

PCEG UPDATE – 28 DECEMBER 2020

Harting is now in Tier 4 lockdown. This will impact all of us but especially those who live alone and those who are unable to get out and about. Together we can help each other and make sure that no-one is left without support.

PCEG BUDDIES ARE HERE TO HELP YOU



The Parish Council Emergency group (PCEG) is back in action and ready to help. If you are in protective isolation or are self-isolating and need help please let us know.

Contact your PCEG 'buddy',

Contact via our website www.harting-pc.gov.uk

Email: clerk@harting-pc.gov.uk

Call the Parish Council on **07787 651701**

We can help with emergency shopping, prescription collection and general support.

We are here to help

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TIER 4 RULES

- Everyone should stay at home unless they have a 'reasonable excuse' such as work or education.
- You must not socialise indoors or in your garden with anyone you do not share your home with, or who is not in your support bubble.
- All non-essential shops must close
- Hairdressers and nail bars must close
- Indoor entertainment venues must close
- Gyms and indoor swimming pools, indoor sports courts and dance studios must close
- You cannot meet other people indoors, unless you live with them or they are part of your support bubble
- People should not leave tier four areas or travel abroad, except for limited reasons (including work and education)
- Weddings and civil partnership ceremonies are only allowed in exceptional circumstances
- ["Clinically extremely vulnerable" people in tier four areas](#) are advised to stay at home "as much as possible". The government says if they can't work from home, they shouldn't go to work

ACTIVITIES STILL ALLOWED

- Meeting one other person from another household in an open public space, if you are both alone
- Shopping for essentials such as food and medicine
- Outdoor pools, playgrounds, sports courts, golf courses and horse riding centres can open
- You can leave home for work, education, training, childcare and for medical appointments and emergencies
- Communal religious worship
- Support bubbles are still allowed and children can move between separated parents