

Wrexham Community support response to Recovery stage from Covid

Briefing Sheet update 2nd October 2020 Issue 25

R number has moved to an average above 1 across Wales and 1.5 in some locations

Major changes come into effect for Local Lockdown



This week has seen some of the fastest changes take place since the Coronavirus pandemic first highlighted as a major issue back in March. The speed of change has probably been unprecedented and certainly caught many people off guard when the announcement was made last Tuesday evening with implementation from 6.00pm last Thursday on a local lockdown.

Figures have gone from a steady decline since the defined Outbreaks in the Maelor Hospital and Rowan Foods to a reversal trend over a 24-hour period this week with case numbers still rising.

It is now more important that everyone takes notice of the guidance to safeguard themselves, relatives and others they come into contact with and applying for a Test if presenting with any symptoms. With the 'R' number being above 1 for every person who is positive they will potentially be infecting between 10 and 15 other people.

It is important that any community organisation that operates a community building reviews their Risk Assessments in view of the current guidance and infection spread. Some activities that started over the past two weeks may now need to stop and in some instances will be illegal for them to take place.

The Welsh Government have issued a Questions and Answers specifically for Wrexham and is available to download at <https://gov.wales/wrexham-county-borough-lockdown-frequently-asked-questions> .(copy attached end of this briefing) This is a very useful guide to help respond to the many frequently asked questions that people are asking about what can and cannot happen and the personal impact the lockdown will have on their daily life.

Update: the most recent announcement has been made on Friday concerning people who are living by themselves at the three weekly update when Mark Drakford said –

“We are once again seeing cases of coronavirus rising across Wales and the reintroduction of restrictions in many parts of the country to protect people’s health and control its spread.

“Many people will have the support of their family at this time but large numbers of people – young and old – live alone. None of us should have to face coronavirus on our own.

“Creating temporary bubbles for single people and single parents in local lockdown areas will make sure they have the emotional support they need during this time.”

<https://www.bbc.co.uk/news/uk-wales-politics-54375150>

Test and Trace App:



The launch of the Test and Trace app is a significant tool in dealing with the control and spread of Covid. Everyone is urged to download the app so in the event of being in contact with someone who proves to be positive and can be contacted by the Wales TTP – Test, Trace and Protect service who would send an alert if you have been in contact with someone who is positive.

<https://covid19.nhs.uk/>



Although people will be able to leave their houses for shopping and other supplies and appointments some will be feeling very anxious and not able to leave the safety of their own home. It is important that everyone who knows someone living by themselves is a good neighbour and keeps an eye on others in their neighbourhood. As we move into the Autumn period and dark nights many people do not like going out normally but with Covid their

anxiety will be higher.

If anyone has any concerns about someone, they should contact the Council 292000 who could assess what type of help someone may need.

Lockdown support:



AVOW has their Covid19 helpdesk operating and staff are on hand to help identify a volunteer or other help for people that may need assistance. Contact 312556 or email Covid19@avow.org

AVOW would like to thank all those people who have come forward to volunteer over the past six months. Many of these have not been called upon as Street Level volunteering has played a significant part in the support available and in many cases still operating.

During the height of the infection rates over the past few months a fantastic number of people came forward to volunteer to support vulnerable people and lots of people have formed links and carried on volunteering. It is vital though that everyone in our communities are supported with everyone being asked to look out for any vulnerable or isolated neighbours. People should not assume someone else is looking after a vulnerable person- without checking you will not know if they are ok.

Food Provision and support:



There are several sources of food support for people who are struggling financially or have other issues to deal with through the Wrexham Foodbank, Salvation Army, Given to Shine and other more local schemes. If someone is already having some form of support, then the organisation will be able to advise. For others they can contact directly.

For many people, a shortage of food is just one issue and often they need support for other issues and the food providers are able to signpost to other agencies so that a holistic approach to support is available.

Food and support research:

AVOW has conducted research into the many community-based food providers and this has been shared with representatives from Welsh Government. Welsh Local Government Association, Wrexham Council and a wide range of providers. At a recent meeting it has been decided that there is a need for ongoing work to look at the best ways to provide support for food and other support.

