

Coronavirus

Partner update

CORONAVIRUS
PROTECT
YOURSELF
& OTHERS

Update: 1st December 2020

Dear partners,

As you will be aware, the national lockdown ends as of tomorrow (December 2) and Bolton will then go into Tier 3 Very High Alert, the highest risk category.

More information about the Tier 3 restrictions is below along with the arrangements that have been put in place to allow households to meet in a safe way over Christmas.

The Tier 3 restrictions will be a disappointment to many but we must all continue to do our bit to drive down the infection rate and take us out of the highest restrictions.

Please remember to follow and promote the guidance: hands, face, space.

Communications and Engagement Team
NHS Bolton Clinical Commissioning Group



Partner Update

Tier posters

[Posters](#) outlining the restrictions in the different tiers which come into effect on England on December 2 are on the Gov.uk website.

Bolton, and the rest of Greater Manchester, will be in Tier 3.

Tier 3 restrictions include:

- Household mixing banned indoors and in certain outdoor areas such as private gardens (unless they are in your support bubble)
- Rule of six applies in outdoor public spaces like parks
- Non-essential retail, hairdressers and beauty salons can reopen
- Pubs, restaurants, bars and cafes are closed unless for delivery, takeaway,



TIER 3
VERY HIGH ALERT FROM 2 DEC

| | | | |
|--|---|--|--|
| MEETING FRIENDS AND FAMILY No mixing of households indoors, or small outdoor groups, apart from support bubbles. Maximum of six in one outdoor public space (e.g. parks, public gardens). All are in one outdoor public space. | BARS, PUBS AND RESTAURANTS Hospitality is closed, with the exception of take to takeaway. Groups and organised clubs open. | RETAIL Open. | WORK AND BUSINESS Everyone who can work from home should do so. |
| EDUCATION Early years settings, schools, colleges and universities open. Children under 16 should not take place. | INDOOR LEISURE Open. Group activities and clubs should not take place. | ACCOMMODATION Closed (only limited exceptions). | PERSONAL CARE Open. |
| OVERNIGHT STAYS We advise against overnight stays other than with household or support bubble. | WEDDINGS AND FUNERALS 15 guests for weddings, civil partnerships and wakes, 30 for funerals. Wedding receptions not permitted. | ENTERTAINMENT Indoor venues closed. | PLACES OF WORSHIP Open, but cannot interact with anyone outside household or support bubble. |
| TRAVELLING All non-essential journeys should be avoided. Only essential journeys should be made. Plan ahead and avoid busy times and routes or public transport. Avoid car clubs with those outside of your household or support bubble. | EXERCISE Groups and organised clubs open. Can take place outdoors, but people should avoid higher risk contact activity. Group exercise activities and sports venues should not take place, unless with your household or bubble. Organised activities for other people, such as 10 and disabled people can continue. | RESIDENTIAL CARE COVID-19 care arrangements such as subclinical testing, visiting pods, and visiting pods. Infection control with only (subset of rapid testing and contact tracing) with contact. | LARGE EVENTS Events should not take place. Drive to events permitted. |

Find out what support you can get
For example, if you're out of work, need to get food, or want to take care of your mental health.
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you have any coronavirus symptoms:
A high temperature - A new, continuous cough
A loss of, or change to, your sense of smell or taste
Get a test and stay at home

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

- click and collect, or drive-through
- Places of worship can remain open for individual worship – no mixing with anybody outside of your household or support bubble
- Weddings and funerals can go ahead – 15 can attend wedding ceremonies, wedding receptions not allowed, and 30 can attend funeral ceremonies.
- Avoid travelling to other parts of the UK, including for overnight stays, other than where necessary

[Read the full details](#)

Christmas bubbles

The festive period is an important time for people of all faiths and none who enjoy getting together over the holidays.

The government has announced arrangements to enable people to [meet other households in a safe way during Christmas](#).

Facemasks

Bolton's Flowhesion Foundation has produced a [video in Urdu](#) explaining when face coverings should be worn, why it's important to do so and how to wear a face covering correctly.

Social distancing

The cabinet office has produced a [series of guides to social distancing](#) in different languages which also cover hand washing, how coronavirus is spread, meeting other people and face coverings. There is also an easy read version.

