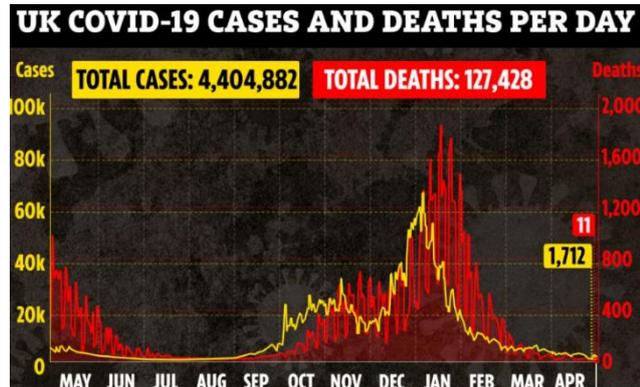


Covid Update

UK daily Covid cases have halved in a month

Although UK rates are dropping quickly – you just have to look at what’s happening around the World to understand this will not go away quickly.

Ensure that we continue to follow all of our covid control measures to help with our continued protection



UK’s vaccination blitz continues now the under 45’sd are being invited – We continue to encourage you all to take the Jabs to aid the countries protection against Covid.

Nurture Group have now received Home Lateral Flow Testing Kits

Nurture Group have highlighted office or workshop based team members are at a higher risk as YOU are working in indoors locations where spread of virus could be higher

Test yourself for COVID-19 twice a week

Up to 1 in 3 people are asymptomatic - they show no signs of having COVID-19. Testing yourself regularly helps stop the virus spreading.

As an addition to our current Covid management procedures we are adding the use of Lateral Flow tests as a further control measures.

We expect **ALL** office / Workshop personnel to complete these tests twice / week

You should have received the test kits – if not please contact sara.hughes@nurturelandscapes who is coordinating their distribution.



Testing

Testing is simple and quick - you can do it at home and get the result in 30 minutes. Test yourself twice a week, or every 3 to 4 days.

We also **ENCOURAGE** you to Report your results on the national database – **You MUST** do this anyway if Positive test



Report your result

You should report your result immediately www.gov.uk/report-covid19-result. Please also report your result to your employer.

How it will work:

1. All kits delivered to Nursery Court for dispatch to other regions
2. Dispatched to other Depots
3. You take kits home & complete the tests at home – full instructions within the test kits
4. Log results on the national database
 - You **MUST** do this if test is **POSITIVE**
 - You **SHOULD** log test also if **NEGATIVE** result & we positively encourage you to do this.

You will require Nurture's UON number to upload your results

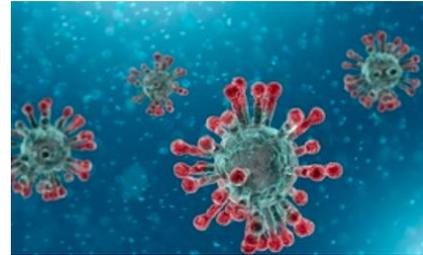
UON is 50599943

If Positive **YOU MUST** follow the current self-isolation procedures

Further surge testing to be deployed in Birmingham

Additional surge testing and genomic sequencing deployed in Birmingham where a confirmed case of a variant of concern has been identified.

Additional testing and genomic sequencing is being provided in a targeted area within the Bordesley and Highgate ward in Birmingham by NHS Test and Trace in partnership with the local authority, after a confirmed case of the variant first identified in South Africa was found in the area.



Everybody aged 16 years and over in this area who is contacted and invited to take part is strongly encouraged to take a COVID-19 PCR test, whether they are showing symptoms or not.

Staying Covid Secure Poster

HSE have asked all businesses to commit to complying with the governments guidance on managing the risk of Covid 19.

Please display signed Poster on notice board areas

Staying COVID-secure

We confirm we have complied with the government's guidance on managing the risk of COVID-19

FIVE STEPS TO SAFER WORKING TOGETHER

- We have carried out a COVID-19 risk assessment and shared the results with the people who work here
- We have cleaning, handwashing and hygiene procedures in line with guidance
- We have taken all reasonable steps to help people work safely from a COVID-19 Secure workplace or work from home
- We have taken all reasonable steps to maintain a 2m distance in the workplace. Where people cannot keep 2m apart we have ensured at least a 1m distance and taken all the mitigating actions possible to manage transmission risk
- We have taken all reasonable steps to provide adequate ventilation in enclosed spaces

Signed on behalf of employer: _____ Employer representative signature

Employer: _____ Date: _____

Who to contact: _____
Your Health and Safety Representative
 or the Health and Safety Executive at www.hse.gov.uk or 0300 330134

HSE complete SPOT inspection @ our Upminster Depot

As stated before HSE are completing spot checks around the country looking at re opening

As the pandemic continues, employers are having to adapt their working environments to manage the risk posed by coronavirus.

