UPDATE FROM YOUR ASHBURY03/07/2020

PARISH STREET COORDINATOR

**New Lockdown Rules**

Hot off the presses, changes are being made to the lockdown rules from 4th July. These guidelines apply to people living in England. More detail on what you can and cannot do from the 4th of July is available on the GOV.UK website, along with more detailed guidance.

From the 4th of July more businesses, venues and public places will be allowed to open. These include:

* Restaurants, pubs, cafés,
* Cinemas,
* Hotels, visitor attractions, campsites,
* Libraries, community centres,
* Places of worship,
* Outdoor playgrounds and outdoor gyms.

Certain premises, in particular those where the risk of transmission may be higher, will remain closed.

What you can do:

* You can stay overnight away from your home with your own household or support bubble, or with members of one other household.
* You can meet in groups of up to two households (your support bubble counts as one household) in public or private, indoors or outdoors but remain socially distant by 2 metres, if not 1 metre or more from people not in your support bubble.
* You can meet with different households at different times but should socially distance from anyone not in your household or bubble. This change does not affect the support you receive from your carers.
* You can continue to meet in groups of up to six people from different households, following social distancing guidelines. Gatherings larger than six should only take place if all participants are from no more than just two households.
* Continue to wash your hands frequently and thoroughly for at least 20 seconds and use disposable towels, when outside, if possible.

What you should not do:

* It will be against the law to gather in groups larger than 30 people, except for a limited set of circumstances to be set out in law.
* You should not stay overnight away from your home with members of more than one other household (your support bubble counts as one household).
* You should not hold or attend celebrations (such as parties) where it is difficult to maintain social distancing.
* You should not gather indoors in groups of more than two households. This includes when dining out or going to the pub.
* You should not gather outdoors in a group of more than six people from different households.
* When gathered in public places, you should not interact socially with anyone outside your group, even if you see people you know.

**Domestic abuse**

Since the start of lockdown, Refuge, the country’s largest single provider of specialist domestic abuse services, has tracked the demand for its Helpline and the number of visits to its National Domestic Abuse Helpline website. These have spiked significantly over the last weeks. It’s not always easy to know how to support someone who is experiencing domestic violence or other forms of violence. Refuge have some signs to look out for to help recognise if someone is being abused and advice on how to help, including giving people time to open up, being direct with them, and believing them:

[www.refuge.org.uk/get-help-now/recognising-abuse/](https://www.refuge.org.uk/get-help-now/recognising-abuse/)

Some very useful tips on supporting victims:

[www.refuge.org.uk/get-help-now/help-someone-you-care-about-2/](http://www.refuge.org.uk/get-help-now/help-someone-you-care-about-2/)

Oxfordshire Domestic Abuse Services are also available here:

[a2dominion.co.uk/about-us/domestic-abuse-support-services](https://a2dominion.co.uk/about-us/domestic-abuse-support-services)