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| **Lockdown measures are changing from Wednesday 13 May.**In order to protect ourselves, members of our family, our most vulnerable people and the key workers that care for them, it's crucial that you continue to:  * **Stay Alert  ✓**   by staying at home as much as possible
* **Stay Alert  ✓**   by working from home if you can
* **Stay Alert  ✓**   by keeping your distance if you go out (2m apart where possible)
* **Stay Alert  ✓**   by limiting your contact with other people
* **Stay Alert  ✓**   by washing your hands regularly

**If you live with anyone who is displaying symptoms then you must stay at home.**If you are unsure of what has changed and what you can and can’t do, please [click here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3D65d7864449%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=gjt%2Fuf2HJr%2FmvIybj09sTjHC5wh%2B6C6VcmNQnqtnwBs%3D&reserved=0) for a list of the Government’s frequently asked questions. |

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| ****Latest Government update**** |

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| Following the Prime Minister Boris Johnson's statement yesterday, and the guidance document released this afternoon, the Government has outlined a recovery strategy Phase One that starts on Wednesday 13 May. **Phase One (from Wednesday 13 May)**Workplaces**:*** For the foreseeable future, people should continue to work from home wherever possible.
* Workers who cannot work from home (for example those in construction, manufacturing, labs and research facilities) should consult their employers and if their workplace is open and COVID-19 secure return to work.
* Workplaces should strictly follow social distancing measures and new “COVID-19 Secure” guidelines [available here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3Dadb859c134%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=n4M1qsMkHseXsnf0mspv%2F9hCav3PF05T4mReWdwS3pE%3D&reserved=0).
* Non-essential retail, restaurants, pubs, bars gyms and leisure centres **will remain closed.**

Transport**:** * If you cannot work from home and have to travel to work, or if you must make an essential journey, you should cycle or walk wherever possible.
* Before you travel on public transport, consider if your journey is necessary and if you can, stay local. Try to reduce your travel.
* Social distancing guidance on public transport must be followed rigorously.
* If you can, wear a face covering in an enclosed space where social distancing isn’t possible and where you will come into contact with people you do not normally meet. This is most relevant for short periods indoors in crowded areas, for example on public transport or in some shops.

Schools**:** * Schools remain open for children who are vulnerable or children whose parents are essential to the COVID-19 response. Check our [website](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3Def337deea3%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=O35yWpvF5bSYPVjecRMTCLSXAsf7uSahJq2ydASweZo%3D&reserved=0) for the latest information on which schools in Westminster are open.
* Schools should prepare to begin opening for more children from 1 June. The government expects children to be able to return to early years settings, and for Reception, Year 1 and Year 6 to be back in school in smaller class sizes from this point.

Leisure and exercise: There will be a limited number of things you can do on Wednesday that you cannot do now: * Spend time outdoors – for example sitting and enjoying the fresh air, picnicking, or sunbathing
* Meet one other person from a different household outdoors - following social distancing guidelines
* Exercise outdoors as often as you wish - following social distancing guidelines
* Use outdoor sports courts or facilities, such as a tennis or basketball court, or golf course – with members of your household, or one other person while staying 2 metres apart
* Go to a garden centre

At all times, you should continue to observe social distancing guidelines when you are outside your home, including ensuring you are 2 metres away from anyone outside your household. As with before, you cannot: * Visit friends and family in their homes
* Exercise in an indoor sports court, gym or leisure centre, or go swimming in a public pool
* Use an outdoor gym or playground
* Visit a private or ticketed attraction
* Gather in a group of more than two (excluding members of your own household), except for a few specific exceptions set out in law (for work, funerals, house moves, supporting the vulnerable, in emergencies and to fulfil legal obligations)

 **If you live with anyone who is displaying symptoms you must stay at home.**If you are concerned about yourself or someone else then [contact NHS 111 online](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3D03e1ad2be2%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=ADQDjK4oxDB195z9urZxbWvDfv2DqStZtlEBiy2Vit0%3D&reserved=0).In Phase Two, which will begin no earlier than **1 June**, nurseries and primary schools will begin a phased return. In Phase Three, which will start no earlier than **4 July**, more businesses will be able to open – although some, which are crowded by design, will not be able to open.For full details on the recovery strategy please visit the website [here](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3D17246903c3%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=FN7nvGFNyMAV5ojXu65gDftw4ygme27DESTMPxXDrjA%3D&reserved=0) or view the [FAQs](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwestminster.us1.list-manage.com%2Ftrack%2Fclick%3Fu%3Da50c8b0dd980669ef713b4cca%26id%3Da504b1e7ab%26e%3D83566efe0a&data=01%7C01%7Cjackie%40pdt.org.uk%7C270a3239986244ca0ee808d7f5ea21cb%7C3df625698c1c4506bc68f4a648602595%7C0&sdata=if5%2BmpR5pGG6zzFG5%2BZbQ34%2B%2BiHKFrGw13Qi3bFMgkA%3D&reserved=0) on how things will be changing on Wednesday 13 May |

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