

COVID-19 UPDATE: Issue 72

7th January 2021



Dear Chairman, Councillors, Clerks & Affiliates

As you will be aware, HM Government has announced a national lockdown and published guidance on what you can and cannot do during this time. You can find this information [here](#).

Coronavirus Case Studies

With these new restrictions in place, including extremely vulnerable people being asked to shield again, the NALC's national [coronavirus case studies](#) from previous lockdowns might provide useful ideas and inspiration to support your communities during these challenging times. If you would like to learn more about how to utilise your own experiences from past lockdowns, in order to benefit your residents, please visit the NALC's dedicated page on guidance to local government during the [Covid-19 pandemic](#).

Stay at Home to Stay the Tide of Covid

Nobody wanted the year to begin this way, nor did many think that in March that we'd still be having these issues in 2021. With a variety of sometimes contradictory and confusing rules some of us may well be losing pertinence too. Despite this however, it is critical now more than ever before that we all remain resolute in our observation of the Covid-19 restrictions. Cases in Essex are still the highest in the country and local hospitals like Broomfield [desperately need our help](#). Otherwise, our health system may be overwhelmed by the new strain of Covid-19, which is spreading fast. So, what is the solution? The answer put simply is to **stay at home**. There are now only just a handful of reasons that you should go out:

- If you absolutely cannot work from home;
- If you are eligible to attend education or childcare;
- Or to attain essential supplies, medical treatment, or daily exercise.

You now cannot leave your home to meet socially with anyone you do not live with or are not in a [support bubble](#) with (if you are legally permitted to form one). You may exercise on your own, with one other person, or with your household or support bubble. You should not meet other people you do not live with, or have formed a support bubble with, unless for a permitted reason. Always remember to [stay 2 metres apart](#) from anyone not in your household.

If you would like to learn more about the latest figures on Covid containment in Essex, you can view them at the [Essex County Council website](#).

- [Breakdown of this week's Covid data for Essex](#)

'Major Incident' declared by Essex Resilience Forum

The Essex Resilience Forum, which is made up of the NHS, emergency services and councils, has declared a 'major incident' as the NHS and healthcare systems in Essex face growing demand from the rise in Covid-19 cases. This enables the county to seek further support from government to address the pressures. You can read more about this [here](#).

The ERS have also made an urgent request for volunteers. These volunteers are needed to provide support on critical care and respiratory wards to help staff in turning and positioning (not lifting) of patients at the Mid & South Essex Hospitals. Approximately 40 volunteers are needed to work across the hospital sites to cover shifts 24 hours a day. If this is something you would like to assist with then please see the attached document. Please also share the document widely with any of your partners who might have "hands on experience." Any support which can be offered will be greatly appreciated.

I hope that you and your residents are coping ok and that this information is of use to you. Please remember that the EALC are always ready to help you support your residents and functions wherever possible. So, if you need guidance, information or any other support please do not hesitate to get in touch. Send us an email or give us a call, we're here to help.

Stay safe and look after yourselves.

With kind regards,

Eli Haines

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Working Hours:

Monday – Thursday: 9am – 5pm

Friday: 8:30am – 4pm

