

The 29th March brought the second stage of the Governments Covid-19 Response Spring plan, the Roadmap out of the third lockdown. Following the schools reopening on the 8th March the changes are now as follows:

Coronavirus restrictions remain in place across the country. In England:

- Only socialise indoors with people you live with or who are in your support bubble
- Up to 6 people or 2 households can meet outside
- Work from home if you can and only travel when necessary
- If you have symptoms get a test and stay at home

You can see the full document here: [COVID-19 Response - Spring 2021 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/consultations/covid-19-response-spring-2021) and there are also highlight links on our website.

Age UK Stockport will be following the Road Map and we are now actively working to recover services at the rate permitted. We plan to take all the many things we have learnt from the last 12 months to see how we can do things better than ever.

We won't be changing the awareness of safe procedures for infection control —that will stay with us.

As we go through this road map we will be here at each of the different stages as before. Contact us on **0161 480 1211** or by email info@ageukstockport.org.uk If you can't get through do please leave your name and number and we will get back to you. If you know of someone locally who needs some extra support during this time please let them know how to contact us.

See the Age UK website <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/>

Age UK national helpline on **0800 678 1602**, 8am-7pm, 365 days a year; Stockport Council helpline 0161-217-6046

General guidance here: <https://www.gov.uk/coronavirus> Symptom Information <https://111.nhs.uk/covid-19/> or to call 111.

Need to talk now?

The Silver Line on **0800 470 8090** is open 24 hours a day, every day of the

Vaccinations get info here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/>

Age UK Stockport
56 Wellington Street
SK1 3AQ

Telephone: 0161 480 1211

Email: info@ageukstockport.org.uk

Website: www.ageukstockport.org.uk