

VACCINATIONS IN SHROPSHIRE



NHS

ENGLAND LOCKDOWN STAY AT HOME

THE NEW STRAIN OF CORONAVIRUS IS SPREADING FAST. WE ALL NEED TO PLAY OUR PART TO STOP THE SPREAD.

LEAVING HOME

You must not leave, or be outside of your home or garden, except for a very limited set of exemptions e.g. to shop for basic necessities, exercise, go to work if you cannot do so from home, or to escape risk of ham.

MEETING OTHERS

You cannot leave your home to meet socially with anyone, except with your household or support bubble (if eligible to form one). Stay 2 metres apart from anyone not in your household or support bubble.

► EXERCISE

You may exercise on your own, with your household or support bubble, or with one person from another household (when on your own). Stay 2 metres apart from anyone not in your household or support bubble.

BARS, PUBS AND RESTAURANTS

Hospitality closed aside from sales by takeaway (until 11pm), click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.

► RETAIL

Essential shops can open. Non-essential retail must close and can only run click-andcollect and delivery.

WORK AND BUSINESS

Everyone must work from home unless they are unable to do so.

► EDUCATION

Early years settings open. Primary and secondary schools and colleges move to remote provision except for vulnerable children and children of critical workers. Most university students to move to remote learning.

LEISURE AND SPORTING FACILITIES

Closed, with limited exceptions.

► ACCOMMODATION

Closed, with limited exceptions.

▶ PERSONAL CARE

Closed.

► ENTERTAINMENT

Closed.

OVERNIGHT STAYS

You must not stay overnight away from home. Limited exceptions apply e.g. to stay with your support bubble.

WEDDINGS AND FUNERALS

Funerals of up to 30 people permitted. Weddings up to 6 people permitted in exceptional circumstances. Wakes and other linked ceremonial events of up to 6 permitted.

PLACES OF WORSHIP

Places of worship can remain open and communal worship is permitted, but you must not mix with those outside your household or support bubble.

► TRAVELLING

You must stay at home. If you do leave home for a very limited set of exemptions, you should stay local in the village, town, or part of the city where you live where possible. Do not travel abroad unless an exemption anolies

CLINICALLY EXTREMELY VULNERABLE

Shielding reintroduced across England. You should not travel to work, school, college or university and should limit the time you spend outside the home. You should only go out for medical appointments, exercise or if it is essential.

CARE HOME VISITS

Visits can take place with arrangements such as substantial screens, visiting pods, or behind windows. Close-contact indoor visits are not allowed. No visits will be permitted in the event of an outbreak but end of life visits are permitted in all circumstances.

For more information go to: gov.uk/coronavirus

Despite strenuous efforts by my colleagues and myself, It is proving difficult to get information on the exact time scales for the vaccination rollout in South West Shropshire.

However, it is hoped that a vaccination centre will be available in Ludlow in early February, in the meantime, local GP practices are supporting the roll-out of vaccinations to Care Homes in the area.

On the testing side, a walk-in test centre in Ludlow for national symptomatic testing, is due to open this week.

We will continue to ask questions of the Director of Public Health to find out when the vaccination roll out will start across our area for older people living in the community as we know the delay and lack of information is a concern for a lot of people.

The Government have announced the rollout to 70 plus group. However, the reality is that Shropshire and Powys are far from finishing the 80 plus group yet and that is dependent on vaccine availability.

As soon as we hear any news we will forward it via Facebook, emails and our next bulletin.

Best wishes

NIGEL

Nigel Hartin

INFORMATION IN THIS BULLETIN IS CORRECT AS WE GO TO PRESS

www.shropshirelibdems.org

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STAY HOME PROTECT THE NHS SAVE LIVES

VOLUNTEERS WANTED FOR VACCINATION CENTRES

Shropshire Rural Community Council are seeking volunteers to help at vaccination centres when they are set up: eg as car park marshalls etc - the link below gives full details https://www.shropshire-rcc.org.uk/support-our-work/covid-19-volunteer

MISSED WASTE COLLECTION

If Veolia miss collecting your waste please ring Customer Services on 03456 789007 within 2 days. If the collection is missed due to poor weather conditions, report as soon as the road is clear. They should then come and collect. If there is an issue please contact Ruth on 01588 638352