The next meeting will be held on Friday 23rd October 11.00am

<https://us02web.zoom.us/j/84411111111>

Opening of Community Buildings:



Several meetings have been held with a wide range of representatives from the management groups of community buildings. The group has looked at many issues around the opening of facilities and the interpretation of the Welsh Government guidance. Resources have been provided to help with Risk Assessment, information on useful contacts and general support about what activities are or are not permissible. The Regulations 12 and 14 along with Welsh Government Guidance is quite complex and open to interpretation.

In view of the new 'lockdown' it is important that any current activities are reviewed and assessed as to whether they should still be carrying on. The management committee are ultimately responsible, and it is for them to make the final decision on the use of the buildings.

A catch up meeting for anyone connected with community bookings will be held on – 4th November 11.30 – 12.30 – to book use <https://bit.ly/3nbHIRF> if you need any more information email Rafat Arshad-Roberts <rafat.arshad-roberts@avow.org>

Meet our local MPs: Advance notice



As part of National Parliamentary Week AVOW is organising a zoom event with both our county MPs- Sarah Atherton MP and Simon Baynes MP. This will be an opportunity to find out what it is like to be a new MP, work in the constituency and to ask questions on current issues.

Register for the event on 2nd November at 7.00pm – 8.30pm <https://bit.ly/3d45OUx>

Book today as there will be limited spaces - more details to follow.

Carer representative wanted:



Carers during the Covid period have found it extremely difficult and it is important that their voice can be heard with those who plan services – this is an opportunity for a carer to contribute to making a difference.

North Wales Regional Partnership Board is seeking to Carer representation

North Wales Regional Partnership Board is seeking to recruit Carer representation onto its Board from November/December 2020 for a term of 2 years.

Do you want to play a key in making decisions about Health and Social Care Services in North Wales?

- Do you provide care for someone who needs care and support services?
If so, this might be for you. You can find further information below:
- [EOI Carer Rep Pack English](#) [EOI Carer Rep Pack Welsh](#)

Flu Vaccines: Urgent Action Required



As part of the prewinter flu that regularly has an impact on our health services people are being urged to book a flu vaccination as soon as possible. There are unfortunately already significant issues about availability through GP surgeries and local Pharmacies with some not having availability until the end of November.

People in the vulnerable groups should contact their Doctor asap if they are unable to obtain a vaccination in a community pharmacy. <https://phw.nhs.wales/services-and-teams/beat-flu/>

Although there are no definitive dates about when/if a Covid vaccine will be available it is likely that there will be a need to have a 28-day gap between a flu vaccine and a Covid one.

Vaccine volunteers for trails:

- **COVID-19 vaccine studies:** An NHS service has been launched (20 July), helping people across the UK sign up for information on the new COVID-19 vaccine trials. The new [NHS Covid-19 vaccine research registry](#) will help large numbers of people be recruited into the trials over the coming months, potentially leading to an effective vaccine being identified and made available. There are currently four separate vaccines developments being supported for UK use.

- **AVOW Training: Protect Your Assets**



- **Date:** Monday 19th October Time: 2 pm – 4 pm
- **Location:** Zoom
- **Register:** please register via [the Zoom link](#).
- In conjunction with National Charity Fraud Week (21st – 25th October 2020), AVOW is delivering Protect Your Assets training via Zoom.

Learning Objective

- The objective of this training will be to look at how your organisation can and should protect your finances. As well as avoid losing funds, inappropriate use of funds, and how to look after assets you own.
- Delivered by Chief Officer of AVOW, John Gallanders
- **Contact**
- For further information on the course please contact Sharon Stocker, by phone 01978 312556 or email sharon.stocker@avow.org

Funding:

Comic Relief Voluntary Sector Emergency Fund



AVOW has received a £26,000 share of the funding from the Comic Relief A Big Night In- the fund was launched on the 13th July and full application is available now from –

<https://avow.org/2020/07/08/comic-relief-grant-fund/> - the criteria are that each project must meet at least one of these themes-

Children survive and thrive – Actions to give children the best start in life and access to opportunities to achieve their potential

Gender justice – Actions to improve equality for women and girls

A safe place to be – Actions to help vulnerable people improve their circumstances and safety

Mental health matters – Actions to enable access to support and increase awareness.



The Council is maintaining an information site where local and national information can be found.

<https://beta.wrexham.gov.uk/service/covid-19-novel-coronavirus-information>



Welsh Government advice for Voluntary Organisations

<https://gov.wales/coronavirus-covid-19-support-for-the-third-sector-html>

Welsh Government Update:

A full comprehensive list of the various updates for Wales are available on the Welsh Government site <https://gov.wales/announcements/search>



There is a vast amount of information available but be selective or you will spend more time reading rather than providing the resource.

