



曼徹斯特華人基督教會 Manchester Chinese Christian Church

Church Guidance on Tougher National Restrictions in England from 5 November

From 5 November, everyone in England must **stay** at home and **not** meet with people you do not live with, except for specific purposes. These restrictions will be imposed until Wednesday 2 December, and may be extended by the government. Fines will be imposed for breaking these regulations.

You may only leave your house for a limited set of reasons, including:

- for childcare or education;
- for work, if you cannot work from home;
- for exercise and recreation outdoors, with your household, support bubble or on your own with one person from another household;
- for all medical reasons, appointments and to escape injury or harm;
- to shop for food and essentials;
- and to provide care for vulnerable people, or as a volunteer

Social distancing outside your house

Remember - 'Hands. Face. Space':

HANDS - Wash your hands regularly and for at least 20 seconds.

FACE - Cover your face in enclosed spaces, especially where you will come into contact with people.

SPACE - Stay 2 metres apart where possible.

If you need to travel we encourage you to walk or cycle where possible, and to plan ahead and avoid busy times and routes on public transport.

Exercising or visiting outdoor public places

You can exercise or visit outdoor public places with the people you live with, your support bubble, or 1 person from another household (so **two** people only in total. Children under school age will not count towards this limit of **two people only** meeting outside). Your garden does not count as an outdoor public space so you must not have visitors in your garden.

Support Bubble / Children whose parents are separated

Single-adult households will still be able to form an exclusive support bubble with one other household, and children can move between homes if their parents are separated. However, you cannot stay overnight at your support bubble's house.

Childcare services remains available

Parents will still be able to access registered childcare and other informal childcare services where reasonably necessary to enable parents to work. For example, grandparents can still help to look after children if both parents have to work.

Church services, Weddings and Funerals

Physical, in-person services will not be allowed. The Church building (Whalley Range) and the Church office will be closed completely except for maintenance work and funerals.

Weddings and civil partnership ceremonies will not be permitted to take place.

Funerals can continue to take place in church. They can be attended by a maximum of 15 people and it is advised that only close friends and family attend.

Shops to be closed except for essential shops

Non-essential shops, leisure and entertainment venues will be closed. However, click and collect services can continue and essential shops, including supermarkets, will remain open. Take-aways can remain open.

Pubs and restaurants to be closed

Pubs, bars, restaurants must close, except for takeaway and delivery services.

Workplaces may remain open

Workplaces should stay open where people cannot work from home – for example, in the construction or manufacturing sectors.

Hotels and other accommodations

Overnight stays and holidays away from primary residences will not be allowed.

Hotels, hostels and other accommodation should only open for those who have to travel for work purposes and for a limited number of other exemptions which will be set out in law.

Travel

You cannot travel overseas or within the UK, unless for work, education or other legally permitted reasons. It also means you cannot stay in a second home.

Protecting people more at risk from coronavirus

If you are over 60 or clinically vulnerable, you could be at higher risk. You should be especially careful to follow the rules and minimise your contacts with others, continue to wash your hands carefully and more frequently than usual and maintain thorough cleaning of frequently touched areas in your home and/or workspace.

Coronavirus Job Retention Scheme

The Coronavirus Job Retention Scheme, known as the furlough scheme, will remain open until December, with employees receiving 80% of their current salary for hours not worked, up to a maximum of £2,500.

A new, improved self-employed support scheme will come into operation. HMRC will publish guidelines soon.

Links to full government guidance:

<https://www.gov.uk/government/news/prime-minister-announces-new-national-restrictions>

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>