

Last Night's Government Announcement – So Called 'Freedom Day'

The English government last night confirmed that stage 4 is very likely to take place in England on Monday 19th July (Final confirmation will be given next Monday)

The following areas will directly affect us in the workplace.

- **Covid face mask rules will be scrapped, with England switching to a voluntary system** – (although their use will still be advised in hospitals, healthcare settings and enclosed, crowded public spaces)
Remember some Public Transport, Clients or our Team members may choose to maintain the face mask requirement which we will need to adhere too.
- **Ending 1m-plus social distancing laws** - this will enable where required to have a 3rd person in front of work vans
- **Governments order to work from home where possible will be scrapped**



However

We need to ensure the safety of our workforce & will need to continue the basic principles from our Covid controls.

- Provide & use Hand Sanitisation equipment
- Continue to encourage ALL to wash Hands
- Regular cleaning of communal areas & equipment
- Maintain adequate ventilation
- Get a test immediately if you have symptoms.
- Self-isolate if you have symptoms, have tested positive, or had contact with someone with COVID-19



No changes made at this stage to

- Self-Isolation rules
- Travel restrictions

Scotland and Wales are in charge of their own coronavirus rules, Scotland is due to move to Coronavirus protection level zero on 19 July, with all other major legal restrictions scheduled to be dropped on 9 August.

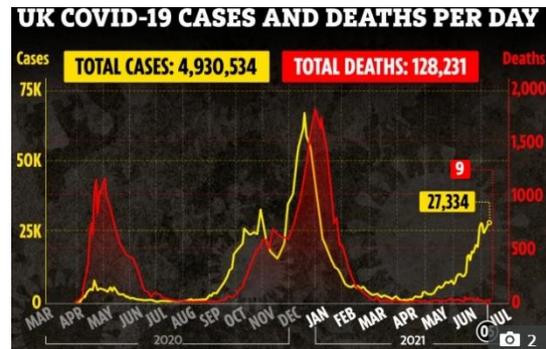
But the Scottish government says there will be "ongoing need" for face coverings.

While measures are "under review", it says people could still be expected to wear masks on public transport and in shops.

The next review of measures in Wales is due on 15 July

Covid Update - People must "learn to live" with Covid and "exercise judgement"

The July 19 rule changes which come as covid infection rates soar in the UK but, crucially, hospitalisations remain low thanks to the vaccines rollout which has broken the link between infections and deaths.



Note: Infection rates are expected to rise when rules are eased but ministers believe deaths will be limited by the vaccinations

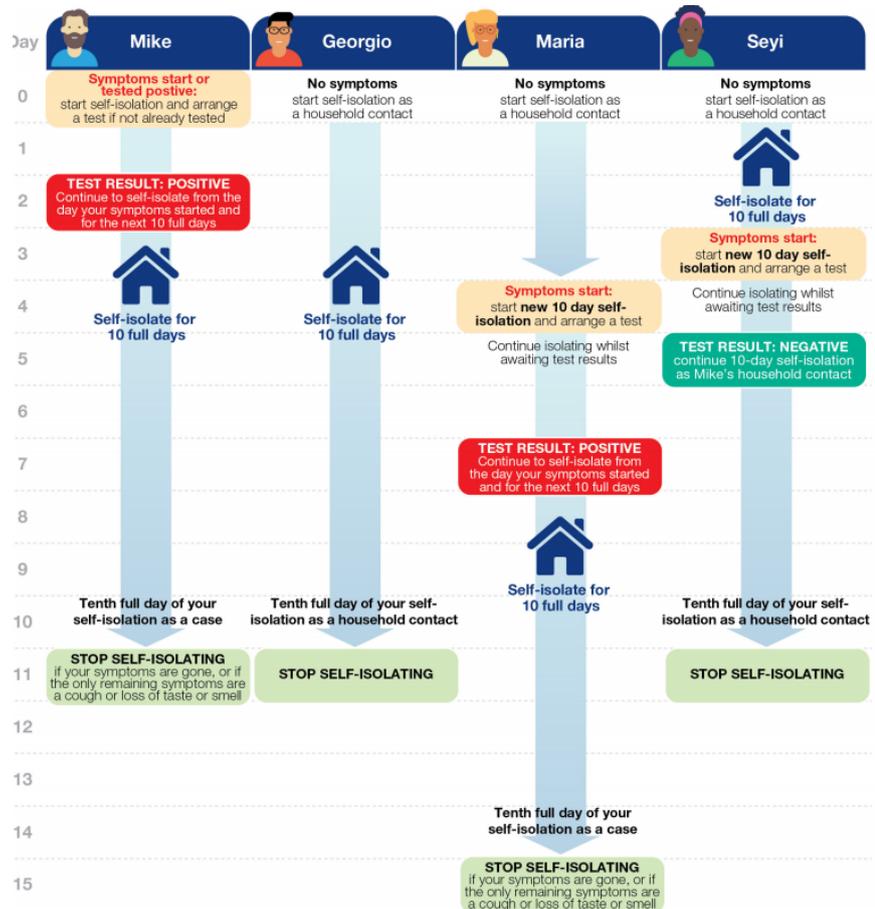
YOU have all been very good at following the Covid controls introduced by the Nurture Group

Let's Keep it Up ensuring we do not suffer now

New Government Guidance for Self Isolation

Stay at home and self-isolate

Mike's household: In this example, Mike lives with Georgio, Maria and Seyi. Mike is the first case of COVID-19 in this household. He and everyone in the household begin self-isolating from the day Mike's symptoms start (or if he had no symptoms, from the date of his positive test).