<https://wcva.cymru/coronavirus-statement/>

Information disclaimer:

AVOW hopes to keep this as a fortnightly briefing to share with our community's support information and guidance- if there are issues you want information on email john.gallanders@avow.org

The content of this briefing is provided for information only. It is not intended to amount to advice on which you should rely. You must obtain professional or specialist advice before taking, or refraining from, any action based on the content. We do not accept responsibility for any errors, omissions, misleading statements, or the consequences thereof. <https://avow.org/terms-and-conditions>

Welsh Government – Wrexham Questions and answers.

Overview: Following a sharp increase in coronavirus (COVID-19) cases in Wrexham County Borough Council area, new restrictions have been introduced to reduce the spread of the virus and protect public health for people living in the area.

The restrictions come into force at 6pm on 1 October 2020 and will be kept under review. The main restrictions are:

- people will not be allowed to enter or leave the Wrexham County Borough Council area without a reasonable excuse
- people will no longer be able to form, or be in, an extended household (sometimes called a “bubble”)
- this means meeting indoors with anyone who is not part of your household (people you live with) is not allowed at the moment, unless you have a good reason, such as providing care to a vulnerable person
- all licensed premises have to stop serving alcohol at 10pm
- people must work from home wherever possible

Why have these restrictions been put in place? These restrictions are being introduced following a sharp and rapid increase in the number of confirmed cases of coronavirus in the Wrexham County Borough Council area. This has been caused by groups of people meeting indoors, not following social distancing guidelines and returning from summer holidays abroad with coronavirus.

How long will these restrictions stay in place? The restrictions will be in place until the risk of the spread of coronavirus has reduced, when they can be relaxed. The Welsh Government has a duty to review these restrictions after two weeks and every week after that if the restrictions remain in place longer than that.

What area is covered by these restrictions? The restrictions cover the Wrexham County Borough Council area. Residents cannot leave the area without good reason. Similarly, those who live outside the area cannot enter it without good reason. Check whether you are in Wrexham County Borough Council and this affects you: [view a map of Wrexham](#)

Does this mean I can't leave the area at all? You can leave the area if you have a “reasonable excuse” to do so – this includes going to work where you cannot work from home, or using public services that are not available locally. It also includes leaving your local area to visit family or close friends on compassionate grounds if necessary.

But the basic message is that we want people to stay in the area as much as possible. You do not have a reasonable excuse to leave the area to do something if you could be reasonably expected to be able to do it within the area. This also works the other way around. Those living outside the area should not enter it if at all possible.

What can't I do? The **legal requirement** is that you can't leave the Wrexham County Borough Council area without a reasonable excuse. However we urge people to think not only about what you can't do because the law says so, but also about what you shouldn't do because it could increase the spread of coronavirus and your risk of contracting coronavirus. So even

though you can travel within the area, you should think about whether there are alternatives, like working from home or using the internet to shop.

Similarly, even though you can still meet others outdoors in some circumstances, this isn't an open invitation for people to do so. We are encouraging people to avoid unnecessary travel wherever possible and to avoid crowded places, particularly indoors.

What can I do? There is a [list of reasonable excuses to leave the Wrexham County Borough Council area](#), such as going to work where you cannot work from home, accessing public services that are not in the area, and having medical treatment. Other reasons for leaving the area that aren't listed may, however, also be allowed if they are reasonable. Please see more [detailed guidance on the regulations](#).

I am not a resident of Wrexham County Borough Council, but I am currently in the area – do I now need to leave urgently? If you do not have a good reason (a “reasonable excuse”) to stay in the area, you should leave as soon as practicable.

If you do have a reasonable excuse to stay, then while you are in the Wrexham County Borough Council area, you should follow the local restrictions in place and limit your interactions with others as much as possible.

Once you have left the area, please be cautious about interacting with other people and be aware of any potential symptoms of coronavirus.

Can I be fined if I travel outside the area without reasonable excuse? Yes, police can issue fixed penalty notices, or you could be prosecuted and fined by the courts.

Seeing family and friends: Can I visit members of my family or close friends who live outside the Wrexham County Borough Council area? Generally speaking, no. However, if you need to, you can leave the area to provide care for, or to help someone who needs it, such as an older person, a child or a vulnerable adult. But you should consider whether there are alternative sources of support available and we strongly recommend that you do not visit more than one person outside the area. You can also leave the area to visit someone on compassionate grounds if necessary.

