

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.

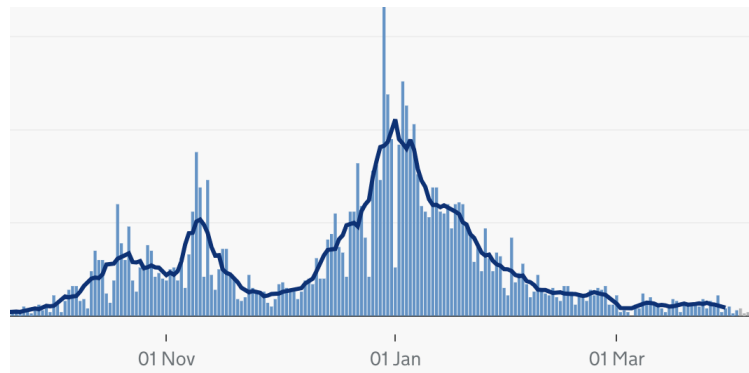
Romsey Mill can also offer assistance by putting you in contact with volunteers, who can help collecting shopping and medication.

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 or complete an online help request form here <https://www.cambridge.gov.uk/coronavirus>

Latest infection statistics in Cambridge

Public Health England data indicates there were 20 new cases of Covid-19 in Cambridge, for the week Mar 31st to Apr 7th. This is a 61.5% decrease from the previous week. In Petersfield in the same week there were less than 3 new cases. There were no deaths within 28 days of a positive coronavirus test in Cambridge. Scientists feel that the reduction in deaths nationally is being driven by vaccination.



Vaccinations - Second Dose

Second doses should in almost all cases be given between 77 and 84 days after the first dose. There are a small number of circumstances when the second dose can be given at a different time interval (eg people receiving medical treatment). People who had their first dose through a GP service should be invited for their second dose through the same GP service. People using the National Booking Service (booking into a vaccination centre or designated community pharmacy) are given their closest available appointment locations. There is an option for the second dose appointment to be booked at a different location, but this applies to the COVID-19 AstraZeneca vaccine only.

Visiting Residents in Care Homes

All care homes should now allow every resident to name up to 2 people who can come for regular indoor visits. As far as possible these 2 should remain the same people. In order to reduce the risk of infection, each visitor will take a lateral flow test on arrival and they will also wear personal protective equipment. Visitors are strongly advised against physical contact in order to keep everyone safe. You may wish to hold hands – but please remember that any contact increases the chance you could pass on the virus.



Coronavirus - Testing

Rapid testing available for all - Residents in Cambridgeshire are being urged to get twice-weekly rapid Covid tests. With 1 in 3 people with coronavirus showing no symptoms and potentially spreading it without knowing, rapid testing helps to identify positive cases quickly, preventing the spread of infection.

Rapid testing kits can be accessed, with the following options available:

- You can take a supervised test at The Meadows Community Centre, 1 St Catherine's Road, Arbury, Cambridge, CB4 3XJ. Book a test visit [here](#).
- Workplace testing: If your employer offers workplace testing, this is still the best route for you to access rapid tests.
- The Abbey Leisure Centre, Overflow Car Park, CB5 8NT operates as an NHS symptomatic testing site in the morning but are currently providing an afternoon collect option, where you can pick up a box of tests to use at home.
- Pharmacy collect: Petersfield Pharmacy at 56 Mill Road tel 01223 354383 is a participating pharmacy. It will enable residents to visit and pick up a free box of tests to use at home.
- Education: Secondary and college students are already being given tests to use at home twice a week, throughout term time and the holidays.
- LFD Direct: For people who can't access tests through the other routes, you can order a box of tests online or by calling 119, which will be delivered to your home.

Dr Liz Robin, director of public health for Cambridgeshire and Peterborough, said: "*Getting into the habit of twice-weekly testing will help us all to keep each other safe. This is especially important for anybody who is going back to work next week who will be coming into contact with members of the public.*"

Phuplec is a new artwork that draws on the history of allotments and green spaces of



Petersfield and Romsey. Each week for the next three weeks we will be sharing free activities to do from home that explore what we can learn from nature, how we can attend to it and support it. This week's activities include: CREEP, ELONGATE and FALLOW. These

activities offer exercises for stretching, connecting, and relaxing inspired by the soil. Step away from the internet and connect to the wood wide web! You can find out more about the project on the Petersfield Link website: www.Petersfield.link and at www.phuplec.com