

GOV.UK guidance:

New National Restrictions from 5 November:

<https://www.gov.uk/guidance/new-national-restrictions-from-5-november>

How to help safely:

<https://www.gov.uk/government/publications/coronavirus-how-to-help-safely--2/coronavirus-how-to-help-safely>

Visiting care homes:

<https://www.gov.uk/government/publications/visiting-care-homes-during-coronavirus/update-on-policies-for-visiting-arrangements-in-care-homes>

Protecting people who are clinically extremely vulnerable:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Lancaster City Council support:

Lancaster District Support Line:

<https://lancasterdistrictcovid19.org.uk/get-help>

Emergency Assistance Grant Scheme:

<http://www.lancaster.gov.uk/sites/coronavirus-information/emergency-assistance-grant-scheme>

Self-Isolation Support: <https://www.lancaster.gov.uk/sites/coronavirus-information/self-isolation-support>

Other useful links:

COVID-19 Volunteer/Mutual aid groups for your area:

[https://www.scribblemaps.com/maps/view/Covid-19 VolunteerMutual Aid Groups/lan community map](https://www.scribblemaps.com/maps/view/Covid-19%20VolunteerMutual%20Aid%20Groups/lan%20community%20map)

As always should you have any further questions please do not hesitate to get in touch with the [Community Connectors](#)