In considering whether there is a need to travel outside the area, please keep in mind that the purpose of the new restrictions is to prevent the transmission of the virus, including to those we care about – both within the area and outside it. People will need to make judgements for themselves about what is reasonable, in line with that overarching principle.

Can I continue with my extended household (or “bubble”) with other households? No – not even if that household is also within the Wrexham County Borough Council area. Gatherings with members of any other household can take place outdoors only.

I share parental responsibility for my child, can they visit the other person with parental responsibility, wherever they live? Yes. You can continue existing arrangements for access and contact if you share parental responsibility for your child with another person, including leaving the local area if needed. Please ensure you follow the guidance on frequent

handwashing and do not place others at risk if you or a member of your household is self-isolating.

If, however you have coronavirus symptoms, live in the same house as or are an identified contact of someone with symptoms, you should stay at home and children shouldn't visit.

I am a grandparent and provide informal childcare for my grandchildren. Can I carry on doing this? Yes, but this form of childcare should only be used when no other methods are available. Adults should not go inside any households other than their own. Where children are being cared for in households other than their own it will be important to ensure they are regularly washing their hands and that wider guidance on managing the virus is followed. Children should not be cared for outside their home if they are ill, or by anyone who is ill.

What do you mean by visits on “compassionate grounds”? You may have compassionate reasons for visiting someone where they are struggling as a result of the lockdown. For example, they may have a physical or mental illness, have suffered a bereavement or you may be concerned about their wellbeing or welfare.

Please keep in mind that the purpose of the continuing restrictions is to prevent the transmission of the virus, including to those we care about.

Can I still see people outdoors? Yes, up to a maximum of 30 people can meet outdoors but for the time being they will need to be people who also live in the Wrexham County Borough Council area. You should continue to socially distance from people outside your household.

Can I meet people in my garden? Yes. Visitors can also go through the house to reach the garden if needed. Only people who live within the Wrexham County Borough Council area should visit your garden for the time being. Also, please think carefully about whether visits should take place. If anyone has symptoms of coronavirus, visits should not take place.

Education: Are schools/colleges open? Yes. Keeping schools/colleges open if possible, remains our top priority.

My child goes to school/college outside Wrexham County Borough Council – can I still take them there? Yes, as long as they are not displaying symptoms or have not been asked to self-isolate for any other reason.

I live outside but my child goes to school/college there – can I still take them there? Yes. You can still take them to school/college

Have the rules changed on face coverings in schools? Each school and college will risk assess the need to wear face coverings. All secondary aged pupils will be expected to wear face coverings on school and public transport. Where a decision is made to introduce the use of face coverings in the event of new local restrictions being imposed, schools and colleges will need to communicate quickly and clearly to staff, parents and learners that the new arrangements require the use of face coverings in certain circumstances.

Is school transport running? There are no rules preventing school transport from running as normal.

I am a teacher who lives in the area, but I work in a school/college outside the area – can I still go to work? Yes, as long as you do not have coronavirus symptoms and have not been advised to self-isolate for any reason. The same applies to a teacher who works in the Wrexham County Borough Council area but does not live there.

Can I travel to university? If it is possible for you to access your education online, you should do so. But if not, you can travel to university to access your education. You should not otherwise act any differently to how you would if you were in the Wrexham County Borough Council area. Equally, if you have already travelled to university from the Wrexham County Borough Council area, you may attend educational settings to access elements of your course that cannot be accessed remotely, but you should otherwise act as if you were in the Wrexham County Borough Council area

Childcare: My child attends a childcare setting while I am in work – can they still go to that setting as normal? Yes. Childcare settings remain open.

We live in Wrexham County Borough Council but use a childcare setting outside the area – can we still use it? Yes, your children can continue to access their usual childcare provider. Similarly, if you live outside the Wrexham County Borough Council area but use a childcare setting within it you can continue to use it.

I live in Wrexham County Borough Council but work in a childcare setting outside the area – can I still go to work? Yes, as long as you are not displaying symptoms of coronavirus and have not been asked to self-isolate for any reason. The same applies if you live outside the Wrexham County Borough Council area and work in a childcare setting within it.

