

Covid Update

Over 40 million people in the UK have received their first dose of a coronavirus (COVID-19) vaccine and over 27 million have had 2 doses.

Everyone being urged to come forward for vaccines to help protect against the threat of new variants

Over 25's now being called up for their first vaccine

Delay or Not to Delay

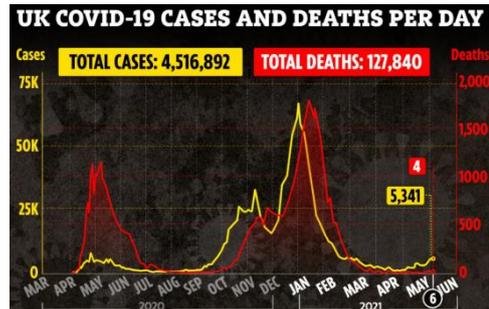
June 21st is fast approaching, but we're still no closer to knowing whether or not the planned easing of COVID-19 lockdown restrictions will go ahead in England.

This month's so-called 'Freedom Day' is seen as the end of lockdown, as the government hopes to "remove all legal limits on social contact" and the country returns to normal.

The decision will be made as late as possible with **June 14th** the latest date that a decision has to be made.

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



Surge testing to be deployed in Bradford, Canterbury, Derbyshire, Maidstone, Reading and Wokingham (Berkshire)

Everyone aged 12 and above who lives or works in these areas is strongly encouraged to take a coronavirus (COVID-19) PCR test, whether they are showing symptoms or not.

Additional testing is being offered in the

- CT1 and CT2 postcodes in Canterbury,
- ME14 1 postcode in Maidstone
- Gamesley Ward, High Peak in Derbyshire.
- Targeted areas within Bradford.
- RG1 3, RG1 5, RG1 6 and RG1 7 postcodes in Reading
- Bulmershe and Whitegates, Evendons, Norreys, and Wescott areas of Wokingham.

Safer Travel Guidance

England Government have produced an easy read version of their safer travel guidance to aid understanding

[Coronavirus-safer-travel-easy-read-guidance.pdf](#)

Coronavirus (COVID-19): safer travel guidance



Returning from Portugal

Portugal moved from green to amber list @ 4am this morning 8 June

On arrival in England anyone arriving from Portugal must:



- quarantine at home or in the place you are staying for 10 days
- take a COVID-19 test on or before day 2 and on or after day 8

Scotland Roadmap Easing delayed

Glasgow and 13 other Scottish councils delayed a move to level 1 last week. **Mainland Scotland was due to drop to less onerous measures on Monday, but some areas to remain at level 2**

Glasgow moved from Level 3 to level 2 from Midnight Friday 4 June.

Staying in level2

Edinburgh and Midlothian, Dundee, East Dunbartonshire, Renfrewshire and East Renfrewshire, the three Ayrshires, North and South Lanarkshire and Clackmannanshire and Stirling. ***Kilmarnock, Lesmahagow, West Calder are in this group***

Moved from Level 2 to Level 1 from Midnight Friday 4 June.

Highland, Argyll and Bute, Aberdeen City, Aberdeenshire, Moray, Angus, Perth and Kinross, Falkirk, Fife, Inverclyde, East and West Lothian, West Dunbartonshire, Dumfries and Galloway and the Borders. ***Perth is in this group***

Continued Home Lateral Flow Testing Kits

You should have received the test kits – if not please contact sara.hughes@nurturelandscapes who is coordinating their distribution.

We also **ENCOURAGE** you to Report your results on the national database – **You MUST** do this anyway if Positive test

How it will work:

1. All kits delivered to Nursery Court for dispatch to other regions
2. Dispatched to other Depots
3. You take kits home & complete the tests at home – full instructions within the test kits
4. Log results on the national database
 - You **MUST** do this if test is **POSITIVE**
 - You **SHOULD** log test also if **NEGATIVE** result & we positively encourage you to do this.

