

This Newsletter has been produced by the Petersfield COVID-19 Network. It is intended to help and inform Petersfield residents, especially those who are unable to leave their homes because of Government restrictions.

If you know someone who would like to receive the paper version of this newsletter, please ask them to contact Romsey Mill via phone or via post: Romsey Mill Centre, Hemingford Road, Cambridge CB1 3BZ (you do not need a stamp if you add "FREEPOST CB1067") or call 07933 671101.

Romsey Mill can also offer assistance by putting you in contact with volunteers, who can help collecting shopping and medication.

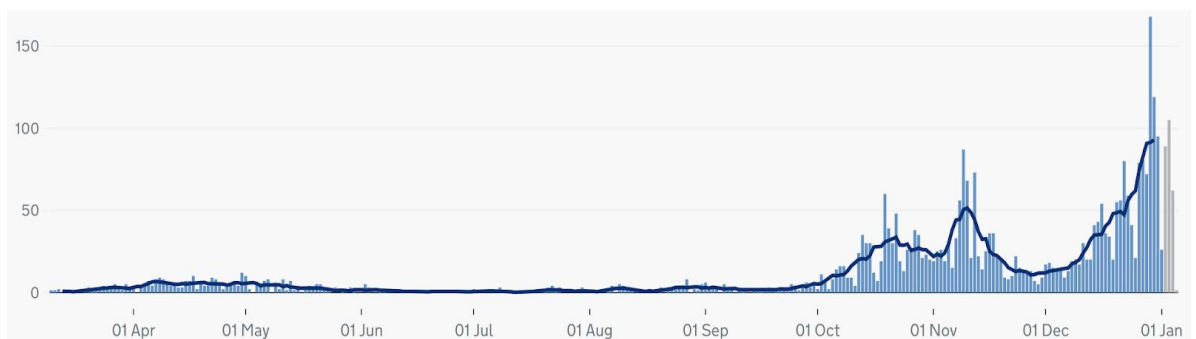
If you have information which would be of benefit to other residents in Petersfield please contact Romsey Mill with details and we will consider using it in future newsletters.

For all residents experiencing other Covid related issues (e.g. needing help while they isolate, or experiencing financial hardship support) speak to a member of the customer services team at Cambridge City Council. Telephone 01223 458780 or contact [Simon.Aslett@cambridge.gov.uk](mailto:Simon.Aslett@cambridge.gov.uk) or complete an online help request form here <https://www.cambridge.gov.uk/coronavirus>

## Latest infection statistics in Cambridge

Public Health England data indicate there were 640 new cases of Covid-19 in Cambridge for the week Dec 26th - Jan1st. The data also shows:

- Cambridge rates per 100,000 have increased from 72 on 4<sup>th</sup> December to 499 on 4<sup>th</sup> January. This is the highest it has ever been in Cambridge.
- The rates of people over 60 with positive cases has increased to the highest it has ever been in Cambridge – now at 192 per 100,000.
- It will take up to 3 weeks for



the Christmas and New Year socialising and household mixing to appear in the data or translate to hospital admissions so we are not at the peak yet

- It will take up to 3 weeks to see any benefits from the lockdown, this trajectory of increased cases is likely to continue to rise before it gets better
- Cases are active and spreading in all age ranges and in all areas of the city, particularly through families and working age people.

## Lockdown No.3

From Jan 5th, the Government has introduced new laws to help keep you safe:

**You must stay at home.** You must not leave, or be outside of your home except for the following reasons:

- shop for basic necessities
- go to work, or provide voluntary or charitable services, if you cannot do so from home
- exercise with your household (or support bubble) or one other person, this should be limited to once per day, and you should not travel outside your local area.
- meet your [support bubble](#) or [childcare bubble](#) where necessary, but only if you are legally permitted to form one
- seek medical assistance or avoid injury, illness or risk of harm (including domestic abuse)
- attend education or childcare - for those eligible



If you do leave home for a permitted reason, you should always stay local - unless it is necessary, e.g. to go to work. This means stay in the part of the city where you live.

If you are [clinically extremely vulnerable](#) you should only go out for medical appointments, exercise or if it is essential. You should not attend work.

### Meeting others

You cannot leave your home to meet socially with anyone you do not live with or are not in a [support bubble](#) .

You may exercise on your own, with one other person, or with your household or support bubble. This should be limited to once per day.

You cannot meet other people you do not live with, or have not formed a support bubble with, unless for a permitted reason. [Stay 2 metres apart](#) from anyone not in your household.

### Fake Covid-19 Vaccine Scam Text

This is a fake text claiming the recipient can get a dose of one of the newly-approved vaccines.

Unfortunately these texts are completely fake and if the link is clicked the recipient is taken to a webpage, branded to look like a genuine NHS page, which requests to see 'proof of ownership of address' in the form of their bank account, sort code and a full bank card number. Please **do not** give any bank or card details to make payment for a vaccine or to prove your residential address. Vaccines are administered free of charge. Your surgery or the NHS will not ask for any money or bank details.

NHS: We have identified that you are eligible to apply for your vaccine. For more information and to apply, follow here : [uk-application-form.com](https://www.uk-application-form.com)