

Another update during the COVID-19 emergency

COVID-19

Information updates from
Councillors Craig Duncan
and Fraser Macpherson

Further update – for Tuesday 23rd June – from Councillor Fraser Macpherson (West End) and Councillor Craig Duncan (Broughty Ferry) :

EASING OF LOCKDOWN RESTRICTIONS – MOVING TO PHASE 2

People who are shielding are now able to leave their home for exercise and to meet with one other household outdoors (max eight people in total) with physical distancing. People who are shielding can take part in non-contact outdoor activities such as golf, hiking, fishing etc.

People who are not shielding can now meet with more households outside. The limit increased from meeting one other household to meeting two households; eight-person overall limit and need for physical distancing remains. They can also use toilets indoors while visiting the outdoors of another household. (Hygiene measures are essential.)

People living alone or single people who live with their children can ‘bubble up’ with another household to create an extended household and act without social distancing as if they were living together. This includes non-cohabiting couples.

Also – from yesterday :

- Face coverings are mandatory on public transport.
- Places of worship can re-open for individual prayer or contemplation.
- Professional sport can resume – with public health restrictions remaining in place.
- Dental practices can re-open to see patients with urgent care needs.
- Construction sector can implement remaining phases of sectoral plan.
- College and university staff can return to make essential preparations for restart later.
- Accommodation can be provided for those required to stay away from home for

work purposes.

From Monday 29th June:

- Indoor (non-office) workplaces resume once relevant guidance is implemented. Includes: factories, warehouses, labs and research facilities.
- Street-access retail can re-open once guidance is implemented. Interiors of shopping centres / malls remain closed for non-essential shops.
- Outdoor markets can re-open.
- Relaxation on restrictions on housing moves.
- Outdoor sports courts can re-open.
- Playgrounds can re-open.
- Registration offices open for high priority tasks.
- Marriages & civil partnerships allowed with minimal attendees – outdoors only.
- Zoos and garden attractions can open for local access only (5 miles).
- Review and announcement on how pubs and restaurants can open outdoor spaces safely on 2 July

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-2-update/>

<https://www.facebook.com/TheScottishGovernment/videos/1177904625880617/UzpfSTE4MTU1NzgxMTg1NDgwMTozMzgxNzAyNzQxODQwMjc2/>

FACE COVERINGS

With face coverings becoming mandatory on transport from Monday, the UK government have produced a guide for people to make their own: <https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering>

Please remember that medical grade masks are in short supply and are needed by our frontline workers.

CONTINUATION OF FOOD PROVISION AND FREE SCHOOL PAYMENTS OVER SUMMER

Children and families in Dundee will continue receiving their free school meal payments over the summer holiday period. The scheme will be extended from 29th June until 10th August in order to minimise the effects Coronavirus (Covid-19) is having on families. The extension was agreed today by the leaders of the political groups on Dundee City Council under essential business arrangements.

Since lockdown began, over 6,800 families with children eligible for free school meals have received the weekly payments directly to their bank accounts. The extension will mean families will continue to receive £11.25 directly, on a weekly basis, per child. Additionally, the Council's will continue support for the city's Food Insecurity Network with continued financial support to Dundee's community food banks for food provision efforts over the summer holiday period.

The community food provision efforts have led to over 4,400 people benefiting from the service per week, which is a collaborative effort by 24 local food organisations, Dundee Volunteer and Voluntary Action and Dundee City Council.

Furthermore, Dundee Bairns have successfully been working with the Council since the start of lockdown to meet food demand, distributing up to 740 packed lunches daily through their network of community organisations. This will continue during the holiday period.

GREEN HEALTH PARTNERSHIP

The Green Health Prescription project still accepting referrals to help mitigate the adverse health effects of COVID-19.

In order to help combat the effects of social isolation, loneliness, stress, lack of physical activity and other side-effects detrimental to wellbeing it will continue to welcome self-referrals. If you or anyone you know could benefit from engaging with some level of physical activity, please contact us at GreenHealth@dvva.scot or on 07719 969 629.

The Partnership indicates, "We are currently working on creating a bespoke programme of activities delivered online for those who are 50+. Please get in touch if you would like to hear more about these activities and how they will be delivered.

Registered prescribers are encouraged to continue sending Green Health Prescription referrals so that we can help people start to rebuild their confidence and physical abilities. Priority will be given to those most vulnerable and affected by poor mental and physical health, and we will endeavour to help patients socialise again and access the outdoors for health benefits either through means of home-based activities."

INFORMATION

UK Government news: www.gov.uk/search/news-and-communications

Scottish Government Updates: www.gov.scot/news

Dundee City Council updates: www.dundee.gov.uk/coronavirus-covid-19

Covid community helpline for food, shopping, prescriptions, finances, personal care: People in Dundee on the shielded list only – 0300 123 1403. People in Dundee who are vulnerable but not on the shielded list – 0800 111 4000

NHS Inform –
<https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19>

NHS Tayside website: www.nhstayside.scot.nhs.uk

Helpline for those who do not have symptoms but are looking for general health advice Tel: 0800 028 2816.

Federation of Small Businesses: www.fsb.org.uk/coronavirus

Helpline for small businesses, Monday to Friday, 8.30am to 5.30pm. Tel: 0300 303 0660.

Ready Scotland Information – www.readyscotland.org/coronavirus

Tayside Cares – www.taysidecares.co.uk

SUPPORT AND ADVICE

This is an anxious and uncertain time but we want you to know that we are here to try to help constituents in whatever way that we can.

CONTACT DETAILS

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