



7 January 2021

LRA's Loughton News *Special*

Covid-19/Coronavirus

We know that residents will be very worried given the surge in cases and the higher risk of catching the virus over the winter. We are doing our best to keep up with what is happening locally, so we can share the following local information and updates. Please remember that things can change, so do check directly with the organisation concerned if need be.

LRA remains your residents association and contactable, however please realise that we are all volunteers and are affected in the same way as you.

You can also follow our updates on [Twitter](#) and [Facebook](#). You don't need to register or follow us for these - just click on the links.

We hope you all stay safe and take care during these difficult times.

National lockdown: stay at home

You must stay at home. This is the single most important action we can all take to protect the NHS and save lives.

You must not leave your home unless necessary.

Stay 2 metres apart from anyone not in your household or bubble.



[Find out what you can and cannot do](#)

[More from the government and advice from the NHS](#)

How the virus is spreading locally

The infection rates in Epping Forest district are extremely high, relative to the rest of the country. The rate in the district is 1,410 per 100,000 residents. The rate for one part of Loughton is even higher at 1,704 per 100,000 residents.

For statistical purposes, Loughton is divided into four areas - you can see data for Loughton [North](#), [East](#), [West](#) and [South](#)

As a consequence of the rising infection rate, deaths are also rising locally. [The data is here](#). In the District it is reported 223 people have died since the pandemic started, with 51 having died locally since December 1st.

More details can be found on [this interactive map](#) and the Office for National Statistics also publish [full national data](#).

LRA comment: there is much data published on the internet, and it can be hard to follow and tell what is true or not true. For instance, stories such as the total number of deaths each week is no higher now than in earlier years is [not true](#). [Here's a useful guide](#) on how to fact check claims as well as [fact checks on specific covid stories](#) you may have read.

County Council

Support for [residents](#) (including [vulnerable groups](#)), and [businesses](#), [county wide data](#) and [latest news](#)

District Council

Support for [residents](#) and [businesses](#)

Breaches of the coronavirus regulations

Most people have been abiding by the rules. However, if you see an apparent breach of the coronavirus regulations, please [report it directly](#) (7am-11pm; select the 'Live Chat' button at the bottom of the page), or you can submit [an online report](#) or call 101 (24 hours). The Police will be continuing to use the same common-sense approach to the regulations that they've had throughout the pandemic – they'll engage with people, explain the regulations, and encourage them to do the right thing. They'll also continue to respond to clear and blatant breaches of the regulations.

Before the latest lockdown, a number of residents contacted us with concerns about groups of people gathering outside licensed premises and apparently not observing social distancing, and/or preventing others from using the pavement without breaching social distancing. We contacted the Police, who were well aware of the problems, and have been working with the District Council to protect residents.

Vaccinations

[Read more on the vaccine](#) and the [nine priority groups](#).

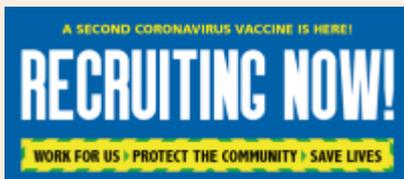
People are being invited for the vaccine through their GPs, according to set NHS procedures, which depend on age, vulnerability, etc. Please do NOT turn up at vaccination centres expecting to be immunised there and then without a prior arranged appointment.

It may help if you have your NHS number handy for when the NHS contact you. This is on any NHS letters to you, or the [NHS app](#) (*not* the Covid-19 app) but it's not essential.

At the moment, we understand that Loughton people are going to Buckhurst Hill or St Margaret's Hospital in Epping. In addition, the Town Council has now agreed for NHS use of the Murray Hall as a vaccination centre starting from a date yet to be announced.

Our thanks to the local resident who sent us this [weblink](#) about the vaccination priorities and related information. Be aware the dates it produces are based on many assumptions and the dates for national rollout have not been announced.

There have been multiple reports of residents in Essex and Kent receiving fraudulent texts or emails offering the COVID-19 vaccine. *The vaccine is free and the NHS will never ask for your payment details.*



Can you help the NHS Vaccination effort?

The NHS is looking for healthcare professionals, administrators and volunteers from across Essex and Suffolk to lead our fight against Covid – you could be part of it. [More](#)

Loughton Covid-19 Mutual Aid Group

This Loughton group co-ordinates locally to help each other during the COVID-19 pandemic to offer help such as picking up groceries, prescriptions or offer a friendly phone call etc. [More](#)



Essex Wellbeing Service

Vulnerable people can get practical, emotional and specialist support from the Essex Wellbeing Service. If you or someone you know needs support, [visit the website](#) or call 0300 303 9988.

You are not alone

There is help and support online or on the phone.

- [Samaritans website](#) or call 116 123
- [Mind website](#) or call 0300 123 3393

- [Calm website](#) or call 0800 58 58 58
- [Women's Aid website](#) or call 0808 2000 247
- [Age UK website](#) or call 0800 678 1602
- [Childline website](#) or call 0800 1111
- [YoungMinds website](#) or call 0800 018 2138

Thank you for being an LRA member. Our next regular Loughton News email is due to be issued Saturday January 23rd although that date could change.

1. If you find any links not working or anything else is wrong let us know at loughtonnews@LoughtonResidents.co.uk. Links on other websites are beyond our control and may not work over time.
2. LRA gives no warranty about, and will take no responsibility for, items or services offered – purchasers/users should make their own enquiries, and will be acting at their own risk.

We can be contacted at contact@LoughtonResidents.co.uk

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