



CUMBRIA  
RESILIENCE



Cumbria  
County Council



ACTION  
with communities  
in cumbria



## Volunteering and Neighbourliness during “lockdown”

As we enter the third national lockdown, we have again received enquiries around what activities it will be acceptable for volunteers and community members to undertake to support people who need a little extra help.

Information on the restrictions that were announced on 4 January can be found here: <https://www.gov.uk/guidance/national-lockdown-stay-at-home>

This gives acceptable reasons for people to leave their home, which include:

- To shop for basic necessities, for you or a vulnerable person
- To go to work, or to provide voluntary or charitable services, if you cannot reasonably do so from home
- To provide care for disabled or vulnerable people

**You should remain local wherever possible**, ideally within your village or town.

Cumbria’s ability to respond effectively to Coronavirus is dependent upon most people who are self-isolating (because they have symptoms) or who have been advised to take extra precautions (because they have medical conditions that mean they are at particular risk of serious complications if they contract coronavirus) getting help as locally as possible – from friends, family, neighbours and community organisations.

Cumbria Police are fully supportive of this approach, and recognise that volunteers should be allowed to continue these essential activities.

However, it may still occasionally be necessary for Police officers to ask people why they are outside their home.

This means that volunteers and community members should be prepared to explain why they are out – if they can give a reasonable explanation, such as picking up a prescription for their neighbour, or delivering shopping on behalf of a community group, they should be allowed to continue with that activity.

Voluntary and community organisations can consider issuing their members with letters or ID cards identifying them as a volunteer playing a key role in the response to Coronavirus, but we realise this will not be possible in all circumstances, particularly where help is informal.

Please also take the opportunity to reflect on the way your group operates, and consider if there are any changes you can make to limit the opportunities for Coronavirus to spread – for example, reducing the number of people involved in tasks, and taking extra care over the basic precautions of “hands, face, space”. This is important, as the new variant of Coronavirus is now widespread in Cumbria, and it appears to spread more easily.

And finally – a huge thank you to the efforts you are making to support people in your local area. Your efforts are a vital part of Cumbria’s overall response to Coronavirus, and very much appreciated.

Carolyn Otley

Chair, Cumbria Community Resilience Group: [CarolynO@cumbriacvs.org.uk](mailto:CarolynO@cumbriacvs.org.uk)



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## If you need further information or support

Community groups can get support from **ACTion with Communities** in Cumbria:

<https://www.cumbriaaction.org.uk/>

[info@cumbriaaction.org.uk](mailto:info@cumbriaaction.org.uk) / 01768 425666

If your group isn't already connected to your local **Cumbria County Council Area Team**, you might want to make contact with them to ensure that you receive information around the Coronavirus response as it's updated:

[Allerdale.AreaSupport@cumbria.gov.uk](mailto:Allerdale.AreaSupport@cumbria.gov.uk)

[Barrow.AreaSupport@cumbria.gov.uk](mailto:Barrow.AreaSupport@cumbria.gov.uk)

[Carlisle.AreaSupport@cumbria.gov.uk](mailto:Carlisle.AreaSupport@cumbria.gov.uk)

[Copeland.AreaSupport@cumbria.gov.uk](mailto:Copeland.AreaSupport@cumbria.gov.uk)

[Eden.AreaSupport@cumbria.gov.uk](mailto:Eden.AreaSupport@cumbria.gov.uk)

[SouthLakeland.AreaSupport@cumbria.gov.uk](mailto:SouthLakeland.AreaSupport@cumbria.gov.uk)

Voluntary sector organisations, and other organisations working with volunteers, can get support from **Cumbria CVS**:

<https://cumbriacvs.org.uk/>

[info@cumbriacvs.org.uk](mailto:info@cumbriacvs.org.uk) / 01768 800350