

### Staying safe over the Christmas holiday

We are writing to ask you to keep yourselves and the wider community safe and healthy over this Christmas holiday.

We know that lots of you enjoy the parks and family spaces Frome has to offer but remember they are for everybody and need to be kept safe and clean for all in our community. Public services continue to work hard to keep everyone safe and everyone has to play their part and take responsibility for their own behaviour socially.

At the moment, Frome is in Tier 2 and we all need to work together to prevent any further restrictions. Tier 2 means:

- you must not socialise with anyone you do not live with or who is not in your support bubble in any indoor setting, whether at home or in a public place
- you must not socialise in a group of more than 6 people outside, including in a garden or a public space – this is called the 'rule of 6'

Further information is available at <https://www.gov.uk/guidance/local-restriction-tiers-what-you-need-to-know#high-alert>

This is not a time to place unnecessary pressure on the NHS nor the Police by breaking these rules. It is also important to remember that most families will include people who could become seriously ill if they catch COVID-19. By breaking these rules, you could put your own family or others at risk.

Frome schools, the Town Council and our police force work together to make your environment a safe and friendly place in which to live, work and socialise. Our collaborative work is vital, thank you for your continued support.

Should you or your family need advice over the holiday period we have attached some local and national help lines overleaf. We all wish you a happy, safe and restful holiday.

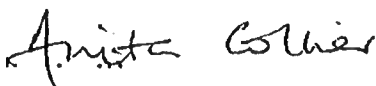
Yours sincerely,



E Reynolds Principal Frome College



Emma Wilkes Headteacher Oakfield Academy



Anita Collier, Mayor of Frome



Rachel Clark, Frome Neighbourhood Police Sergeant,  
Avon and Somerset Constabulary



# Support this Christmas

## The Coronavirus Helpline

Call **0300 790 6275** for help with food, prescriptions, housing, financial support, employment, emotional support, transport, waste and more.

## Village Agents

CCS Village Agents can provide confidential, practical, community-based solutions for food and other support. Visit [somersetagents.org](http://somersetagents.org)

## Carers

If you are a carer of any age in need of support you can phone CCS on **0800 3168 600**

## Mindline

Anyone with concerns around mental health issues and emotional wellbeing can be supported by calling Mindline on **01823 276 892**

## Support for Families

Schools and Colleges will receive £30 funding for every child who qualifies for free school meals, which will provide £15 per week of support over the Christmas holidays.

Schools will also be allocated a fund to support other families in need of help.

## Early years

Visit [healthystart.nhs.uk](http://healthystart.nhs.uk) for help for under 4s

## Over 16s

Families with children over 16 not in Education, Employment or Training can access food support by emailing [somersetworks@somerset.gov.uk](mailto:somersetworks@somerset.gov.uk)



Somerset's Local Authorities

**Coronavirus support helpline** Available 8am to 6pm, seven days a week

**0300 790 6275**

A single number is now available for anyone in Somerset who needs Coronavirus related support from Somerset's Local Authorities. Anyone who can't find help within their community can use the helpline to get help and advice