I am a childminder and care for children in my own home. Can I still do that and are there any restrictions to the services I can provide? Yes, you can continue to run your childcare setting. You should ensure you are following our guidance on [Protective Measures in Childcare Settings](#). Increased hygiene measures including cleaning and regular handwashing are particularly important. No child or staff member should attend a setting if they are ill and you should take all steps to ensure children remain within their contact groups while in your setting.

I run a full day care setting/sessional day care setting. Can I still do that and are there any restrictions to the services I can provide? Yes – see answer above.

I run an out of school childcare setting (breakfast / after school club). Can I still do that and are there any restrictions to the services I can provide? Yes – see answer above.

I rely on my wider family and friends to provide childcare while I am in work. They are members of my extended household. Can they still do this for me if extended households are not allowed to meet indoors? Yes, but this form of childcare should only be used when no other methods are available. Adults should not go inside any households other than their own. Where children are being cared for in households other than their own it will be important to ensure they are regularly washing their hands and that wider guidance on managing the virus

is followed. Children should not be cared for outside of their home if they are ill, or by anyone who is ill.

Work: What are the rules on working from home for residents of the Wrexham County Borough Council area? If you live in the Wrexham County Borough Council area and can work from home, you must do so. But if you cannot reasonably do your work from home, you can continue to travel to a place of work (whether that is within or outside the area).

If you have coronavirus symptoms, live in the same house as someone with symptoms, or are an identified contact of someone with symptoms, you must stay at home and self-isolate.

I live outside the Wrexham County Borough Council area, but my work is there, and I cannot work from home – can I go to work there? Yes, if you are unable to work from home and as long as you do not have coronavirus symptoms and have not been advised to self-isolate for any reason.

My employer wants me to go to work. Do I have to? People can only travel to work if it is not reasonably practicable for them to work from home. This is a legal obligation.

Employers and employees should discuss their working arrangements. Employers should take every possible step to help their employees to work from home, including providing suitable IT equipment. Employers also have a separate legal duty to take reasonable steps to ensure their employees are not exposed to risks to their health. Please see the [Keep Wales Safe – at work guidance](#).

If you can reasonably work from home your employer cannot make you go to work.

Can I carry out building or repair work in someone's home? Yes. Work carried out in people's homes, for example by tradespeople, can continue. Our advice, however, is that both the tradesperson and household members should be well and have no symptoms of coronavirus. Please see the [self-isolation guidance](#) for more information. Like other businesses, tradespeople must take all reasonable measures to ensure that 2m distancing is maintained at all times when working in other people's households and should follow the advice in our social distancing guidance. Please see the [guidance on reasonable measures](#) for more information.

We recommend no work should be carried out in any household which is isolating or where a person who is classed as extremely vulnerable unless it is to repair a fault which poses a direct risk to people's safety – for example, emergency plumbing. In these cases, Public Health Wales can provide advice to tradespeople and households. But no work should be carried out by a tradesperson who has coronavirus symptoms, however mild.

I am a teacher who lives in the Wrexham County Borough Council area, but I work in a school outside the area – can I still go to work? Yes, as long as you do not have coronavirus symptoms and have not been advised to self-isolate for any reason. The same applies to a teacher who works in the Wrexham County Borough Council area but does not live there.

Can I do voluntary work? Yes. There is no restriction on going out to provide care or help to a vulnerable person, including emergency help. This includes getting food and medicines for

them. But it is important you do not put yourself or the person you are caring for at risk. Please see the [volunteering guidance](#) for more information.

But if you live in the Wrexham County Borough Council area and could reasonably do voluntary or charitable work from home you must do so.

Health and social care: I have caring responsibilities within Wrexham County Borough Council – can I continue to fulfil them? Yes – whether or not you yourself live within Wrexham County Borough Council. People who are providing care or essential support, such as delivering shopping, can continue to make visits, but they should pay attention to all hygiene and social distancing precautions.

Can my carer continue to come to my home? Yes. Regulated care providers can still enter a home to provide health and social care to those who need it.

These visits should be subject to a risk assessment as well as ensuring that social distancing. It may be appropriate for face coverings to be worn.

I have a medical appointment outside the Wrexham County Borough Council area – can I travel to it? Yes. If the appointment is non-urgent, we would ask you to postpone it, but where you require medical assistance you can travel to wherever is necessary to receive that assistance. Please try if possible, not to stop at other locations along the way.

