

ALLITHWAITE AND CARTMEL PARISH COUNCIL – COVID-19 NEWSLETTER – 3 JULY

[\(www.allithwaiteandcartmel.co.uk/\)](http://www.allithwaiteandcartmel.co.uk/)

GOVERNMENT GUIDANCE

Restrictions are under regular review by the government. Please find below some useful links to help you and your family stay safe:

[Staying alert and safe \(social distancing\)](#)

[FAQ's – what you can and cannot do](#)

[Guidance on accessing green spaces safely](#)

[The countryside code](#)



CORONAVIRUS: IMPACT ON ADOLESCENTS, PARENTING AND NEGLECT

The Children's Society has published a briefing looking at the impact of the coronavirus pandemic on adolescents and their parents. The briefing discusses: how adolescents are likely to be severely impacted by the coronavirus crisis; and how parents' capacity to provide care and support may be compromised, leading to increases in neglect.

Read the briefing: [Supporting young people and parents: the impact of Covid-19 on adolescents, parenting and neglect.](#)

FACE COVERINGS

The new rules on mandatory face coverings on public transport in England came into force on Monday 15 June. Some people don't have to wear a face covering including for health, age or equality reasons. Some transport staff may not wear a face covering if it is not required for their job.

People who cannot wear a face covering should not be challenged or made uncomfortable, and there is no requirement for an individual to prove that they have a valid case for exemption.

Further information: <https://www.gov.uk/guidance/coronavirus-covid-19-safer-travel-guidance-for-passengers>.



CARTMEL RACES AND TOILETS

Three race meetings have been agreed and will be held behind closed doors, no spectators, no camping and no overnight stays. Residents, and visitors, are asked not to visit the site because it is out of bounds, also, it is not permissible to watch from the roadside.

The dates of the meetings will be: 26th July, 7th August and 23rd August.

Holker are asking local businesses to let their customers know that the site is closed whilst the closed meetings are taking place, no access will be permitted.

Looking forward to 2021, when we hope everything will be back to normal, a fixture list has been provisionally agreed with Cartmel retaining 9 race days.

The toilets will be open daily from 10am to 4.30pm. An increased cleaning regime is in place, however, the decision to use the public facility at this time is in the hands of the user. The opening times will be reviewed in line with footfall.



CARTMEL FOOTBRIDGE RIVER EEA

We have been informed that the installation of the footbridge over the River Eea will take place during the period 14th and 15th July.

The actual bridge will be lifted into place on Wednesday 15th July at 8am, so residents are reminded that the road will be closed whilst the bridge is being installed.

SYMPTOMS OF CORONAVIRUS

You should self-isolate if you develop any of:

- new, continuous cough
- fever or high temperature
- loss or change to your sense of smell or taste



[Find out more at nhs.uk](https://www.nhs.uk)

If you have symptoms, you must get tested immediately - even if your symptoms are mild.

[Book your test.](#)

Don't forget the Emergency Support Helpline is still here for vulnerable people needing urgent help with food, medicines and essential supplies:

The telephone 'call' centre operates Monday to Friday 9am to 5pm and 10am to 2pm at weekends and Bank Holidays. The service will also accept referrals from members of the public who may be concerned about people in their community.

[Make an online referral.](#)

COVID-19 EMERGENCY SUPPORT HELPLINE

Only for people at high risk of becoming seriously ill as a result of COVID-19, who do not have support available from friends, family or neighbours and are struggling for food, medicines or other essential supplies.

0800 783 1966
COVID19support@cumbria.gov.uk

Full details can be found online at [cumbria.gov.uk](https://www.cumbria.gov.uk)
Provided by Cumbria County Council and partners including District Councils, CVS, Cumbria Community Foundation, community and voluntary sector, and private sector.

 **SUPPORT EACH OTHER**
#TogetherWeCan

The UK Government and the NHS will keep people informed of new advice and developments. Please check the following sources of advice frequently:

- [GOV.UK](https://www.gov.uk) will keep you in touch with how the Government is responding and how you can help.
- The [NHS coronavirus \(COVID-19\)](https://www.nhs.uk/coronavirus) page includes the latest health information about how to protect yourself or check if you need medical help.

Please remember to only follow and share credible and trusted information and guidance from [gov.uk](https://www.gov.uk), Public Health England, the Department of Health and Social Care, [NHS](https://www.nhs.uk) and local agencies including councils and Police



HAVE YOUR SAY ON DRAFT OUTBREAK CONTROL PLAN

CCC have published Cumbria's draft Outbreak Control Plan. The plan describes Cumbria's approach to managing outbreaks of Covid-19.

It is in 3 parts:

- **Part 1** describes the overall strategy and approach being taken
- **Part 2** sets out the detail of the operating procedures that each bit of the local system will follow
- **Part 3** lists key contact details that may be required by people responding to incidents and outbreaks.

Parts 1 and 2 are now open for public consultation.

1. [Outbreak Control Plan part 1 Strategy, Management and Oversight \(PDF 1MB\)](#)
2. [Outbreak Control Plan part 2 Operational Response \(PDF 2MB\)](#)
3. [Respond to the consultation](#)

You have until 31 July to provide feedback on the plan. In the interim the plan is live. Following review of consultation feedback a final plan will be adopted by Cumbria's Local Resilience Forum and will form part of the overall Cumbria Emergency Plan framework. Full details of the county's approach to Outbreak Control can be found at cumbria.gov.uk/publichealth/covid19outbreakcontrol.

COMMUNITY SPEED WATCH



Now that things are slowly getting back to some sort of changed normality the Speed Watch teams in the parish will soon be operational at sites where it is safe to do so. All the government guidance has been considered and applied to this outside activity with a Risk Assessment completed for volunteers who wish to restart the sessions.

So don't be surprised if you see teams out within the Parish in the next week or so and as usual those caught speeding within the Parish will receive a warning notice from Cumbria Police.