

Mental Health Support

Follow the advice that works for you in the guidance on [how to look after your mental health and wellbeing during coronavirus \(COVID-19\)](#).

The [Every Mind Matters page on anxiety](#) and [NHS mental wellbeing audio guides](#) provide further information on how to manage anxiety.

Or speak to a GP or seek out mental health support delivered by charities or the NHS.

Income and Employment Support

Current advisory guidance is for people who are shielding not to go to work. You will be eligible for Statutory Sick Pay (SSP) based on your shielding status until 31st July. SSP eligibility criteria apply.

From 1st August, if you are unable to work from home but need to work, you can, if the business is COVID safe.

Employers are being supported by the government to enable you to work from home where this is possible, including moving into another role if required. Where this is not possible, those who have been shielding should be provided with the safest onsite roles that enable them to maintain social distancing.

If employers cannot provide a safe working environment, they can continue to use the Job Retention Scheme for shielded employees who have already been furloughed.

What support will be available after July?

From 1st August, clinically extremely vulnerable people will continue to have access to priority supermarket delivery slots if you have registered online before 17th July for a priority delivery slot.

NHS Volunteer Responders will also continue to offer support to those who need it, including collecting and delivering food and medicines.

The updated shielding guidance should not affect any social care or support you were receiving prior to the start of shielding.

You should continue to contact the local council if you have any ongoing social care need.

The Orchard Partnership

Fovant | Codford | Wilton | Shrewton



Shielding Guidance for COVID-19 Clinically Extremely Vulnerable People

*The guidance will change on
6th July and again on 1st August,
based on clinical evidence.*

*For now, the guidance remains the
same - stay at home and only go
outside to exercise or to spend time
outdoors with a member of your
household, or with one other person
from another household if you live
alone.*

What are the changes?

From 6th July, you can meet in groups of up to 6 people from outside your household - outdoors with social distancing, e.g. a summer BBQ outside at a friend's house, but remember it is still important to maintain social distancing and you should not share items such as cups and plates.

If you live alone (or are a lone adult with dependent children under 18), you will be able to form a support bubble with another household.

From 1st August, you will no longer need to shield, and the advice will be that you can visit shops and places of worship, but you should continue maintaining rigorous social distancing.

Why is the guidance changing now?

On average less than 1 in 1,700 in our communities are estimated to have the virus, down from 1 in 500 four weeks ago.

Unless advised otherwise by your clinician, you are still in the 'clinically extremely vulnerable' category and should continue to follow the advice for that category, which can be found here.

Support offer explainer

If you are in receipt of Government provided food boxes and medicine deliveries, you will continue to receive this support until the end of July.

Local councils and volunteers are also providing support to enable people who are shielding to stay safely in their homes. Council funding for this service will continue until the end of July.

What support is available to people who are shielding until the end of July?

Essential supplies

For food and other essentials:-

- Make use of the supermarket priority delivery slots. When a clinically extremely vulnerable person [registers online](#) as needing support with food, their data is shared with supermarkets. This means if you make an online order with a supermarket (as both a new or existing customer), you will be eligible for a priority slot.
- Use the many commercial options now available for accessing food, including telephone ordering, food box delivery, prepared meal delivery and other non-supermarket food delivery providers. [A list has been shared with local authorities and charities.](#)
- A free, standardised weekly parcel of food and household essentials. If you have registered for this support [online](#) before 17th July, you will continue to receive weekly food box deliveries until the end of July.
- If you need urgent help and have no other means of support, [contact your local council](#) to find out what support services are available in their area.
- The government has made £63 million available to local councils in England to help those who are struggling to afford food and other essentials.



**NHS VOLUNTEER
RESPONDERS**

NHS Volunteer Responders

The NHS Volunteer Responder Scheme will continue beyond the end of July. They can support you with:

- Collecting shopping, medication (if your friends and family cannot collect them for you) or other essential supplies.
- A regular, friendly phone call which can be provided by different volunteers each time or by someone who is also shielding and will stay in contact for several weeks; and
- Transport to medical appointments.

Please call 0808 196 3646 between 8am and 8pm to arrange support or speak to your health care professional for transport support. More information is available at www.nhsvolunteerresponders.org.uk.

Health Care

Any essential carers or visitors who support you with your everyday needs can continue to visit unless they have any of the symptoms of COVID-19 (a new continuous cough, a high temperature, or a loss of, or change in, their normal sense of taste or smell).

People in the clinically extremely vulnerable group should continue to access the NHS services they need during this time. This may be delivered in a different way or in a different place than you are used to, for example via an online consultation, but if you do need to go to hospital or attend another health facility for planned care, extra planning and protection will be put in place.