The same applies to any people living outside the Wrexham County Borough Council area who have a medical appointment inside the area.

Can I visit someone in hospital? Indoor visits to hospitals should be limited to protect the most vulnerable. Please follow the hospital visiting guidelines, which are in place.

Visits to hospitals in affected areas, and by residents living in affected areas to other hospitals, is restricted to essential visits only. Visits are limited to:

- a birth partner during childbirth
- for a person receiving end-of-life care
- supporting someone with a mental health issue such as dementia, a learning disability or autism where not being present would cause the patient to be distressed
- accompanying a child in hospital

Can I visit someone in a care home? [Local authorities](#) in Wales are responsible for determining the approach to care home visits in areas where there are local restrictions. Likewise, individual providers will need to ensure they are able to support visits safely. Local authorities and care homes may have suspended routine indoor visits. Some may be continuing to support outdoor visits. We recommend checking with the relevant care home.

Even when restrictions have been placed on routine indoor visits, we are asking both local authorities and care home providers to ensure that appropriate and sensitive arrangements are made to support indoor visits in exceptional circumstances such as end of life visits. This should be discussed and agreed with the individual care home in advance prior to travel.

You should not cross into or out of an area with local restrictions to make a routine visit to a care home. However, you could do so in the exceptional circumstances set out above, or on other compassionate grounds.

Travelling and public transport: Can I drive to stay at my second home outside the Wrexham County Borough Council area? No, this is not considered to be a reasonable excuse to leave the area. Travelling to a second home increases the risk of spreading the virus and also puts pressure on the NHS in areas which do not have the capacity to deal with an influx of people. This also applies in the case of people who normally live outside the area but have a second home within it.

Can I use public transport? Yes, if you need to, but you must wear a face covering. Please follow the [guidance on using public transport](#).

Can I travel through Wrexham County Borough Council to reach a destination not in the Wrexham County Borough Council area? If you have to travel along a road that passes through the area and you have no other reasonable option to travel to your destination, then this is allowed.

I've booked a holiday abroad in the coming weeks – can I still go? No. We know this will be disappointing but travelling out of Wrexham County Borough Council area for a holiday is not one of the permitted reasons under the regulations. The regulations are in place to protect you and your loved ones from coronavirus and to prevent the onward spread of the virus to other areas of Wales, the UK and other countries.

If you have pre-booked – and paid for a holiday – we would advise you to contact the travel agent or travel company to discuss the current situation in the Wrexham County Borough Council area and the restrictions which have been put in place by the Welsh Government to restrict non-essential travel. You should also contact your travel insurer to discuss the situation – while many insurers have designed policies with coronavirus exclusion clauses, some annual policies may cover this situation.

I am currently on holiday (or away from Wrexham County Borough Council area for another reason) – do I have to come back immediately? If you have already been away from the local area for some time, and are able to stay away, we consider it is reasonable for you to do so. We are also not advising people to curtail holidays where doing so will cause difficulties. However, people who left the Wrexham County Borough Council area shortly before restrictions were put in place should be aware, they pose a higher risk of transmitting the virus, and so ideally, they should return home as soon as possible.

Once residents return to the area, they should then remain in the area until restrictions are lifted.

Face coverings: The rules on face coverings in the Wrexham County Borough Council area are the same as in the rest of Wales.

For more information please see our [guidance page on face coverings](#).

Pubs and sale of alcohol: From Thursday 24 September at 6pm, hospitality businesses in Wales – such as pubs, cafes, restaurants, sports clubs and casinos – will have to stop selling alcohol at 10pm. Places selling alcohol to drink on the premises will also have to provide table service only. Off-licences, including supermarkets, also have to stop selling alcohol at 10pm. Read more [information on these Wales-wide rules](#).

Shopping and other services: What shops will be open? All shops can be open. However, you should stay within the Wrexham County Borough Council area when you go to the shops, and you will need to wear a face covering. Please see our guidance on the use of face coverings.

Can I travel outside the local area to buy things I cannot get locally? You are able to get essential goods from outside your local area if you can't reasonably be expected to do this within the area or get them delivered. But in other cases, you must stay within the area. Travelling out of the Wrexham County Borough Council area to go to a clothes shop, for example, is not allowed.

