheme gives eligible families 20% off childcare costs. You open an online **Tax-Free Childcare** account and the Government adds 20p for every 80p you pay in. You then pay your childcare provider from that account

Free Childcare for 2 year olds

Your child may be able to take up 15 hours of free childcare if you meet the eligibility criteria.
www.gov.uk/help-with-childcare-costs/free-childcare-2-year-olds

To apply in Cumbria go to:
www.cumbria.gov.uk/childrenservices/childrenandfamilies/cfis/frechildcarefortwoyearolds.asp

Universal Credit and Childcare

If you are working, and eligible for Universal Credit, you may be able to claim up to 85% of your childcare costs

Care to Learn

This scheme can help with childcare costs while you study. You must be under 20 years old at the start of your course. To apply go to: www.gov.uk/care-to-learn

Childcare Calculator

Using the Childcare Calculator you can find the best offers available to you. www.gov.uk/childcare-calculator



HM Government

Local Government Information



Allerdale Borough Council

Find out the latest about the impact of the coronavirus on our services at www.allerdale.gov.uk/coronavirus

This includes information on bin collections, housing and our leisure centres and toilets. You can also call the council on **0303 123 1702**. Our customer contact centres remain closed, but many of our services have returned to normal including our waste collections. Where changes are needed to the way we provide our services, it is to protect our customers and staff as much as possible from infection. Our leisure centres in Cockermouth and Workington are open, however, all sessions have to be pre-booked. Please go to the GLL website for more <https://www.better.org.uk/leisure-centre/allerdale> or contact your local centre.

There is information for individuals facing financial hardship and at risk of losing their home and being made homeless. We can provide support for paying your council tax, and also rehouse you if required. If people do not have access to the internet, then call the council on the number shown. This number can also be used in an emergency. If you are experiencing domestic abuse and need to leave home, please do contact us.

Our website also includes information and advice for business owners on opening safely as well as grants and other financial schemes available to them.

Local Government Information



Proud of our past. Energised for our future.

Copeland Borough Council

Beacon reopening

The museum reopened on Saturday August 29 with the previously-delayed family exhibition, Bears! It's full of original sketches and storyboards from some of the world's best known children's and young adult authors. There are also all the other exciting exhibits across the four floors of the museum, with hygiene and social distancing measures in place throughout.

In addition, a digital redevelopment of the museum that was ongoing prior to lockdown, will now be introduced during the autumn months. There will also soon be news on the renovation of our unique bistro space.

The Beacon Museum reopened at 10am on Saturday, August 29, with last entry each day at 3pm. Face masks must be worn.

Visit www.thebeacon-whitehaven.co.uk for more details.

Masks to be worn at crematorium

Guests at Distington Hall Crematorium are now required to bring and wear face coverings at services.

The crematorium chapel can accommodate up to 30 people (including the funeral director and celebrant). However, social distancing must be observed between attendees and family groupings - this may limit the attendance capacity. Funeral directors are supporting families with guidance on this.

Copeland Council's website has full information on services and support for residents and businesses during the COVID-19 crisis. Please visit

<https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland>

Residents are encouraged to sign up to the council's free digital newsletter, Copeland Matters, at <https://www.copeland.gov.uk/subscribe-cem>

For all the latest Coronavirus information including support for Copeland residents and businesses, visit here: <https://www.copeland.gov.uk/coronavirus-pandemic-information-copeland>

Contacts / Useful Links Page

| Local Governments | |
|---------------------------|---|
| Allerdale Borough Council | 0303 123 1702 https://www.allerdale.gov.uk/en/ |
| Copeland Borough Council | 01946 598300 https://www.copeland.gov.uk/ |
| Cumbria County Council | https://www.cumbria.gov.uk/ |
| GOV.UK | https://www.gov.uk/ |
| Public Information | |
| Active Cumbria | 01228 226885 https://www.activecumbria.org/ |
| Alzheimer's Society | https://www.alzheimers.org.uk/ |
| Age UK | https://www.ageuk.org.uk/ |
| CADAS | 0300 111 4002 https://cadas.co.uk/ |
| Citizens Advice | https://www.citizensadvice.org.uk/ |
| Cockermouth Linking Lives | 07975 515140 https://linkinglives.uk/cockermouth/ |
| Every Life Matters | https://www.every-life-matters.org.uk/ |
| Family Action | https://www.family-action.org.uk/ |
| Healthy Hope's | https://www.healthyhopes.co.uk/ |
| Kooth | https://www.kooth.com/ |
| Mind | https://www.mind.org.uk/ |
| NHS | https://www.nhs.uk/ |
| People First | 03003 038037 https://wearepeoplefirst.co.uk/ |
| Samaritans | https://www.samaritans.org/ |
| Together We | 0808 196 1773 http://www.togetherwe.co.uk/ |

Contacts / Useful Links Page

Personal Financial Support

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|--|---|
| Affinity Credit Union | 01946 817508 https://www.affinitycu.co.uk/ |
| Citizens Advice Allerdale | 01900 604735 http://citizensadviceallerdale.org.uk/ |
| Citizens Advice Copeland | 01946 693321 https://citizensadvicecopeland.org.uk/ |
| Cumbria Victims Charitable Trust | http://www.cumbriavictimstrust.org.uk/index.html |
| DWP | https://www.gov.uk/government/organisations/department-for-work-pensions |
| North Lakes Foodbank | 01900 823854 or 07502 311452 https://www.thefoodbank.org.uk/ |
| Whitehaven Egremont & District Credit Union | https://wedcu.co.uk/ |

Information for Local Support Groups

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|-------------------------------------|--|
| Cumbria CVS | 01768 800350 https://cumbriacvs.org.uk/ |
| Cumbria Community Foundation | 01900 825760 https://www.cumbriafoundation.org/ |