

***From 31<sup>st</sup> December 2020, Cumbria has entered 'Tier 4: Stay at Home' and new restrictions take effect. This is what it means for you.***



**You should stay at home except for essential purposes such as buying food, attending doctors or other medical appointments or collecting prescriptions.**

**All non-essential shops, leisure facilities etc will be closed. Cafes, pubs and restaurants may only offer takeaways.**



**You must not visit other tenants in their flats or any other indoor setting. Do use the telephone or other means to keep in touch with each other. Only people providing care or carrying out essential repairs should enter your flat (unless you are in a 'Support Bubble').**

**Unless you have formed a 'Support Bubble', you may only meet one person from other household outdoors for exercise in the garden or other outdoor public space but should maintain social distancing.**



**The Common Room and Craft Room will be closed, except for Meeting for Worship (which can continue on the same basis as has been permitted during the Coronavirus crisis). The laundry will remain open.**

**The Meals Service (delivering meals to your flat) and Tenant Support will continue to operate as normal and staff will be on duty as normal, so please to get in touch with our staff with any questions or worries.**



**We will try to find new ways to help keep our community feel 'connected'. If you don't have a computer, a 'tablet' or smartphone, but would like to try one to join the 'virtual coffee mornings', or to contact your family, please let a member of staff know. We have a tablet available to borrow and can help set it up for up you.**

**If you are classed as 'Clinically Extremely Vulnerable' (e.g. received a letter to that effect in the first lockdown), you are now advised to shield (stay at home except for medical appointments and for exercise).**



***Enjoy the Garden***

***Keep in Touch***

***Support one another***