

COVID-19 Updates

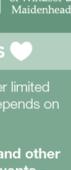
www.rbwm.gov.uk



From 17 May

STEP 3

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SOCIAL CONTACT

Maximum 30 people outdoors.

Indoors: Up to 6 people or 2 households (each household can also include a support bubble, if eligible).

Remember, the risks of close contact may be greater for some than others depending on the setting and circumstances.

Exercise caution. Use your judgement.

Hands, face, space, and fresh air still apply.

BUSINESS / ACTIVITIES

Indoor hospitality - pubs, bars, restaurants, and cafes.

Indoor entertainment and attractions - cinemas, theatres, concert halls, bowling alleys, casinos, amusement arcades, museums, and children's play areas.

Indoor organised adult sport and exercise classes as well as saunas and steam rooms.

Holiday accommodation - including hotels and B&Bs. For groups of up to 6 people or 2 households (each household can also include a support bubble, if eligible).

Outdoor events - live performances, sporting, and business. Attendance capped according to venue type.

LIFE EVENTS

Funerals - no longer limited to 30 people, but depends on the venue size.

Weddings wakes and other commemorative events - now up to 30 people, but again dependent on venue size.

Other significant life events, such as bar/bat mitzvahs and christenings also up to 30 people dependent on venue size.

TRAVEL

Domestic overnight stays.

International travel according to traffic light system.

We're all in this together

Stay safe when you're out and about

We're all in this together

Making it easier for you to test

If you cannot collect your free COVID-19 tests during the staggered Community Testing/ Collect opening hours at Windsor and Braywick leisure centres, from this Monday you'll be able to also pick-up tests from the receptions at the following leisure centres:

Windsor and Braywick
Weekdays 6am – 10pm
Weekends 8am – 6pm

Charters, Cox Green, and Furze Platt
Weekdays 4.30pm – 10pm
Weekends 9am – 6pm

Test don't guess. Twice-weekly testing helps find asymptomatic cases. Remember, even vaccinated you can catch the virus unknowingly and transmit it to loved ones you aren't. There are now [six ways to get hold of free tests](#).

And with some of our council meetings returning to face-to-face from Monday, please take a test if you want to attend in person.



Royal Borough cases

There are 21.1 cases per 100,000, as of this morning. The latest published data, covering 29 April to 5 May, shows 37 new cases across the Royal Borough.

The highest infection rates are among 11 to 18-year-olds and ages 35 to 39, continuing the pattern of secondary school children and young working adults.

Check out the [Berkshire Public Health website](#) for the daily rates, and on Wednesday evenings the weekly reports showing case breakdowns per ward, vaccinations for each age group, testing, and much more.



All of the COVID-19 vaccines in use in the UK protect you from coronavirus. Don't delay in getting yours when it is offered to you, it's the best way to keep your family and friends safe.

So what's stopping you?

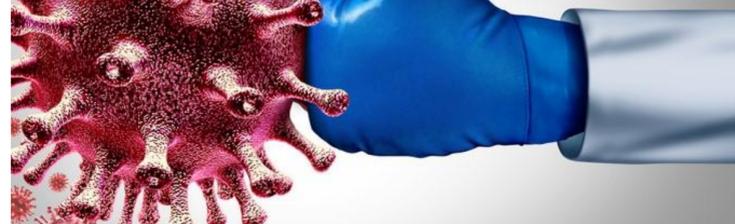
From today, ages 38 and 39 can use the national [online booking service](#) to arrange their first dose. And if you're pregnant, you can now also log your condition when booking to be offered if you wish an alternative to AstraZeneca.

If you've had your first dose of AstraZeneca, your risk of dying from COVID-19 has been lowered by 80%, according to [Public Health England \(PHE\) research](#) published this week.

With Pfizer, says the report, protection against death rises from 80% after the first dose to 97% after the second. PHE also says its data shows Pfizer is highly effective in reducing the risk of hospitalisation, especially in older age groups.

Additional PHE research says if you do become infected three weeks after getting one dose of Pfizer or AstraZeneca, you're between 38% and 49% less likely to transmit the virus to those not yet vaccinated.

