



COVID-19 UPDATE: SECOND LOCKDOWN

Prime Minister Boris Johnson announced a new national lockdown across the UK on Saturday, after a rapid rise in coronavirus cases.

The new measures will come into effect on Thursday 5 November and will last until Wednesday 2 December.

Cases are rising in the U.K and we have compiled a list of what you can and can't do to help you through the next month.

For more information visit:

<https://www.nhs.uk/conditions/coronavirus-covid-19>



WHAT IS ALLOWED AFTER NOV 5TH

People who shielded in March do not have to shield again, but clinically vulnerable and over-60s are advised to limit social contacts and follow rules carefully

Workplaces should stay open where people cannot work from home

Childcare settings, schools, colleges and universities to remain open

Children allowed to move between homes if parents separated

Supplementary educational/madrassa activities must be remote/online

Funerals allowed with close family members only. Max 30 people.

Manufacturing and construction to continue.

Support bubbles remain.

Only leave your home for specific reasons – education, work if you cannot work from home, exercise, medical reasons, to escape injury or harm, shop for food and essentials, and provide care for vulnerable people, or as a volunteer

Hotels and hostels to remain open for people travelling for work and limited other reasons

Professional sports are allowed but amateur sports are not.

Leisure and entertainment venues to close, including gyms

Vets, courts and job centres to remain open

Medical appointments to continue as normal.

Essential public services (food banks, food kitchens etc.) can still take place at the place of worship



WHAT ISN'T ALLOWED AFTER NOV 5TH

No mixing of households inside homes, except for childcare and other support

No mixing of households outside, except for exercising or visiting a public place with one other person

All pubs, bars and restaurants to close - takeaways and deliveries allowed, but no takeaway alcohol

Weddings, civil partnership ceremonies will not be permitted to take place except in exceptional circumstances.

International travel out of the UK banned, except for work

Travel within the UK discouraged, except for work

All non-essential retail to close but supermarkets can still sell non-essential goods - click and collect can continue

Services in places of worship banned but private prayer permitted

Outdoor exercise and recreation encouraged and is unlimited - only with your household/bubble, on your own or with one other person from a different household (golf is not allowed)



HOW TO STAY SAFE

Keep a safe distance from others. Stay two metres apart from people you do not live with as much as possible.

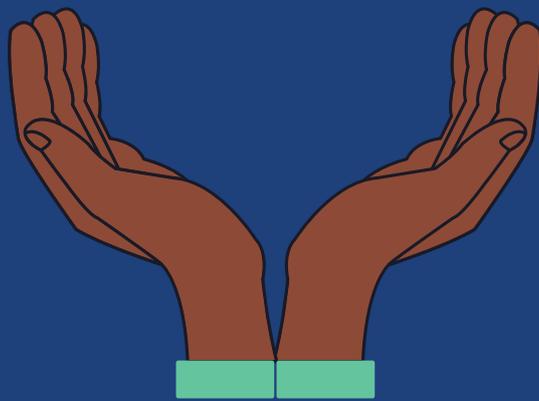
Wash your hands frequently and carry hand sanitiser when you are out. Avoid crowds and limit contact with those you don't live with.

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If you develop COVID-19 symptoms (high fever, continuous cough, loss of taste or smell) then self-isolate immediately and request a test as soon as you can.

Do NOT be afraid to seek help if you need it. It is MUCH WORSE to struggle at home.

Verify information you receive on social media platforms such as Whatsapp, or Facebook, Twitter and Instagram. There is a lot of mis-leading information out there that could put your health at risk if left unchecked.



ATM SUPPORT PROGRAMMES

FREE Community Support: We have a dedicated support officer on hand to deal with any emerging issues in the community e.g. housing, employment, education, business support and criminal justice and so on. This is a FREE service and open to anyone living in London, please email info@theatm.org.

FREE Leadership Programme: Covid-19 has thwarted the aspirations of many young people. Our bespoke leadership programme continues to run online. This is for 16-24 year old Londoners who want to develop their confidence and leadership skills. You get to design your own FULLY-FUNDED project at the end of training - a great addition to any CV! Sign up [here](#).

FREE Mental Health Therapy and Counselling Service: We are offering up to 10 free therapy sessions for young people aged 16-24 years old with dedicated counsellors to access quality support with any emotional and well-being challenges. Sessions take place virtually and are completely confidential - please contact Yasmin Moalin (Yasmin.moalin@theatm.org) to sign yourself up or refer someone you know.