

As I am sure you are all aware the government has announced England is in National lockdown from Tuesday 5th January 2021.

This means you must stay at home. The single most important action we can all take is to stay at home to protect the NHS and save lives.

- You must not leave your home unless necessary
- Stay 2 metres apart from anyone not in your household

You should follow this guidance immediately. The law will be updated to reflect these new rules.

Initial guidance is outlined below, we are expecting more detail to be released in the coming days and will share anything that is relevant this with you as soon as we have it.

Full guidance for the National lockdown can be found here: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

Leaving home

You must not leave, or be outside of your home except where necessary. You may leave your home to:

- shop for basic necessities, for you or a vulnerable person
- go to work, or provide voluntary or charitable services, if you cannot reasonably do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your [Support bubble](#), or [Childcare bubble](#) where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible

If you do leave home for a permitted reason, you should always stay local in the village, town, or part of the city where you live. You may leave your local area for a legally permitted reason, such as for work.

Education

- Colleges, primary and secondary schools will remain open only for vulnerable children and the children of [Critical workers](#) . All other children will learn remotely until February half term.
- Early Years settings remain open.
- University students who are undertaking training and study for the following courses should return to learning as planned:
 - Medicine & dentistry
 - Subjects allied to medicine/health
 - Veterinary science
 - Education (initial teacher training)
 - Social work

- Courses which require Professional, Statutory and Regulatory Body (PSRB) assessments and/or mandatory activity which is scheduled for January and cannot be rescheduled.
- Students who are not studying any of the above courses should remain where they are wherever possible. They should begin their studies online, as facilitated by their university until at least mid-February. This includes students on other practical courses which are not included on the aforementioned list.
- If students live at university, they should not move back and forward between their permanent home and student home during term time.

Places of Worship

- You can attend places of worship for a service. However, you must not mingle with anyone outside of your household or support bubble. You should maintain strict social distancing at all times.
- Weddings, civil partnership ceremonies and funerals are allowed with strict limits on attendance, and must only take place in COVID-19 secure venues or in public outdoor spaces unless in exceptional circumstances.
- Funerals can be attended by a maximum of 30 people. Linked religious, belief-based or commemorative events, such as stone settings and ash scatterings can also continue with up to 6 people in attendance. Anyone working is not counted in these limits. Social distancing should be maintained between people who do not live together or share a support bubble.
- Weddings and civil partnership ceremonies must only take place with up to 6 people. Anyone working is not included. These should only take place in exceptional circumstances, for example, an urgent marriage where one of those getting married is seriously ill and not expected to recover, or is to undergo debilitating treatment or life-changing surgery.

Community Centres

- Community centres and halls must close except for a limited number of exempt activities
- Support groups that have to be delivered in person can continue with up to 15 participants where formally organised to provide mutual aid, therapy or any other form of support - but they must take place at a premises other than a private home. When deciding if a support group should continue you should consider if this is essential and would it be, in the short term, detrimental to the mental health of those that attend. If it is and it cannot be delivered virtually then it should continue, with social distancing measures in place.
- Food banks and emergency food provision can continue

If you are clinically extremely vulnerable

- You should only go out for medical appointments, exercise or if it is essential. You should not attend work. Further advice is here: [Guidance on shielding and protecting people who are clinically extremely vulnerable from COVID-19](#)
- If you are required to shield, you will receive a letter which explains this in more detail over the coming days.

Meeting others

- You 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) [Making a support bubble with another household](#)
- 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.
- Stay 2 meters apart from anyone not in your household [Meeting with others safely \(social distancing\)](#)