I live in Wrexham County Borough Council but the closest shops to me are outside Wrexham County Borough Council – can I still use them? You are able to buy essential items from outside Wrexham County Borough Council if you can't reasonably be expected to do this inside the area or get them delivered. But if you can reasonably be expected to obtain those items within the area, you must do so, even if this involves travelling further than you normally would to stay inside the Wrexham County Borough Council area..

I live just outside Wrexham County Borough Council but the nearest shops and other facilities to me are inside Wrexham County Borough Council – can I still use them? If you are buying essential items and there is no reasonable alternative to using shops within Wrexham County Borough Council area, you can do so. However, in most cases we would expect there to be alternative options, even if this involves travelling a bit further than you would normally.

Can I use click and collect services outside the Wrexham County Borough Council area? In most cases the answer to this will be no while the requirement to stay within the area remains in place. You need a reasonable excuse to travel outside the area to collect something you need. That is unlikely to be the case if it can be conveniently delivered to you.

Are restaurants, cafés, bars and pubs still allowed to be open? Yes, but you can only eat and drink indoors with people you live with. It is a criminal offence to deliberately meet someone from outside your household in any of these settings (indoors). There are strict rules about how hospitality settings such as this area allowed to operate. However, if these rules aren't followed or if people continue to meet others from outside their households they may have to close.

Are hairdressers, beauty salons and other close contact services still allowed to be open? Yes, although you should only attend these within the area. You will need to wear a face covering.

Can mobile beauty therapists and hairdressers still go into people's homes for work? Yes, this would still be allowed under the law as long as they are able to take appropriate protective measures.

We do ask people though to think not only about what you can't do because the law says so, but also about what you shouldn't do because it could increase the spread of coronavirus and your risk of contracting coronavirus.

Places of worship, marriages and civil partnerships, cemeteries and funerals

Can I continue to attend a place of worship? Yes, as long as it is within the Wrexham County Borough Council area and you do not go there with anyone who you do not live with. No specific rules are in place about religious services in the area. People will be expected to observe **physical distancing** and good hand and respiratory hygiene, and in addition you will need to wear a face covering.

Can weddings take place? Yes. Marriages and civil partnership ceremonies and small receptions can take place in the Wrexham County Borough Council area, but guests from outside the area are not permitted to attend the reception.

Those living in the area can also leave the area if invited to attend a wedding ceremony outside the area but not to attend the wedding reception.

Can I go to a funeral? Yes, if you are invited. However, you should take particular care to maintain social distancing, and you advised to wear a face covering, especially if you will be indoors or if you are unable to socially distance. Those living within the Wrexham County Borough Council area can attend a funeral and a small wake in the area and leave the area to attend a funeral but not the wake. Similarly, those from outside the area can attend a funeral in the area, but not the wake.

Sport and outdoor activity: Can sport, leisure and recreation facilities remain open?

Yes. The operators of these facilities must take all necessary measures to manage risk and maintain social distancing, and a gathering of people to exercise or play sport, both indoors and outdoors, must not exceed 30 people.

Who can I play sport or exercise with? You can only play sport or exercise with others from within the Wrexham County Borough Council area as long as you maintain social distancing, all reasonable steps are taken to minimise risk, and only do so in groups or classes of up to 30 people.

Can outdoor sports classes and team sports continue? Yes, but social distancing should be maintained at all times and the classes must be limited to no more than 30 people. You should not travel to areas outside the county to participate in sport or exercise.

Can I drive somewhere to exercise or play sport? Yes, as long as you are staying within the Wrexham County Borough Council area.

I have mobility problems and need to drive to exercise – can I do that? Yes. People with specific health or mobility issues may need to travel by car from their home to exercise, including possibly outside the Wrexham County Borough Council area if there is a good reason for this. For example, some wheelchair users or users of mobility scooters may not be able to

exercise immediately outside their homes for practical reasons. In such circumstances the journey should be to the nearest convenient accessible location.

Can gyms and leisure centres stay open? Yes, as long as they can maintain all the safety requirements to protect people from the risk of contracting coronavirus. Gyms and leisure centres have to put measures in place to ensure social distancing and good hygiene. They may also need to stop certain activities where people are in close contact because the risk of spreading the virus in the area is higher.

Do I need to wear a face covering when I exercise in a leisure centre or gym? As gyms and leisure centres are indoor public places, you will need to wear a face covering when you go there and you will need to keep it on depending on what you are doing. If you are preparing to exercise, changing or undertaking any activity that isn't strenuous, especially when in close contact with other people, you will need to wear a face covering.

