

Coronavirus roadmap: lockdown lifting



STEP 1

8 March 29 March 1 April

From 8 March

You can meet 1 person from another household outdoors for social purposes, as well as for exercise. People are now allowed to meet for a coffee on a park bench or a one-on-one picnic. Social distancing must still be followed, and you should not travel outside your local area.

No earlier than 29 March

- Walking groups can resume, max of 6 people. Walkers must still socially distance.
- Garden visits can resume. You must still socially distance and avoid using their toilet or having a drink.
- There will be no limit on how far you could travel to meet people so befriending pairs could meet further afield if they wanted i.e. National Trust parks and gardens or garden centres but you must follow the [latest Government guidance of travel](#) before planning a trip out.
- Outdoor sports facilities can reopen, this includes tennis, basketball courts and outdoor swimming pools.

From 1st April

- Clinically extremely vulnerable people are no longer advised to shield. However, they are still vulnerable so until social distancing rules are eased even more widely, it is still important that they continue to keep their social interactions to a minimum and to reduce the time they spend in settings where they are unable to maintain adequate social distancing. They should continue washing their hands regularly and avoid touching their face.

STEP 2

no earlier than 12 April

Befriending pairs can go to any of the below together, still observing 2m social distancing:

- Restaurants and pubs, outdoor service only.
- Indoor leisure facilities such as gyms and swimming pools.
- Public buildings such as libraries and community centres.
- Outdoor attractions such as zoos and theme parks.

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STEP 3

no earlier than 17 May

- Home visits able to resume if you are both happy to do so. There is no pressure if either of you would like to wait a while longer. However, this will be dependent on quite a few different factors, such as yours and your befriender's health and whether either of you have been vaccinated. **Each case will need to be risk assessed carefully on a case-by-case basis so please contact your coordinator when you and your befriender would like to start planning home visits.**
- If you were matched in the last year your coordinator **MUST** do a home visit to your befriender first before you can home visit as we will not have met them face to face yet either.
- Social distancing and thorough hand washing should still be observed.
- It is still advised to try and keep the room you're meeting in well ventilated with fresh air, for example by opening a window.
- If outdoors the 2m social distancing no longer needs to be observed but is still recommended.
- Walking groups can meet with up to 30 people without having to break into groups of 6.
- Befriending pairs can meet inside hospitality establishments, including restaurants and cafes.
- Befriending pairs can go to museums, cinema, etc.
- Some Befriending groups indoors can resume up to 30 people.
- Face to face initial visits by coordinators can resume.

STEP 4

no earlier than 21 June

- All limits on social contact will be removed.
- 2m social distancing no longer in place anywhere.
- Volunteers can take their befrienders in their car.
- In person training can resume.
- Outings, groups and events could happen with no restrictions on numbers