



5 January 2021

To All Residents

Dear Resident

COVID-19 – Important New Guidelines

I hope you all had a peaceful and happy festive period and that you enjoyed the entertainment provided by Silhouette and his Christmas dancers (staff team), Christmas hamper gifts from the Trustees and the afternoon tea delivered personally by the housing team to your doors. All staff continue to work hard to keep you as safe as possible.

As you may be aware, the Government has ruled that the Country is now in a national lockdown due to the soaring numbers of a new and highly transmissible variant of COVID-19 that is sweeping through many areas. Regrettably, I must inform you that we now have cases of COVID-19 within our community of Sheltered Housing and it is therefore essential more than ever, that we ALL pull together to protect each other from infection by strictly following the Government guidelines as follows:

STAY HOME – PROTECT THE NHS – SAVE LIVES

You must stay at home. The single most important action we can take is to stay at home to protect the NHS and save lives. The Government states that you must not leave, or be outside of your home except where necessary, for example for **essential** food shopping, medical appointments, or to exercise once a day. This means that you will not be able to meet with friends, family or neighbours in your home who do not form part of your exclusive 'bubble'. In reality this will only be ONE other household. Essential workers such as medical staff and Carers are permitted in your home as long as PPE is worn and social distancing is maintained.

Please ALWAYS wear a face mask covering your nose and mouth in public places and wash your hands with warm soapy water for 20 seconds as often as possible, or use alcohol hand gel where hand washing is not possible. Avoid travelling on public transport unless necessary. Where possible keep a suitable distance from other people, for example when waiting at crossings and traffic lights or in queues in shops/banks.

Within our community, everyone who is able to, must now wear a face mask in all internal and external communal areas, including corridors, stairwells and laundries; community rooms will remain closed until further notice.

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You must not meet or sit with other residents in any internal communal areas, even if you are wearing a face mask.

You may exercise once a day with one other person outside, so long as you are wearing a face mask and are at least two metres apart. Please continue to follow your laundry rota as measures still apply; only one person at a time.

Finally, please make sure that you inform your Housing Support Officer **immediately** if you feel unwell with any symptoms, even if you think they are mild or insignificant. This is essential to prevent the spread of the virus within our community further, and it will enable our staff to support you if you do get infected with Covid virus.

Thank you in advance for your cooperation which I am sure you will appreciate will hopefully bring us all closer to a return to an ease in sanctions.

Best wishes

Gail Oliver

Gail Oliver
Chief Executive