

West Lancs CVS is working alongside West Lancs Borough Council and our public sector partners to make sure that key coronavirus (COVID-19) facts and messages are available to all West Lancs residents via voluntary, community, faith and social enterprise organisations.

Please join in these efforts to provide clear information to our community by cascading these messages to your networks, work colleagues, friends and families.

National situation

Some of the rules on what we can and cannot do will change on Monday 17th May 2021. However, many restrictions remain in place – find out more information [here](#).

HM Government
NO EARLIER THAN 17 MAY
 At least 5 weeks after Step 2

STEP 3

BUSINESS / ACTIVITIES	SOCIAL CONTACT	LARGER EVENTS	TRAVEL
Indoor hospitality Indoor entertainment and attractions Organised indoor sport (adult) Remaining accommodation Remaining outdoor entertainment (including performances)	Maximum 30 people outdoors Indoors: Up to 6 people or a larger group from 2 households only (subject to review)	Most significant life events (30 people) Indoor events 1,000 people or 50% capacity (whichever is lower) Outdoor events 4,000 people or 50% capacity (whichever is lower) Large seated outdoor venues 10,000 people or 25% capacity (whichever is lower)	Domestic overnight stays International travel (subject to review)

COVID-19 ROADMAP 2021

Vaccinations

Local success

In West Lancashire

- 98% of people aged 50 and over have now had at least one COVID-19 vaccination
- 79% of people aged 40-49 have now had at least one COVID-19 vaccination

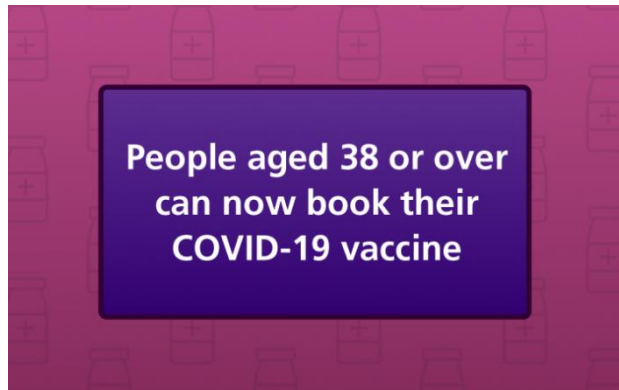
(source: West Lancs CCG & NHS England)

Book your vaccine

The NHS Covid vaccination programme is now open to people in their thirties.

People aged 38 and 39 are the first to qualify for a jab in this age group and with around a million people are being sent text messages to book via [national booking service](#)

There has already been significant success with the 40-49 age group in which nearly three quarters of people have had their first dose – in less than a fortnight.



Find more information on West Lancs CCG website [here](#).

Second dose milestone

A second dose milestone has been reached with over one third of adults in England having received both jabs. NHS England has confirmed that up to May 9th:

- Over two thirds (66.8%) of adult population aged 18 and over had their first dose
- Over one third (33.6%) of adult population aged 18 and over had received both doses
- A total of over 44 million vaccines have been delivered (first and second doses)



It is vital everyone books in for their second jab to make sure you receive the maximum protection from coronavirus.

Covid-19 testing

Local testing sites

Even if you have no covid symptoms you can still get up to two free coronavirus tests per week. You can either:

- **Take the test at a symptom free testing site**
- **Collect tests from a symptom free testing site to use at home later**
- **Order home testing kits online if you cannot attend a testing site**

For information on all testing sites across West Lancs or how to order a test online, go to: westlancs.gov.uk/symptom-freetesting

Support and resources

Mental Health Awareness Week

1. This year's theme for Mental Health Awareness Week is nature and the CCG's mental health lead Dr Ros Bonsor is encouraging West Lancashire residents to explore the outdoors.

With two in three people reporting that being close to nature has a positive effect on them, watch Ros take to the outdoors and to explain the mental benefits of seeing, hearing and feeling nature [here](#).



2. The past year has been tough for everyone, including people living on their own, families and children. The [Every Mind Matters website](#) has useful information on a range of issues including:

- Anxiety about lockdown lifting
- Job and money worries
- Working from home tips
- How to sleep better

You can also get a free, personalised mental health action plan with tips to help boost your mood: www.nhs.uk/every-mind-matters/

Free PPE for unpaid carers

Unpaid carers who are not living with the person they care for, are eligible to receive free COVID-19 PPE until end of March 2022 through their local authority (LA).

For residents in West Lancs, please email: careproviderppe@lancashire.gov.uk

Can you help? West Lancs CVS is in the process of developing new Volunteer Roles to help our community come together and work together for everyone's safety in the COVID-19 pandemic.

If you are interested please contact enquiries@wlcvs.org