You will require Nurture's UON number to upload your results
UON is 50599943

If Positive YOU MUST follow the current self-isolation procedures

Test yourself for COVID-19 twice a week

Up to 1 in 3 people are asymptomatic - they show no signs of having COVID-19. Testing yourself regularly helps stop the virus spreading.



Report your result

You should report your result immediately www.gov.uk/report-covid19-result. Please also report your result to your employer.

You reported a negative coronavirus test result

It's likely you were not infectious when the test was done

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

Self-isolate if you have COVID-19 symptoms or a positive COVID-19 test result

We must ensure our teams Self-isolate immediately if:

- They develop symptoms of COVID-19 – they should self-isolate at home while they arrange and wait for the results of their test
- They test positive for COVID-19
- They live with someone who has tested positive for COVID-19 or who has symptoms and is waiting for their test result - the isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms), and the next 10 full days
- you are a contact of a person who has tested positive for COVID-19 who is not from your household - your isolation period includes the date of your last contact with them and the next 10 full days

The isolation period includes the day symptoms started (or the day their test was taken if they do not have symptoms), and the next 10 full days.

Self-isolation means you must stay at home at all times and not have contact with other people, except in very limited circumstances, for example to seek medical assistance.

You may have to ask others to do your shopping, and you may have to make alternative plans if you are currently supporting a vulnerable person. Do not invite visitors to your home or garden.

Following a HOME tested Lateral Flow test - All above self-isolation rules MUST be adhered to for the required timespan or unless the PCR confirmation test shows as negative.

How long do you need to self-isolate for?

-  **10 days**
If you have symptoms or a positive test
-  **14 days**
If someone in your household has symptoms
-  **14 days**
If you arrive back in the UK from abroad*
*Excluding exempt countries

Book your test now by calling 119 or visit www.nhs/coronavirus

Now is NOT the time to relax re Office controls - We need to continue to protect all.

One of the most dangerous aspects of this disease is that people without any symptoms can infect many others without realizing it.

Regular cleaning plays a vital role in limiting the transmission of COVID-19.

As a minimum

- Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.
- All communal office surfaces to have a disinfectant wipe routine at least twice per day to include:
 1. All Door & Cupboard Handles
 2. Photocopier & other office equipment
 3. Toilet & Kitchen facilities & Equipment



Always maintain a safe distance from your colleagues – Take particular care in break down areas e.g. Kitchen areas. Where possible keep external teams out of the office environment

Temperature Checks

Know your temperature & ACT if you have a drastic increase

Where provided **ENSURE ALL** your teams continue to take their temperatures upon arrival

Note: We are all now becoming familiar with our own regular individual temperatures. Although we set the parameter of 38° C as an excessive temperature & people **MUST** immediately go home – Do be aware that individuals fluctuate from the norm



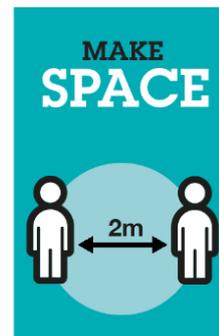
ENSURE where used ALL OFFICE have a daily temperature test completed prior to working in the office environment

Behaviour Coming out of Lockdown

Even as restrictions are lifted, it is essential that everyone carries on with the good habits we have introduced that help reduce transmission:

Safe Behaviours include:

- Wash Hands frequently, for at least 20 seconds.
- Wear a face covering in enclosed environments.
- Maintain space with anyone outside your household or work bubbles.
- Meet with others outdoors where possible.
- Minimise the number of different people you meet and the duration of meetings, if possible.
- Let fresh air in.
- Download the NHS Test & Trace app.
- 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.



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](#)

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

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

Covid Risk Assessment - Reviewed 10th May 2021 –

[RA-C25S Dangers of catching Coronavirus UPDATED 10th May 2021.pdf](#)

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

Main Office Assessment

[Office risk assessment reviewed 10th May 2021.pdf](#)

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

NEXT Reviews will take place before 21st June prior to next relaxation of measures in England release plan

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