To minimize the risk of infection in the workplace, HSE is carrying out spot checks and inspections on businesses to ensure they are COVID-secure. We are doing this by calling, visiting and inspecting all types of businesses, in all areas, to check the measures they've put in place are in line with the current guidance.

They are also working closely with local authorities assisting them in their targeting of premises in the sectors they regulate such as hospitality and retail.

Officers that visit premises will be carrying identification from their business and a letter of authorisation from HSE.

Upminster Visit - Well done Katherine

They visited our Upminster depot last week & were happy with the covid control measures in place confirming the good practices we have in place countrywide. No negative comments were made. They particularly looked at

- Partitions between all desks
- Hand sanitiser at all stations and entrances and
- Thermometer was to be used on arrival.
- He asked general questions like 'what do you do if you start to feel unwell?' etc.
- He wanted to be shown the rest of the yard internally to make sure no one was congregating, he then went on his way after that was proven.



Scotland & Wales Covid Rules changes

Yesterday Scotland's shops, gyms and swimming pools are allowed to reopen after a four-month lockdown.

While in Wales, cafes and restaurants can also reopen, with six people from six households able to meet.

In Wales, zoos and theme parks can also reopen, while Scotland's museums and galleries are looking forward to their first visitors for months too.



People will now also be able to travel from Scotland to other parts of the UK for non-essential reasons.

Self-isolate if you have COVID-19 symptoms or a positive COVID-19 test result

We must ensure our teams Self-isolate immediately if:

- They develop symptoms of COVID-19 – they should self-isolate at home while they arrange and wait for the results of their test
- They test positive for COVID-19
- They live with someone who has tested positive for COVID-19 or who has symptoms and is waiting for their test result - the isolation period includes the day the first person in your household's symptoms started (or the day their test was taken if they did not have symptoms), and the next 10 full days
- you are a contact of a person who has tested positive for COVID-19 who is not from your household - your isolation period includes the date of your last contact with them and the next 10 full days



The isolation period includes the day symptoms started (or the day their test was taken if they do not have symptoms), and the next 10 full days.

Self-isolation means you must stay at home at all times and not have contact with other people, except in very limited circumstances, for example to seek medical assistance.

You may have to ask others to do your shopping, and you may have to make alternative plans if you are currently supporting a vulnerable person. Do not invite visitors to your home or garden.

Following a HOME tested Lateral Flow test - All above self-isolation rules MUST be adhered to for the required timespan or unless the PCR confirmation test shows as negative.

Now is NOT the time to relax re Office controls - We need to continue to protect all.

One of the most dangerous aspects of this disease is that people without any symptoms can infect many others without realizing it.

Regular cleaning plays a vital role in limiting the transmission of COVID-19.

As a minimum

- Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.
- All communal office surfaces to have a disinfectant wipe routine at least twice per day to include:
 1. All Door & Cupboard Handles
 2. Photocopier & other office equipment
 3. Toilet & Kitchen facilities & Equipment



Always maintain a safe distance from your colleagues – Take particular care in break down areas e.g. Kitchen areas. Where possible keep external teams out of the office environment

Temperature Checks

Know your temperature & **ACT** if you have a drastic increase

Where provided **ENSURE ALL** your teams continue to take their temperatures upon arrival

Note: We are all now becoming familiar with our own regular individual temperatures. Although we set the parameter of 38° C as an excessive temperature & people **MUST** immediately go home – Do be aware that individuals fluctuate from the norm

ENSURE where used ALL OFFICE have a daily temperature test completed prior to working in the office environment



Hygiene - Make sure YOU & ALL site visitors use the provided sanitiser when entering offices

An observation has been that people are **NOT** always using hand sanitiser when they enter offices. Please help protect everybody by sanitising correctly & ensuring **YOUR** Teams & Visitors fully follow our hygiene protocol

You **Must** wash hands or use hand sanitiser:

- When entering any office
- When entering communal areas e.g. Kitchens
- After using toilet

Check levels of sanitiser use – If your dispensers are FULL – no one is using them. = Remind your teams