The vaccination programme is being run by the NHS, not the council. For local statistics [see regional and national data on the NHS England website](#).



How are we tackling COVID-19?

Tomorrow (14 May) at noon is the deadline for submitting your questions to the next public meeting of our Outbreak Engagement Board due to be held this coming Monday.

Simply [email your question\(s\) to our democratic services team](#). You won't be able to ask anything at the meeting. The session is again being live streamed on our YouTube channel from 2.30pm.

Our Outbreak Control Plan plus answers to your previous questions [are on our website](#).



A royal visitor

His Royal Highness The Earl of Wessex last week visited the Royal Windsor Racecourse COVID-19 vaccination site.

After he'd met local dignitaries, clinical leads, NHS staff and volunteers, he took time out to chat to people receiving their injections to hear first hand about their experiences.

The Racecourse has been administering both the Pfizer and AstraZeneca vaccines since December. People vaccinated at the start of the programme are now returning for their second dose.

Do you need help with your mental health?



NHS
Frimley
Clinical Commissioning Group

See **FREE** help services for across the Royal Borough of Windsor and Maidenhead. You can access these free services directly, but you can also talk to your GP about how you're feeling



Adults

- If you are over 18 and need urgent support call **NHS 111** who will direct you accordingly
- Call Gateway on **0300 3652000** to access support ranging from wellbeing to crisis (including Wellbeing support, Talking Therapies, Community Mental Health Team and Crisis) or self-refer to talking therapies <https://talkingtherapies.berkshirehealthcare.nhs.uk/getting-support/sign-up-to-talking-therapies/>
- Call Friends in Need on **07496 874882** or email ansa.khan@bucksminind.org.uk to find local groups and activities in your area
- Dementia Care Advisors: RBWM: Call **01628 683715** or email DementiaCareAdvisor@RBWM.gov.uk
- Access instant online counselling: <https://forms.berkshirehealthcare.nhs.uk/TalkingTherapies/OnlineTherapy.aspx>



Children & Young People

- Aged between **11-19 years old?** Visit www.kooth.com for free, anonymous and confidential online counselling and emotional well-being support services
- Information to support Children and Young People can be found www.frimleyccg.nhs.uk



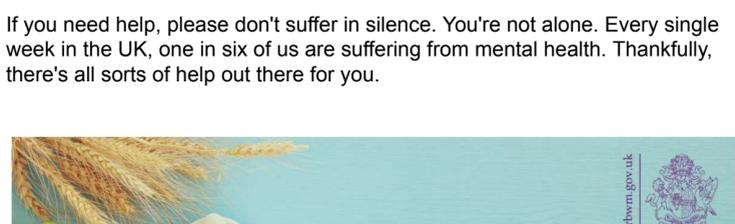
For more information to stay well go online to: www.frimleyhealthandcare.org.uk

Mental health during a pandemic

It's Mental Health Awareness Week (finishes 16 May), and research by charity **MIND** has unsurprisingly highlighted just how much COVID-19 is affecting us all:

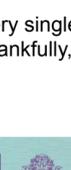
- 60% of adults and 68% of young people in the study say their mental health worsened during the first lockdown alone
- People with existing mental health problems are more likely to be affected by COVID-19 restrictions
- There's been a rise in people with no previous mental health issues who are now suffering

If you need help, please don't suffer in silence. You're not alone. Every single week in the UK, one in six of us are suffering from mental health. Thankfully, there's all sorts of help out there for you.



We're all in this together

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Residents' Newsletter

www.rbwm.gov.uk



All the latest at your fingertips

Keep abreast of all the Royal Borough's non COVID-19 news in our other weekly e-newsletter. You can [sign up for it here](#) and unsubscribe at any time. You're in control.

Helpful contacts

[COVID-19 support in the Royal Borough](#)

[Government roadmap out of lockdown](#)

[Government COVID-19 information](#)

[Public Health England and Department of Health and Social Care guidance](#)

[NHS England advice](#)

Keep up to date with Royal Borough COVID-19 news and information by following us on [Twitter](#) and [Facebook](#).

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