

Get ready - shielding advice is changing

The Government has advised that from 1 April 2021 you will no longer need to shield and you will be able to:

- go to work (if you cannot work from home)
- go to the shops or pharmacy
- return to school or other education settings.

More advice is available at www.gov.uk/coronavirus-shielding-support.

If you are clinically extremely vulnerable and in need of help you should ask family first, neighbour next, go online, then helpline.

Food

Do you need priority supermarket delivery slots?

- Have you registered for priority supermarket delivery slots on the National Shielding Support Service (NSSS) - www.gov.uk/coronavirus-shielding-support? **Registration ends on 31 March 2021**, but deliveries will continue until 21 June 2021.
- Do you have an account with your supermarket using the same email address or contact details as used on your NSSS registration. **This can be done before or after NSSS registration** and enables the supermarket to identify you as clinically extremely vulnerable. Once matched the supermarket will contact you within seven days.
- Have you booked a delivery slot with your supermarket? Once matched you must book a slot and submit the order in the normal way. Supermarkets will not book a slot for you.

Do you need assistance with collection and delivery of shopping, medication and other essential supplies?

- Have you registered with the NHS Volunteer Responders programme at www.nhsvolunteerresponders.org.uk or on 0808 196 3646? NHS volunteers can support you to collect and deliver shopping, medication and other essential supplies. Lines are open 8am to 8pm 7 days a week.



Family first



Neighbour next



Then online



Then helpline



Employment and welfare support

As of 1 April 2021 you are advised to work from home where possible, and if you cannot work from home, you are no longer advised not to attend your workplace / to go to work. Statutory Sick Pay (SSP) and Employment and Support Allowance (ESA) on the basis of shielding will end on 1 April 2021.

- Have you contacted your employer to have a conversation about your return to work?
- Did you know that the **Coronavirus Job Retention Scheme** (furlough) has been extended until 31 September 2021?
- If self-employed - did you know that **Self-Employment Income Support Scheme** (SEISS) has been extended until September 2021?
- Did you know that the Universal Credit £20 per week increase remains in place until September 2021?
- Did you know that you can apply for **Access to Work**, which provides support for the disability-related extra costs of working that are beyond a reasonable adjustment an employer must provide?

Medicine delivery

Free medicine delivery service will end after 31 March 2021.

- You can now visit pharmacies at quieter times of the day – have you checked when this is with your local pharmacy?
- Have you registered with the NHS Volunteer Responders programme at www.nhsvolunteerresponders.org.uk or on **0808 196 3646**? NHS volunteers can support you to collect and deliver shopping, medication and other essential supplies. Lines are open 8am to 8pm 7 days a week.

If you are still struggling with any support need please contact us on 0800 123 7031 Monday – Friday 8am – 7pm and Saturday 9am – 2pm.

Vaccination – have you booked?

- If you are aged 16 or older, you should already have been offered your first dose of the vaccine. If you have not yet received your first dose, please contact your GP.

Mental health and wellbeing

- Did you know local support is available through Cheshire and Wirral Partnership NHS Foundation Trust's dedicated 24/7 all age urgent mental health helpline: **0800 145 6485** and support hub: www.cwp.nhs.uk/contact/need-urgent-help.

Education and wrap around care

From Thursday 1 April, all Clinically Extremely Vulnerable (CEV) children should attend early years provision, school, college, wraparound childcare and out-of-school settings, unless they are one of the very small number of children under paediatric or other specialist care and have been advised by their GP or clinician not to attend.

CEV students who are enrolled in practical, or practice-based (including creative arts) courses should return to in-person teaching.

- If you are anxious about your child returning to their education setting please speak to your school, college or nursery directly.

Self Isolation

- Did you know if you need to self-isolate due to a positive test or through close contact with someone who tests positive for Coronavirus we have support and guidance available via www.cheshirewestandchester.gov.uk/selfisolation

