



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

From 12 April, England has now moved to Step 2 of the government's roadmap. Here's a summary of things we can do now:

| STEP 1 8 March | STEP 2 No earlier than 12 April At least 5 weeks after Step 1 |
|---|---|
| EDUCATION 8 MARCH <ul style="list-style-type: none"> Schools and colleges open for all students Practical Higher Education courses | EDUCATION <ul style="list-style-type: none"> As previous step |
| SOCIAL CONTACT 8 MARCH <ul style="list-style-type: none"> Exercise and recreation outdoors with household or one other person Household only indoors | SOCIAL CONTACT <ul style="list-style-type: none"> Rule of 6 or two households outdoors Household only indoors |
| BUSINESS & ACTIVITIES 8 MARCH <ul style="list-style-type: none"> Wraparound care, including sport, for all children | BUSINESS & ACTIVITIES <ul style="list-style-type: none"> All retail Personal care Libraries & community centres Most outdoor attractions Indoor leisure inc. gyms (individual use only) Self-contained accommodation All children's activities Outdoor hospitality Indoor parent & child groups (max 15 people, excluding under 5s) |
| TRAVEL 8 MARCH <ul style="list-style-type: none"> Stay at home No holidays | TRAVEL <ul style="list-style-type: none"> Domestic overnight stays (household only) No international holidays |
| EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings and wakes (6) | EVENTS <ul style="list-style-type: none"> Funerals (30) Weddings, wakes, receptions (15) Event pilots |

Vaccinations

Eligible groups

Vaccinations have now been offered to everyone over 50, to health and social care workers and to people aged 16-64 with underlying health conditions.

As of today, the NHS is moving to Phase 2 of the vaccination programme. If you are **aged 45 or over**, you can now book in your first dose of the covid-19 vaccine:

- → **Phone 119**
- → **Book online [here](#)**

Covid-19 vaccine and clotting information

Public Health England has released an information sheet explaining the safety of the vaccinations following the blood clot scare. [Download the sheet here.](#)

Covid-19 testing

Local testing:

Alongside the rollout of the vaccine, regular testing will be an essential part of the easing of restrictions as it will help quickly suppress the spread of variants.

- **From April 9th, anyone in West Lancashire can get free, rapid coronavirus tests** for themselves and their families to use twice a week - even if you have no symptoms.

West Lancs Council are offering a **community collect scheme** where people can collect home testing kits to take home. A full list of places to collect the kits is [here](#).

If you can't get to a testing site to collect kits, you can [order them online](#).

Many business in Lancashire also offer [workplace testing programmes](#), on-site or at home and those attending high school or college can get test kits there.

- If you **have symptoms** of covid-19, find a local test site [here](#).
- If you are a **front line worker** but don't have symptoms, you can still get a test to make sure you are not passing it on. More information [here](#).

Support

Support services: As the third national Coronavirus lockdown comes to an end, and people take stock of their lives, the local health and care partnership has launched the next phase of its Let's Keep Talking campaign.

It is more important than ever for people to reach out to services for help as they battle the effects of the pandemic and the ICS website has lots of resources, information, and support organisations and other websites to help with a wide range of issues:

<https://www.healthierlsc.co.uk/MentalHealthSupport>

Mental health support services

It's easy for things to get on top of us, so if you're struggling with your mental health and you aren't sure where to turn call the [Lancashire and South Cumbria NHS Foundation Trust](#) Mental Health Crisis Line 0800 953 0110 – available 24/7.



Videos to help people with Severe Mental Illness

Public Health England has developed a series of short videos on COVID-19 vaccination to support people with Severe Mental Illness (SMI) to get their COVID-19 vaccines:

- Getting the COVID-19 vaccine: Personal experience guide for people with severe mental illness, Part 1: <https://youtu.be/NBI4lhIPw2w>
- Getting the COVID-19 vaccine: Personal experience guide for people with severe mental illness, Part 2: <https://youtu.be/gYWAbY0-tE>
- COVID-19 vaccination: A guide for GPs and teams to support people with severe mental illness: <https://youtu.be/OusrDVmUDZg>

More information [here](#)

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