However, there may be circumstances where the layout of the premises and the nature of the exercise you are doing mean that it would not be reasonable to expect you to wear a face covering. The World Health Organisation advises against wearing a face covering when exercising as sweat can make a face covering become wet more quickly, making it difficult to breathe and promoting the growth of microorganisms. It advises the important preventive measure during exercise is to maintain physical distance from others.

Can I travel to and from the area to take part in sport? No, only if you are a professional sportsperson or an elite athlete as designated by Sport Wales. Travelling to and from the area for amateur sport activities is not permissible.

What about cycling? Cycling is allowed but you must cycle within the boundary of Wrexham County Borough Council. Cycling in groups larger than 30 people is not allowed, regardless of whether social distancing practices are followed. Cycling to work, or for work, is allowed if you can't work from home.

Other questions: Is shielding being restarted in Wrexham County Borough Council area for extremely vulnerable people? No, we are not re-instituting shielding at this stage. We will write directly to people who were previously asked to shield in this area if this changes and we need to ask them to shield again.

How do I register to become a volunteer and help people who need it during the lockdown? Please visit our [volunteering page](#) which has all the details you will need.

Can I use a vet outside the Wrexham County Borough Council area? Yes, if there is not a suitable service within the area or if you are already registered with a vet outside the area. You are, however, encouraged to delay any treatment that isn't urgent.

Am I allowed to travel to pick up pets? Collecting a pet is generally not considered to be a reasonable excuse to leave the area, but if there are animal welfare grounds for doing so this would be justifiable.

I have to attend court – am I still supposed to go? Yes. If your court proceedings are still going ahead, you can leave the area to attend court, providing you are not self-isolating – in which case you should contact the court for further information. The courts should help you stay 2m away from other people. The rules preventing gatherings indoors also do not apply to legal proceedings.

My bail conditions require me to report to a police station or meet other requirements, can I leave the area for this? Yes, providing you are not self-isolating – in which case you should contact the court that imposed the conditions for further information.

Can I travel to an airport to pick up a member of my household or family who is returning to Wales? Yes. If someone is returning to Wales from outside the UK, they will need to follow the [guidance on how to self-isolate](#) after returning from abroad. This guidance applies both to people arriving directly in Wales and for those arriving elsewhere in the UK and then travelling on to Wales.

It is best to avoid sharing a car with another person you do not live with. If you do share a car, please stay as far apart as possible within the car and keep windows open. You can follow this [guidance on travelling safely](#).

Can driving lessons still take place? Yes, this would still be allowed under the law if it is within the Wrexham County Borough Council area, as long as you both wear face coverings and the instructor is able to take appropriate protective measures.

We do ask people though to think not only about what you can't do because the law says so, but also about what you shouldn't do because it could increase the spread of coronavirus and your risk of contracting coronavirus. Driving lessons are inherently riskier than most activities, and in this case both the instructor and the student may wish to ask themselves if they do wish to go ahead – especially if the instructor is travelling from outside Wrexham County Borough Council for the lesson.

Enforcement and fines: Who enforces the restrictions? The restrictions are being enforced by local authority environmental health officers and the police.

What can enforcement officers do? They can issue fixed penalty notices or recommend prosecution in a magistrates' court. In addition, they have wide-ranging powers to take practical steps to disperse gatherings, require people to go home and enter property.

What if reasonable measures to minimise the risk of exposure to coronavirus aren't taken on premises or in the workplace? Local authority enforcement officers are now able to issue a [premises improvement notice](#). This requires the person responsible for the premises to take specified measures, and if those measures are not taken an officer may issue a "premises closure notice" requiring the premises to close. Where necessary, an officer may also issue a premises closure notice without having previously issued a premises improvement notice.

So, if people don't comply premises can be closed down.

What will the police do? The police in Wales will engage with people, explain what they need to do and encourage them to comply. But our police forces have been given powers and they will use them – the restrictions will be enforced if people don't respond.

What are the financial penalties? The coronavirus regulations include provisions for a fixed penalty notice to be issued for most types of breaches of the regulations, carrying a fine of £60; this is increased to £120 for a second offence and continues to double for repeated offences, up to a maximum of £1,920. If prosecuted, however, a court can impose any fine (it is not limited).

We hope people understand the severity of the situation we are facing and will comply with the regulations, without having to be issued penalties.