

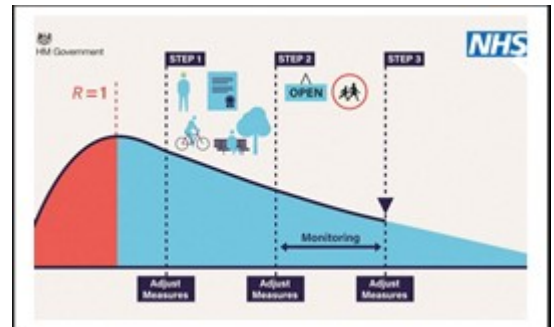
NEDDC Employee Wellbeing Update – 2 June 2020

Steps we can all take to help?

- Remember 2 meter Rita and 6 feet Pete!
- Limit contact with others as much as possible
- Wash your hands regularly

Today's Theme: Step 2- Lifting Restrictions

The Government had a planned timetable for lifting current lockdown restrictions. Monday 1st June saw us enter Step 2 of this plan. Below are some of the changes now in place;



- **Can I meet friends and relatives?**

You are able to meet in groups of up to six people from different households outside - either in parks or now also in private gardens - as long as you remain 2m (6ft) apart.

- **Can I exercise more?**

You can play outdoor sports such as golf or tennis with members of your household or with one other person from another household (while maintaining social distance). From Monday, you are also able to exercise outside with up to five others from different households. That means small groups of sport teams can resume fitness sessions, but social distancing must be maintained.

There is no longer any limit to the amount of time you can spend outside doing exercise, or in "open-air recreation" like sunbathing.

- **When will schools return?**

The government's ambition is for all primary school children in England to return to school before the summer for a month if feasible.

In England, pupils in nurseries, early years and Reception and Years 1 and 6 at primary schools will be able to return from Monday 1 June.

Class sizes are expected to be no more than 15 pupils, with staggered breaks and frequent hand washing.

- **When can I go High Street shopping again?**

All non-essential retailers - from department stores to small independent shops - can reopen from 15 June, if they put in place social distancing measures. Outdoor markets and car showrooms can reopen from 1 June, if they are "Covid-secure". The government has said, however, these dates could change if coronavirus infection rates increase. Garden centres have already reopened, maintaining social distancing.

DIY chains - some of which stayed open throughout the lockdown - have also reopened many of their shops.

For more information on the updates and changes made visit:

<https://www.gov.uk/government/speeches/pm-press-conference-statement-on-the-five-tests-28-may-2020>

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.