

National Restrictions came into force from midnight 4th November and at present run until 2nd December.

Weymouth Town Council's priorities during lockdown are:

- to continue to provide essential services to our residents
- to keep vulnerable residents as safe as possible
- to do what they can to support local businesses

If you previously received a letter from the NHS or from your GP which may have advised you to shield, you should have recently received, or will receive shortly, an updated letter from the Government outlining the new advice and guidance for 'clinically extremely vulnerable' (CEV) people.

If you don't have family, friends or a support network that can help you get the things you need like food or medicine call 01305 221000 (Dorset Council). Lines are open Monday to Friday 8:30am – 5pm.

Household recycling centres, refuse and recycling collections, garden waste collection, commercial waste will all stay open and services will continue

Social care services will continue.

Public toilets and car parks will stay open.

Beaches, parks and our green spaces will remain open for public use. Open spaces will stay open for people to enjoy but visitor centres are closed and the restaurants will only offer takeaway services.

Outdoor gyms and Skate Parks are closed.

Registration Services (registering a birth or death) will continue, but weddings will not be held and funerals continue to numbers will be limited.

Schools, colleges and childcare remain open.

Leisure Centres are closed.

Library buildings are closed but a book lending scheme will continue online via click and collect, and there is a Home Library Service for people who are housebound.

Dorset Citizens Advice: For advice on the following call CAB on 0344 411 1444:

- If you're worried about money, redundancy or reduced pay and are finding things tough right now, you're not alone - help and support is available.
- If you have been told to self-isolate and are on low income or benefits you may be entitled to the Government's NHS Test and Trace support payment.
- Whether it's paying the rent or mortgage, keeping up with bill payments, redundancy, free school meals, benefits, mental health or relationship support, speak to someone now.

Morrisons: have started a new service for people who are self-isolating whereby they can make a phone order and then pay by card on the doorstep <https://my.morrisons.com/doorstep-deliveries> or phone 0345 611 6111 and select option 5.

NHS Healthy Start Scheme: families on certain benefits can get free vouchers every week to spend on milk, plain fresh and frozen fruit and vegetables, vitamins and infant formula milk with the NHS Healthy Start Scheme. Phone 0345 607 6823

School meal vouchers: if you have children that were getting benefits-related free meals at school, you will be able to use a National Voucher Scheme to get a weekly shopping voucher. Schools will be in contact with families who should be getting a voucher.

Foodbanks: to request a foodbank voucher email: weymouthfb@outlook.com or phone 0753 116 7465

Food banks are now opening across areas of Weymouth 5 days a week:

Monday: Westham Methodist hall – 10.30 – 12.30 103, Newstead Rd, Weymouth DT4 0AR

Tuesday: Weymouth Baptist Church - 18, The Esplanade, Weymouth DT4 8DT

Wednesday and Thursday: St Frances Church Littlemoor, Merredin Close, Weymouth DT3 6SB

Friday: Weymouth Baptist church - 18, The Esplanade, Weymouth DT4 8DT

Social Supermarkets: Social Supermarkets provide an opportunity for residents to have more food choice than a food bank at a reduced cost. These include small membership fees or require a referral to use them so you will need to check directly with the individual provider.

manager.thenestweymouth@gmail.com. The shop is for people with low disposable income. This can be verified through receipt of universal credit, or another income-based benefit, or by referral from an organisation which can vouch that the family/individual has insufficient disposable income. These will be the main ways of verifying, but there will be other options available to people who these do not apply to. Opening from 17th November at the Waverley Arms, 121, Abbotsbury Road DT4 0JX (using the entrance from Franklin Road). Open 10 - 2; Tuesdays, Thursday and Saturdays. For further info ring 0772 428 5851

Age UK: Home support includes shopping: Phone 01305 269444

Weymouth Community Volunteers: Prescription collection, emergency food shopping and essential transport requirements: Phone 01305 830255

Domestic Abuse Support: call 999 in immediate danger.

What to do if you can't talk on the phone when you call 999

- Mobile: If prompted, press 55, this will transfer your call to the police under the Make Yourself Heard system. Pressing 55 only works on mobiles and does not allow police to track your location.
- Landline (home phone): Listen to the questions from the operator and if possible, respond by coughing or tapping the head-set. If only background noise can be heard and operators can't decide whether an emergency service is needed, then you'll be connected to a police call handler. Information about your location should be automatically available to the call handlers to help provide a response.

Domestic Abuse Helpline for Dorset (You First): 0800 032 5204

Non-Emergency: you can report a crime 24 hours a day, seven days a week by calling 101. You can also go online to Dorset Police and use the 101 web chat or the online crime reporting form.

Worried About a Child or Young Person?

- NSPCC - 0808 8005000 or text 88858
- Childline - 0800 1111