

BEDFIELD COVID-19 VOLUNTEER GROUP

2021

No. 2

13 May 2021

What can you do from Monday?

We move into Stage 3 of the easing of restrictions on Monday, 17 May. The changes are outlined on page 2 of this newsletter.

Please be aware that **no** vaccine is 100% effective. We all still need to take precautions to keep ourselves and others safe.

How do I get a vaccine?

Anyone aged 38 or over can book a vaccine now. More details about getting a vaccine are on page 3 of this newsletter.

Data Protection

Your data (any email addresses and telephone numbers) are kept safely and securely in accordance with the Parish Council's data protection policy. Your information is not shared with anyone else and is **only used** for communicating on matters relating to COVID-19. It will be held until the pandemic is deemed to be over unless you ask to be removed from the database before then.

Village activities

I am sure there will be an increasing number of events and activities in Bedfield and Monk Soham from now on. I already email newsletters with details of such events to those who have asked.

If you have not been receiving them, please email bedfieldmonksoham@btinternet.com to be added to the circulation list.

Other support

Finally, if you have any concerns, questions or need advice relating to COVID-19, please email bedfieldcommunity@btinternet.com. We will do all we can to help.

Rules from 17 May 2021

Stage three of the easing of lockdown



You can meet people as follows:

- People can meet in groups of up to 30 outdoors.
- Six people or two households can meet indoors, with overnight stays allowed.

Social distancing with close family and friends is a matter of personal judgement, but people are asked to remain cautious around close contact, like hugging.

www.gov.uk/guidance/meeting-friends-and-family-covid-19



What is now open?

- Adult indoor group sports and exercise classes can restart
- Outdoor and indoor entertainment, such as theatres, cinemas, museums, children's play areas, zoos, theme parks, libraries and community centres
- All shops, hairdressers, beauty salons and other close-contact services



What else can I do?

- Restaurants, cafes and pubs can seat customers indoors (following the rule of six or two households)
- Up to 30 people can attend weddings or other life events, like christenings or funerals
- Care home residents allowed five named visitors and more freedom for visits out of the home
- Performances and large events can restart, but with limits on audience numbers



Can I travel?

- Non-essential journeys are allowed; continue to work from home if you can
- Hotels, hostels and B&Bs can reopen in the UK
- Some international leisure travel may resume. Countries are in three categories: green, amber and red, with different testing and isolation rules. Green countries have the fewest rules. www.gov.uk/guidance/red-amber-and-green-list-rules-for-entering-england



Can I access testing if I don't have any symptoms?

1 in 3 people with the coronavirus do not show any symptoms.

Through testing we can stop the spread of the virus to other people.

Go online to book a test or a home test kit at www.suffolk.gov.uk/coronavirus-covid-19/getting-a-test/ or call 0333 772 6144 (interpreters are available).



Whether you have had a vaccination or not, you can catch and pass Covid-19 onto other people, so still remember 'Hands. Face. Space. Fresh Air':

Hands – wash your hands regularly and for 20 seconds

Face – wear a face covering over nose and mouth in indoor settings

Space – stay 2 metres apart from people you do not live with where possible

Fresh Air – meet in the fresh air. Keep buildings well ventilated

How to get your COVID-19 vaccination

Help stop the spread of COVID-19



Who can have the vaccine?

As of 13 May 2021, anyone over the age of 38 can book their vaccination now at www.nhs.uk/coronavirusvaccine or by calling 119.

The local patient enquiry helpline can also help with bookings: 0344 257 3961.



I'm younger than 38, when can I book my vaccine?

Vaccinations are opening up to the younger cohorts. The government are aiming to offer every adult in the UK their first dose of vaccine by 31 July 2021. Visit sneevaccine.org.uk to see which age group is currently being vaccinated.



Please wait to be invited to book your vaccination. Your invitation should arrive via a letter or text message from your GP or the national booking system. This will include all the information you need to book your vaccination. Make sure your GP has up to date contact details for you.

The local patient enquiry helpline can also help with bookings: 0344 257 3961.



I've not had my vaccine yet but have now decided I would like to

If you are in a priority group which has already been offered the vaccine but have not yet taken it up, the offer remains open to you, there is still time to book your appointment. Visit www.nhs.uk/coronavirusvaccine or call 119 or 0344 257 3961 to book.



What if the centre I am offered is not easy to get to?

Please try to attend one of the vaccination centres you are offered. If you cannot attend the centre offered, you may have to wait to get the vaccine in a more convenient location.

More information and support to help you access your vaccine can be found at: <https://sneevaccine.org.uk/information-and-support/>



Whether you have had a vaccination or not, you can catch and pass Covid-19 onto other people, so still remember 'Hands. Face. Space. Fresh Air':

Hands – wash your hands regularly and for 20 seconds

Face – wear a face covering over nose and mouth in indoor settings

Space – stay 2 metres apart from people you do not live with where possible

Fresh Air – meet in the fresh air. Keep buildings well ventilated