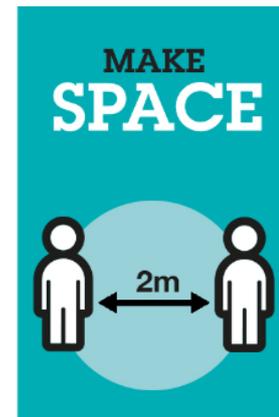
ENSURE ALL YOUR teams also have sufficient hand sanitiser in their Vans & Sites



ENSURE REGULAR CLEANING & DISINFECTING OF OFFICE AREAS CONTINUES

Behaviour Coming out of Lockdown

Even as restrictions are lifted, it is essential that everyone carries on with the good habits we have introduced that help reduce transmission:



Safe Behaviours include:

- Wash Hands frequently, for at least 20 seconds.
- Wear a face covering in enclosed environments.
- Maintain space with anyone outside your household or work bubbles.
- Meet with others outdoors where possible.
- Minimise the number of different people you meet and the duration of meetings, if possible.
- Let fresh air in.
- Download the NHS Test & Trace app.
- Get a test immediately if you have symptoms.
- Self-isolate if you have symptoms, have tested positive, or had contact with someone with COVID-19.

Nurtures Safe Distancing – Practice Social Distancing wherever possible

To ensure we are doing everything possible to reduce the risk of infection. Measures put in place by Nurture include;

- Maintain operative social distancing at all times, this may involve staggered start and finish times
- where it is not possible to remain 2 metres apart, staff should work side by side, or facing away from each other, rather than face to face if possible
- where face-to-face contact is essential, this should be kept to 15 minutes or less wherever possible
- Dual teams to remain in the same personnel throughout (cohorting)
- Stagger break times to ensure no interaction thus reducing risk.
- Cleaning down of multi-use machinery or vehicles before transferring to another user.
- Sanitising hands at regular intervals along with machinery and vehicles using wipes provided
- Regular washing of hands for at least 20 seconds.
- Using screens or barriers to separate people from each other

If social distancing guidelines cannot be met in full, consider whether that activity needs to continue, and if so, take all mitigating actions to reduce risk.



[Staying alert and safe \(social distancing\) - GOV UK.htm](#)

Symptoms of Covid 19 Virus

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

The Main symptoms of Coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal



Note: We have recently had a couple of cases reported to us from a couple of your colleagues who tested positive for Covid 19 & that initially **didn't have the classic Covid symptoms** and initially didn't realize they had the virus before the classic symptoms developed later

- Sore throat
- Severe Headache
- Fatigue

If any of your team members develop any symptom that could be linked to Coronavirus we need to ensure that self-isolate until tested.



We Need to take **ACTION** - asap after any symptoms shown - **Better Safe Than Sorry**

Remember around 30% of all people infected show **NO** symptoms whatsoever - It is important we follow **Social Distancing** – and fully follow **Wash – Face – Space**

Risk Assessments

Ensure that YOU only display the latest versions - Check your notice boards & update local risk assessments where necessary

Updated Nurture Covid 19 – Risk Assessment

Covid Risk Assessment - Reviewed 29th March 2021 – (no changes)
[RA-C25R Dangers of catching Coronavirus \(Covid 19\) UPDATED 23rd March 2021.pdf](#)

Remember that the above Risk Assessment is available to all via the work mobile library.

Main Office Assessment

[Office risk assessment reviewed 23rd March 2021.docx](#)

See your regional folder for each regional office assessments: [K:\Office RA](#)

NEXT Reviews will take place before 12th May prior to relaxation of measures in England release plan

Mental Health

ITS Good to Talk

Ensure you make time for all your teams - Some of which you may not see very often.



Make that Call & communicate often with all your teams

Mental health during the Coronavirus outbreak

Don't be afraid to ask for help and advice during these difficult times

Remind your team that we operate an Employee Assistance Programme called 'LifeWorks'.

Mental Welfare Support From Lifeworks app

The APP has lots of useful information about self-care, mental health and well-being and has Covid-19 toolkit for individuals too. If employees haven't yet registered, Busy Bees that operate the platform, are re-issuing the invitation to the app, so please encourage staff to download it on their phones, its free and could be helpful to many.



Helping people in horticulture
Perennial

Perennial's helpline is operating as usual on 0800 093 8543 or visit Perennial.org.uk to fill out the [contact form](#). The confidential helpline is currently open Monday and Wednesday, 9.30am – 5pm and Tuesday, Thursday and Friday, 9am – 5pm