If you're in an area where the new COVID-19 variant (known as Delta) is spreading

The new COVID-19 variant (known as Delta) spreads more easily than the other variants that were previously most common. To help stop the spread, you should:

- [Get both doses of the vaccine](#) when you are offered it, and encourage others to do so as well
- Participate in surge testing in your local area, whether you are vaccinated or not
- [Self-isolate](#) immediately if you have any [symptoms](#) of COVID-19 (a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste) or if you've tested [positive](#) for COVID-19

In the areas listed below, you should also take particular caution when meeting anyone outside your household or support bubble. Wherever possible, you should try to:

- Meet outside rather than inside where possible
- Keep 2 metres apart from people that you do not live with (unless you have formed a support bubble with them), this includes friends and family you don't live with
- Minimise travel in and out of affected areas

Meeting others for work

You can gather in a group larger than six people or two households indoors or in a group larger than 30 people outdoors where it is necessary for your work.
When working, you should remain 2 metres from anyone you do not live with, or at least 1m with additional mitigations.

Areas currently with high levels of the Delta variant

These are Bedford, Birmingham, Blackburn with Darwen, Blackpool, Cheshire East, Cheshire West and Chester, Greater Manchester, Lancashire (county council area), Leicester, Liverpool City Region (Halton, Knowsley, Liverpool, Sefton, St Helens, & Wirral), North Tyneside and Warrington.

CHECK your local authority websites for **EXACT POSTCODES** where Surge Testing is taking place

Hygiene - Make sure YOU & ALL site visitors use the provided sanitiser when entering offices

An observation has been that people are **NOT** always using hand sanitiser when they enter offices. Please help protect everybody by sanitising correctly & ensuring **YOUR** Teams & Visitors fully follow our hygiene protocol

You **Must** wash hands or use hand sanitiser:

- When entering any office
- When entering communal areas e.g. Kitchens
- After using toilet

Check levels of sanitiser use – If your dispensers are FULL – no one is using them. = Remind your teams



ENSURE ALL YOUR teams also have sufficient hand sanitiser in their Vans & Sites

ENSURE REGULAR CLEANING & DISINFECTING OF OFFICE AREAS CONTINUES

Nurtures Safe Distancing – Practice Social Distancing wherever possible

To ensure we are doing everything possible to reduce the risk of infection. Measures put in place by Nurture include;

- Maintain operative social distancing at all times, this may involve staggered start and finish times
- where it is not possible to remain 2 metres apart, staff should work side by side, or facing away from each other, rather than face to face if possible
- where face-to-face contact is essential, this should be kept to 15 minutes or less wherever possible
- Dual teams to remain in the same personnel throughout (cohorting)
- Stagger break times to ensure no interaction thus reducing risk.
- Cleaning down of multi-use machinery or vehicles before transferring to another user.
- Sanitising hands at regular intervals along with machinery and vehicles using wipes provided
- Regular washing of hands for at least 20 seconds.
- Using screens or barriers to separate people from each other

If social distancing guidelines cannot be met in full, consider whether that activity needs to continue, and if so, take all mitigating actions to reduce risk.



[Staying alert and safe \(social distancing\) - GOV UK.htm](https://www.gov.uk/guidance/staying-alert-and-safe-social-distancing)

Symptoms of Covid 19 Virus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The Main symptoms of Coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal



Note: We have recently had a couple of cases reported to us from a couple of your colleagues who tested positive for Covid 19 & that initially **didn't have the classic Covid symptoms** and initially didn't realize they had the virus before the classic symptoms developed later

- Sore throat
- Severe Headache
- Fatigue

If any of your team members develop any symptom that could be linked to Coronavirus we need to ensure that self-isolate until tested.



We Need to take ACTION - asap after any symptoms shown - **Better Safe Than Sorry**

Remember around 30% of all people infected show NO symptoms whatsoever - It is important we follow Social Distancing – and fully follow Wash – Face – Space

Mental Health

ITS Good to Talk

Ensure you make time for all your teams - Some of which you may not see very often.

Make that Call & communicate often with all your teams



Mental health during the Coronavirus outbreak

Don't be afraid to ask for help and advice during these difficult times

Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.

Mental Welfare Support From Lifeworks app

The APP has lots of useful information about self-care, mental health and well-being and has Covid-19 toolkit for individuals too.

If employees haven't yet registered, Busy Bees that operate the platform, are re-issuing the invitation to the app, so please encourage staff to download it on their phones, its free and could be helpful to many.



Helping people in horticulture
Perennial

Perennial are here for you, if they're struggling with a life-changing event or just need a little extra support. The professional and friendly team at Perennial can help families access the government support that can make a long-term difference to their lives, along with providing a safety net of financial help, where at least one parent or carer works or has recently worked in horticulture including landscaping.

Full information can be found on their website - [Support for Families | Perennial](#)

Perennial's helpline is operating as usual on 0800 093 8543 or visit Perennial.org.uk to fill out the [contact form](#). The confidential helpline is currently open Monday and Wednesday, 9.30am – 5pm and Tuesday, Thursday and Friday, 9am – 5pm



Risk Assessments

Ensure that YOU only display the latest versions - Check your notice boards & update local risk assessments where necessary

Updated Nurture Covid 19 – Risk Assessment

Due to postponement of the final lock down release steps – Risk Assessments have been reviewed but with no further changes in our control measures

[RA-C25T Dangers of catching Coronavirus \(Covid 19\) UPDATED 21st June 2021.pdf](#)

Remember that the above Risk Assessment is available to all via the work mobile library.

Main Office Assessment

[Office risk assessment reviewed 21st June 2021.pdf](#)

Review YOUR regional office assessments: [K:\Office RA](#)

[NEXT Reviews will take place before 19th July prior to next relaxation of measures in England release plan](#)