BURNS NIGHT QUIZ

Monday 25th January 2021 7.30 – 9.30

Virtual Teams of up to 5 Play from home and fundraise for your favourite charity

Proceeds to be divided equally between the chosen charity of the winning team and Ludlow Constituency Liberal Democrats

Entry fee £10 per team

For registration details, to make payment and receive the zoom link please email ruthmhoughton55@gmail.com



Activities

THE NATURAL HISTORY MUSEUM

Lots of activities for all ages including making an origami dinosaur or a bug hotel (ladybird lodge) and other stuff.

https://www.nhm.ac.uk/take-part/try-this-at-home.html

NHS link below is for an aerobics exercise for beginners.

https://www.nhs.uk/conditions/nhs-fitness-studio/aerobics-for-beginners/



Local Walks

Whilst gyms and leisure centres may be closed during this lockdown period you can still exercise outdoors and this time with one other person.

The link below takes you to the **BC Walking for Pleasure** series of downloadable leaflets, all of which have at least 3 variations of different lengths. Here are some examples around Bishop's Castle - why not give them a try:

- 1. Wintles/Woodbatch 1.75 6.25 miles
- 2. Lydbury North/Oakley Mynd 2.5 7 miles
- 3. Hell Hole/ Acton Bank/Brockton 3.25 8 miles
- 4. Bury Ditches/The Stepple/Merry Hill 2.5 5.25 miles
- Clunton Coppice/Sowdby Wood/Purslow 2.5
 4.75 miles

http://www.bishopscastle.co.uk/walks-in-the-area/Remember to follow the Countryside Code.



GRIT BINS

Are your grit bins empty? Contact Nigel on 07583 962292 or email nigel.hartin@shropshire.gov.uk

STAY HOME PROTECT THE NHS SAVE LIVES







COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

COMPLAINTS AS ROADSIDE LITTER SOARS

A number of Councillors in the West of the County are urging action by Shropshire Council and the public to combat an upsurge in litter across the County, especially along roadside verges.

Ruth Houghton, Shropshire Councillor for Bishop's Castle Division explained: "Recurring periods of lockdown have had a major impact on our rural areas both in terms of collection of litter coupled with a serious upsurge in litter being dropped on the roadside - especially at beauty spots, which are still attracting visitors from outside our area.



Heather Kidd, Shropshire Councillor for Chirbury and Worthen, added: "Some parts of our road network are really looking a mess. I spent several hours picking litter

off the verges around Chirbury and barely scratched the surface. It's clear that both

council the Highways Agency have scaled back dramatically on litter clearing but worryingly it also suggests that some motorists are throwing more litter."

The councillors are asking residents to take their litter home if they are travelling and report any concentrations of rubbish either to them or Shropshire Council.

In conclusion, Clun Division Councillor Nigel Hartin said: "There is also a strong correlation between litter and people breaking the lockdown and travelling in to our area. Areas like Stiperstones, Carding Mill Valley and Stapeley Common have seen significant numbers of visitors from away depositing a great deal of rubbish. This phenomenon is not just a litter issue but breaks the lockdown and may well help spread Covid into our area. I really do urge Shropshire

Council and West Mercia police to work together to dissuade people from doing this.

"I see from news reports that this is not just a local phenomenon but that there are similar occurrences in North Wales and the Yorkshire Dales"



BEWARE OF COVID FRAUD

Action Fraud is warning the public to remain vigilant as criminals begin to take advantage of the roll out of the coronavirus vaccine to commit fraud.

The vaccine is free of charge.

The NHS will never ask you for your bank account or card details.

The NHS will never ask you for your PIN or banking password.

The NHS will never arrive unannounced to your home to administer the vaccine.

The NHS will never ask you to prove your identity by sending copies of personal documents such as your passport, driving licence, bills or pay slips.

If you receive a call you believe to be fraudulent, hang up.

If you are suspicious about an email you have received, forward it to report@phishing.gov.uk.

Suspicious text messages should be forwarded to the number 7726, which is free of charge.

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling 0300 123 2040 or visiting www.actionfraud.police.uk.