



Dear resident,

In response to rapidly rising coronavirus cases across the UK, the government introduced [new national restrictions](#) on Thursday 5 November to reduce the spread of infection.

This month's e-newsletter provides you with the latest information on lockdown restrictions, advice for local businesses and the support available for at risk residents.

The new measures require people to stay at home, except for specific purposes, and order the closure of all non-essential shops, restaurants, entertainment venues and some leisure facilities.

Essential shops, including supermarkets, will remain open, and children and young people can continue to attend school, colleges, universities and childcare settings.

The council will continue to deliver essential services.

We understand that this continues to be a worrying time for many residents, and there is a variety of support available, including the NHS Volunteer Responders, local volunteer schemes and the council's COVID-19 Community Hub. Please see below for more information.

It is vital that you carry on following the existing safety precautions, including washing your hands regularly, keeping two metres apart from those outside of your household, and wearing a face covering as necessary.

If you have symptoms of COVID-19, you must self-isolate and book a test immediately. If you are contacted by the NHS Test and Trace service please follow their instructions.

We all have a part to play in combating this deadly virus. By staying at home, remaining vigilant and pulling together to adhere to the restrictions, you will be protecting the NHS and saving lives.

New national restrictions

Residents are urged to stay at home as much as possible. You may go out for a limited set of reasons, including:

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

You must not meet socially indoors with family or friends unless they are part of your household or support bubble (where a household with one adult joins with another household).

If you are aged 60 or over or clinically vulnerable, you could be at higher risk of severe illness from coronavirus and should take extra care to follow the rules. Those who are clinically extremely vulnerable are advised to work from home but encouraged to go outside for exercise.



[Find out more](#)

Business update

The government has ordered certain businesses and venues to close, including:

- all non-essential shops
- entertainment venues such as theatres, cinemas and museums
- personal care facilities such as hair, beauty and nail salons
- indoor and outdoor leisure facilities such as leisure centres and sports facilities



Food shops, supermarkets, garden centres and other retailers providing essential goods and services remain open.

Non-essential retail can remain open for delivery to customers and click-and-collect, and hospitality venues can still provide takeaway and delivery services. Hotels, hostels and other accommodation should only open for those who have to travel for work purposes and some other exemptions.

Workplaces should follow COVID-19 secure guidelines to protect customers, visitors and workers.

If you have any concerns about COVID-19 secure requirements in any Hillingdon businesses, email COVID19hub@hillingdon.gov.uk or call 020 3949 5786.

The Coronavirus Job Retention Scheme continues until the end of March 2021, with employees receiving 80 per cent of their current salary for hours not worked, up to a maximum of £2,500.

Business premises forced to close in England can apply for grants worth up to £3,000 per month under the Local Restrictions Support Grant.

[Read more](#)



Parks and green spaces

Hillingdon's parks and green spaces remain open for leisure and recreation.

You can exercise or visit outdoor public places alone, with your household or support bubble, or on your own with one person from another household.

Our playgrounds and allotments remain open, however our tennis and basketball courts, golf courses and outdoor gyms are closed.

[Read more](#)



Facility closures

Some of our facilities have once again temporarily closed, including museums, golf courses, and leisure centres.

Our libraries are offering a reserve and collect service and continue to offer a range of online resources.

Despite being closed, the Battle of Britain Bunker Exhibition and Visitor Centre also has a variety of online resources on its website.

The Rural Activities Garden Centre, adult learning centres (except Ruislip Manor) and civic amenity sites remain open.

[Find out more](#)

Parking arrangements

The council has reintroduced free emergency residential permits to accommodate the higher than normal number of residents' vehicles that will be parked in residential streets in response to the introduction of the national restrictions.

Residents with permits or visitor vouchers in parking management schemes (PMSs) are permitted to park in bays and on single yellow lines within their zone and without penalty, provided that they display a permit or visitor voucher for that particular PMS and are not parked obstructively or dangerously. For example, corners of junctions, on footways, across dropped kerbs and on double yellow lines.



[Read more](#)

Ceremonies update

Funerals can be attended by a maximum of 30 people (25 at Breakspear Crematorium) and it is advised that only close friends and family attend.

Weddings and civil partnership ceremonies are not permitted to take place except in exceptional circumstances.



[Read more](#)

Support for residents at risk

A range of support is available for residents who are most at risk.

The NHS Volunteer Responders service is open between 8am and 8pm and can be contacted on 0808 196 3646.

Individuals who may be experiencing financial difficulties and unable to purchase food, can call our Community Hub on 020 3949 5786 or email COVID19hub@hillingdon.gov.uk (9am to 5pm Monday to Friday).

For more information visit www.hillingdon.gov.uk/community-support.

Those on lower incomes who cannot work from home and have lost income from self-isolating may be eligible for a Test and Trace Support Payment of £500. For more information visit www.hillingdon.gov.uk/individual-financial-support.

It's important to take care of your mind as well as your body. Every Mind Matters has a range of expert advice on how to look after your mental wellbeing whilst you're at home. Their website also includes guidance if you're feeling worried or anxious about the pandemic.

Got symptoms?

If you have any coronavirus symptoms (a high temperature, a new and continuous cough or a change to or loss of smell or taste) protect yourself and others and self-isolate and get a test.

Self-isolating means staying at home and not letting anyone else come to your house (only leave to get tested). You should also organise shopping deliveries for the period you're isolating.

You can book an appointment for a test or order a home testing kit via the NHS COVID-19 app, the government's website www.gov.uk/get-coronavirus-test or by calling 119.

To be effective, tests need to be done in the first eight days from the start of symptoms and any home testing kit would need to be ordered by 3pm on the seventh day since symptoms appeared.

Read more about self-isolating at www.gov.uk/coronavirus.



Remembrance Day

The council will not be hosting any public Remembrance Day or Armistice Day events.

On Wednesday 11 November, the Mayor of Hillingdon, Cllr Teji Barnes, will give a Remembrance speech via social media. The speech will be available to watch on the Mayor's YouTube channel.

Remembrance maroons will be launched across the borough to mark the start and finish of the two-minute silence.

[Read more](#)



The Tashan Daniel Award

The council has launched a bursary award for young people in memory of Tashan Daniel, aged 20, from Hillingdon, who was tragically killed in an unprovoked attack at Hillingdon underground station in September 2019.

The Tashan Daniel Award will support young residents to achieve their ambitions in sport, culture and education, honouring Tashan's passion for competitive sport and sprinting.

The memorial bursary is available to Hillingdon residents up to the age of 21, with support to the maximum value of £2,000 per person, per year. Requests can include sports equipment, sports training and competing opportunities, qualifications in the arts and vocational courses in further education.

[Find out more](#)

DO YOU HAVE A STORY TO TELL?

We're interested to hear your tales about Hillingdon as part of a project to showcase life in the borough.

You can share:

- stories about living or working in Hillingdon
- your pandemic experiences
- places you enjoy visiting
- five objects that mean something to you

[Find out more](#)

