



**Cosgrove Approach to  
COVID-19 Lockdown  
January 2021**

## 1. Introduction

The Scottish Government announced a further period of lockdown restrictions across mainland Scotland to take effect from Tues 5<sup>th</sup> January 2021. It is a legal requirement to stay at home except for essential purposes. This is similar to the lockdown of March last year.

The measures, announced by Scottish Government and set out below, will apply until the end of January as a minimum and are in addition to the Level 4 restrictions published as part of the strategic approach to outbreak management<sup>1</sup>.

## 2. Additional Restrictions

The additional level 4 restrictions - essentially returning to a position similar to the lockdown of March 2020 will be in place for the whole of January, however they will be reviewed and may be in place longer.

- It is a legal requirement to stay at home except for essential purposes<sup>2</sup>.
- Those in the shielding category should shield. If you are in the shielding category and cannot work from home you should not go to work.
- A maximum of two people from up to two households will be able to meet outdoors
- Children aged 11 and under will not be counted in the outdoor limit, and they will also be able to play outdoors in larger groups, including in organized gatherings
- Schools are closed to the majority of pupils until 1 February
- Strict travel restrictions remain in place across Scotland
- Places of worship will close during this period
- The 1 metre exemption for workplace canteens will end
- Anyone who is able to work from home, must do so

## 3. Our Approach

We will at all times follow the measures outlined in level of restrictions set for our local area.

As a Regulated Care Service, we have a legal responsibility to comply with regulations. As an employer, we also have a legal responsibility to protect staff and others from risk to their health and safety.

This document is to help you understand the ways in which we are working during this phase of the COVID-19 pandemic.

The restrictions remain clear. We therefore ask for your support in taking these essential actions for your own safety and your family members safety:

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<sup>1</sup> <https://www.gov.scot/publications/covid-19-scotlands-strategic-framework/> 23 Oct 2020

<sup>2</sup> <https://www.gov.scot/publications/coronavirus-covid-19-stay-at-home-guidance/>

- Family members are asked to continue not to visit in houses during this time of lockdown
- It is important that you speak with us to discuss contact arrangements during this time
- People we support can meet 1 family member or 1 other from 1 household outside **Provided this is 2 metres apart**
- Non essential visitors will be refused entry to all offices, delivery spaces and houses
- We will do more outdoor activity as permitted – such as being able to go for a walk to the park, as long as physically distanced
- When outside we will remain at all time within the local community
- Shopping for necessities, for example food and medicine, will be as infrequent as possible
- Travel will predominantly be by walking, we will not take your family member on public transport
- We can support your family member to take part in our creative and health sessions digitally, if this is something that is of interest to them.

### **Personal Protective Equipment (PPE)**

We continue to the use of PPE across Cosgrove Care. This is to keep your family member safe and to protect our staff. Don't be alarmed if you see our staff wearing a facemask.

### **Vaccination**

The vaccination programme for health and social care staff is underway and we are supporting our staff to receive the vaccination as quickly as possible.

In preparation for the roll out of the vaccine to people we support, our managers will discuss the programme with you and your family member to seek consent for treatment.

We are always happy to speak to you directly about how best we can support your family member.

Cosgrove Staff would like to thank you for your patience and understanding throughout this difficult time.

Cosgrove Care Website contains up to date information and news stories in relation to COVID-19 and our response

[www.cosgrovecare.org.uk](http://www.cosgrovecare.org.uk)

More information can be found at the Health Protection Scotland website:

[www.hps.scot.nhs.uk](http://www.hps.scot.nhs.uk)

Please contact a member of the service management team if you would like any further details.