

Wellbeing Pack 18

Assert

Budgeting Advice Service

As well as the usual benefit casework, Alex is now offering 1-to-1 budgeting advice and support sessions. Please contact her by email with any benefits questions or to arrange a remote appointment benefits@assertbh.org.uk

Peer Discussion Group

Debbie is organising a weekly Peer Discussion Group to take place on a Friday evening from 5:30pm to 7pm. Each week there will be a different topic for the conversation. Please email Debbie on debbiet@assertbh.org.uk

Activities and socialising outside

August usually brings out a feeling of wanting to make the most of the summer and the fresh air. But it is still confusing to know where we stand in relation to lockdown and government guidelines.

For those who want to start socialising and or exercising with some friends outside, I have broken down some of the current government guidelines which I think are useful.

Physical activities

You can play team sport in any number if this is formally organised by a sports club or similar organisation and sports-governing body guidance has been issued. [The English Cricket Board has published guidance here](#) and [the FA has published guidance here](#).

If you are playing one of these sports informally, such as in the park or a private garden, there must be no more than 30 people involved (including participants, coaches, umpires, spectators).

What is open?

Outdoor sports courts and other outdoor sporting activities have been permitted to reopen if those responsible for them are ready to do so and they can do so safely, following [COVID-19 Secure guidelines](#).

Outdoor gyms, outdoor swimming pools and playgrounds can open, as can clubhouse bars and restaurants (see below for more details).

Indoor gyms, swimming pools and leisure facilities are now also open as of last week.

Sports courts including basketball and tennis courts, bowling greens and playing spaces like golf courses (public and private) were able to recently reopen.

If you are sharing equipment, including balls, you should wash your hands thoroughly before and after use.

Changing Rooms

Indoor facilities, apart from toilets and through-ways should be kept closed. When accessing and leaving toilets you should wipe down areas of contact.

Food & drink

If catering facilities are open at the venue (for takeaway items) respect social distancing whilst queuing for food and drink. Do not share food items, cups, plates or eating utensils with anyone else.

Sanitise hands

If possible, hand sanitise at intervals if your sport or recreation means you have to touch communal surfaces. And then once you are home remember to wash your hands. You can also to avoid using shared equipment such as racquets and bats.

Socialising

Can I go to a pub or restaurant with people I don't live with?

When eating or drinking out with people you do not live with (and who are not in your support bubble), you should keep to up to just two households indoors, and up six people from more than two households outdoors.

You should think about where to sit at a table with this in mind - the premises should also take reasonable steps to help you do so in line with COVID-19 secure guidelines.

Can I gather in larger groups for any reason?

You should only be socialising in groups of up to two households (including your support bubble) indoors and outdoors or up to six people from different households when outdoors.

However, you can continue to meet in larger groups if necessary for voluntary or charitable services, education, childcare or training. These businesses and venues following COVID-19 Secure guidelines can host larger groups. These organisations must provide reasonable steps to mitigate the risk of transmission, in line with COVID-19 Secure guidance and risk assessment. This can include weddings, civil partnership ceremonies and funerals (which we advise should be limited to no more than 30 people), religious ceremonies and services, community activities and support groups.

Can I attend an activity club or support group?

Yes, you can. Premises such as activity clubs, community centres and youth clubs can reopen, and should follow COVID-19 Secure guidelines.

How can I stay safe if I am part of a larger gathering?

If taking part in activities with larger groups, you should;

- take particular care to follow social distancing guidelines.
- limit the time you spend interacting with people to the activity which you are partaking in
- limit the number of different activities which you partake in succession to reduce the potential chain of transmission
- follow strict social distancing guidelines from people outside your household or support bubble
- group size should be limited to the minimum which allows the activity to take place

Travel

You can travel for physical activity. Ideally use your nearest, local appropriate venue to reduce pressure on transport infrastructure.

It is the law that you must wear a face covering when travelling in England on public transport. However, some people are exempt from wearing face masks. Please see last week's pack which explains the exemptions & how to apply for an exemption card.

Activities outside

I have been thinking about how to make the most of the rest of summer; how to be outside, look after my mind & body, while following guidelines. Below are some ideas for outdoor activities.

Activity Ideas:

- Tennis - you play singles or doubles. Recommend that you take your own racket
- Volleyball - played volleyball with a group of friends at the weekend and we managed to social distance while playing and just needed sanitise the ball before & after playing
- Picnics – you have lunch or dinner outside with some friends in a park (this could be especially appealing if you do not yet feel comfortable with eating at a restaurant)

- The beach – I am going to be making the most of this sun & get as much Vitamin D in the next few weeks as possible
- Sea swimming – please check to see if there is a life guard on duty if you are not a confident swimmer
- Football - if you are a keen football fan Albion in the Community have launched Together in the Community, with resources and video tutorials including football skills and challenges.
- Water sports - paddle-boarding, kayaking, rowing all permitted.
- Cycling - you can cycle with either your own bikes or on the Brighton Bikes
- Cricket
- Rounders
- Walking & running - you can invite some friends for a walk or a run

***Do not meet up with friends or attend any groups if you have any symptoms**

If you are symptomatic or living in a household with someone else who has a possible or confirmed COVID-19 infection you should remain at home and you should not have visitors to your household.