Self care for life

Self Care Week may be over but people living or working in Greater Manchester who have a long-term health condition can access [online self-help resources](#) in different languages. Register to access the resources.

Healthy Start vouchers

Pregnant women and parents with a child under four could be eligible for a Healthy Start Voucher which can be used to buy: milk; fresh, frozen or tinned fruit and veg; pulses; and infant formula milk. They could also get free vitamins.

Visit the [Healthy Start](#) website for more details

Alcohol helpline

The alcohol, drug and mental health charity [With You](#) has launched an alcohol helpline providing support and advice to over 50s who are worried about their drinking or are concerned about others.

Call 0808 801 0750 Monday to Friday, 12pm-8pm, or from 10am-4pm at weekends.

Stay well this winter leaflet

This [NHS leaflet](#) provides advice on how to stay well this winter including:

- What to do if you suspect you have coronavirus
- Getting your flu jab
- Keeping warm

- Keeping active
- Mental health support
- Medicines and prescriptions
- Information on NHS Volunteer Responders
- Where to go for the right medical care

Or check out this booklet by the Greater Manchester Combined Authority which is full of information and advice to help older people [stay well this winter](#).

Protect vulnerable relatives from scammers

The National Trading Standards Scams Team has produced a [guide](#) with a range of information to prevent people falling victim to scams. It is aimed at the most vulnerable and their families.

Resources for schools

A recent national survey of children and young people showed that one in ten 11 to 22 year olds reported often or always feeling lonely.

The NHS-approved [Every Mind Matters Building connections resource](#) for Year 6, KS3 and KS4 encourage young people to discuss loneliness and provide them with self-care techniques they can use when they're feeling lonely

Parenting courses

All parents and parents-to-be in Bolton can now access free online parenting courses for every stage of their child's development - from pregnancy to the teenage years.

The courses are available in more than 27 languages and are available to parents, carers grandparents, other family member and friends.

More information is on the [Bolton NHS Foundation Trust website](#).

Poorly child?

It can be worrying when children are ill, especially if you are not sure what to do.

The Greater Manchester Combined Authority and the NHS in Greater Manchester have created a quick reference guide for parents on [taking care of common childhood ailments at home](#).

It has information on lots of common childhood ailments like tummy ache, cuts and grazes, fever and sore throats. Alternatively, check out their videos on [YouTube](#).

Protect you little ones from flu

The Greater Manchester Health and Social Care Partnership You Tube channel has a series of videos of explaining the importance of the [flu vaccination for two and three year olds](#). They include videos with Bengali and Somali subtitles.

Rainbow Clinic launches at Royal Bolton Hospital

Around half of all stillbirths are unexplained, leaving parents feeling powerless in a following pregnancy to stop it happening again.

[Bolton's Rainbow Clinic](#) will provide specialist maternity support for women and their families during pregnancy following a stillbirth (after 24 weeks) or neonatal death.

Cancer support

Bolton's Macmillan Information and Support Service is continuing to help people living with cancer during the lockdown.

Anyone affected by cancer in Bolton can contact the centre on 01204 663059 or email boltoncancerinfo@nhs.net, Monday-Friday, 9am-4pm (excluding Bank Holidays).

Carers magazine

The winter edition of the Carers Contact magazine, produced by Bolton Carers Support, is out this week. To register for a free copy contact 01204 363056

Mental health and wellbeing

Mental health and wellbeing support is available during the Covid-19 pandemic for all health and care workers who live or work in Greater Manchester.

For more information about the help on offer from the NHS Greater Manchester Resilience Hub, visit the [hub's website](#) or [self-referral page](#), call 03330 095 071 or email gm.help@nhs.net.

You may also find the following useful:

- [Resilience hub poster](#)
- [Resilience hub flyer](#)
- [Health and care staff wellbeing offer summary for managers](#)
- [Greater Manchester Resilience Hub webinars](#)

Outstanding

Bolton Clinical Commissioning Group, which commissions health services for local people, has been rated outstanding by NHS England. Read more on the [CCG's website](#).

If you no longer wish to receive this email then please email bolccg.communications@nhs.net and we will remove you from our distribution list.

We will endeavour to keep you updated but as the situation is changing rapidly, you should check the national coronavirus guidance regularly.

The information in this is update correct at the time of issue. It is gathered from a number of sources including Bolton Council, CVS and HealthWatch.

