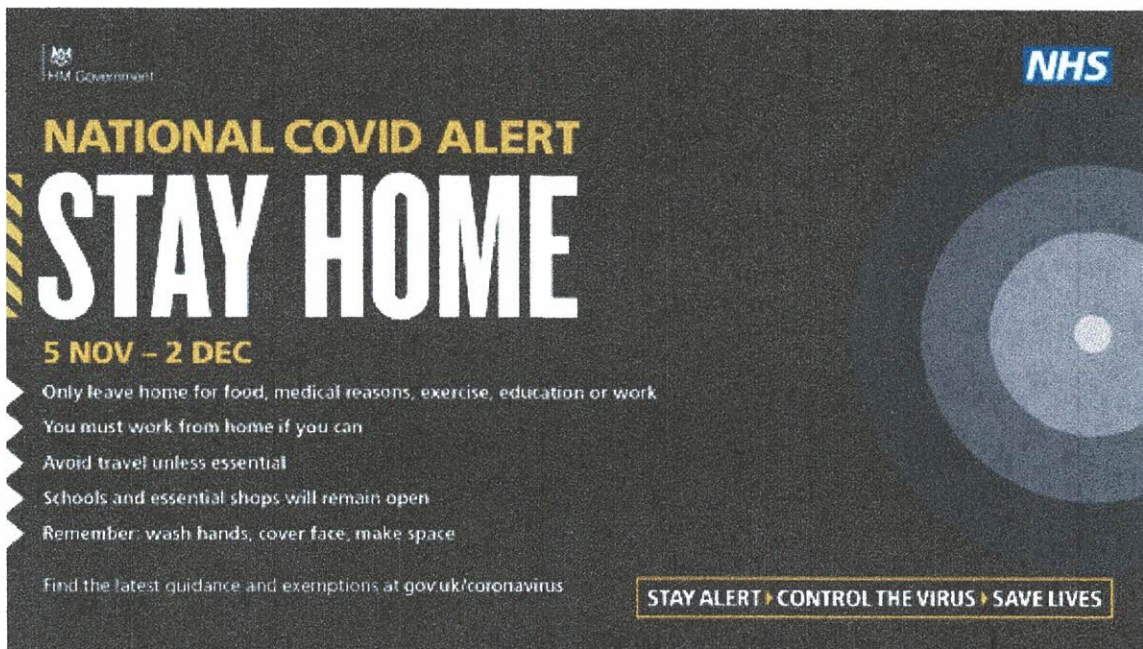


National restrictions from today - everything you need to know

A dark-themed poster with a large blue target graphic on the right. The text is in white and yellow. It includes the NHS logo and the UK Government logo. The main message is 'STAY HOME' in large white letters, with 'NATIONAL COVID ALERT' in yellow above it. Below this, the dates '5 NOV - 2 DEC' are in yellow. A list of rules is provided in white text, followed by a reminder to wash hands and a link to the government website. A yellow box at the bottom right contains the slogan 'STAY ALERT • CONTROL THE VIRUS • SAVE LIVES'.

From today (Thursday 5 November) until Wednesday 2 December, England will be in lockdown and there are new national restrictions.

This means everyone must stay at home and may only leave the house for a limited set of reasons.

These include:

- for education (schools, colleges and universities)
- for work, if you cannot work from home;
- for exercise and recreation outdoors, with your household, support bubble, or on your own with one person from another household;
- for all medical reasons or medical appointments, and to escape injury or harm;
- to shop for food and essentials;
- and to provide care for vulnerable people.

This means:

- you must not meet socially indoors with family or friends unless they are part of your household – meaning the people you live with – or support bubble.
- individuals can meet one other person from another household outside in a public place.
- non-essential shops will be closed
- hospitality venues will be closed, but takeaways can remain open
- schools, colleges and universities will remain open



Stopped for now

Leisure centres: All four of our leisure centres have been temporarily closed in line with government lockdown restrictions. Visit the [Fusion website](#) for the latest updates

Braintree Town Hall and Braintree Enterprise Centre: Both buildings will be closed until further notice. The Braintree Town Hall team are happy to discuss any future room booking and wedding enquiries via email thc@braintree.gov.uk or by calling 01376 557776

Outdoor gyms: Following the latest government guidelines, our [outdoor gyms](#) will be closed until further notice

We'll stay in touch over the coming weeks and we'll be keeping this page constantly updated: www.braintree.gov.uk/coronavirus. Please do check it if you need more detailed information about our services or if you need to get in touch with us.

How to get help in your community

How to get help in your community



We know the lockdown will be difficult for everyone, and we will all need to keep an eye on our emotional health and wellbeing.

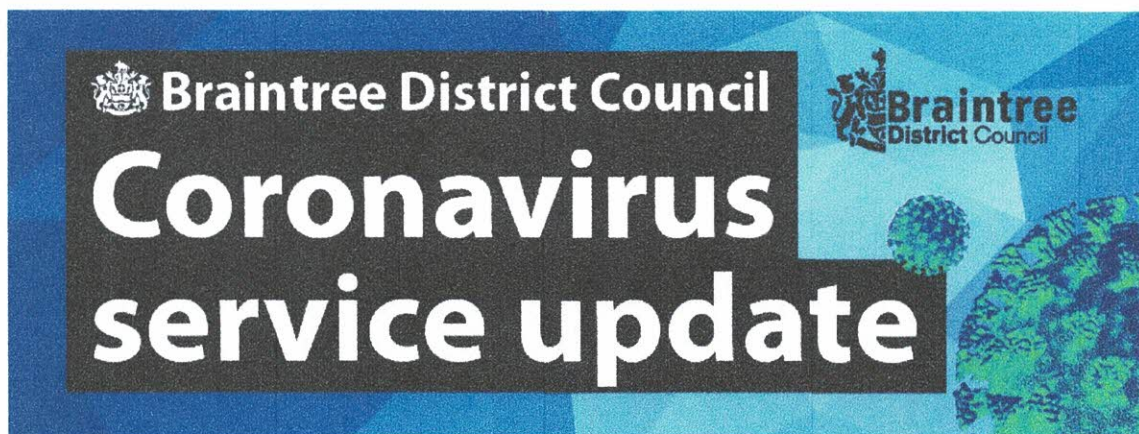
We want people to know that they are not alone, and there is support available if you need any support to maintain your mental health.

- [Tips and support for mental wellbeing across Essex](#)
- [Practical tips and expert advice](#) from Every Mind Matters
- FREE courses for anyone wishing to improve their mental wellbeing or recovering from a period of mental ill-health, or for anyone wishing to gain awareness of mental ill health or who are supporting or working with people who are experiencing mental health difficulties. This includes **building self confidence, managing anxiety and sleep, positive thinking for stress reduction** and more. [View more information and book onto a FREE course.](#)

There is also a wealth of support and guidance about how to get help in the community during the pandemic available on our [website](#).

► Read more on what you can and can't do

Update on our services



We're pleased we are able to maintain all our key frontline services as our approach is different to the last lockdown. However, some services have had to be adapted or closed for the duration of the national restrictions. Details can be found below.

For updates to Essex County Council services such as recycling centres, country parks and libraries, visit their [website](#).

Bin and recycling collections: These will still take place as usual (*the suspension of garden waste collections during the winter will go ahead as normal*). You can check your collection day and view your calendar by visiting our [website](#)

Public toilets: Council-owned public toilets at Lockram Lane and Maldon Road in Witham will remain open

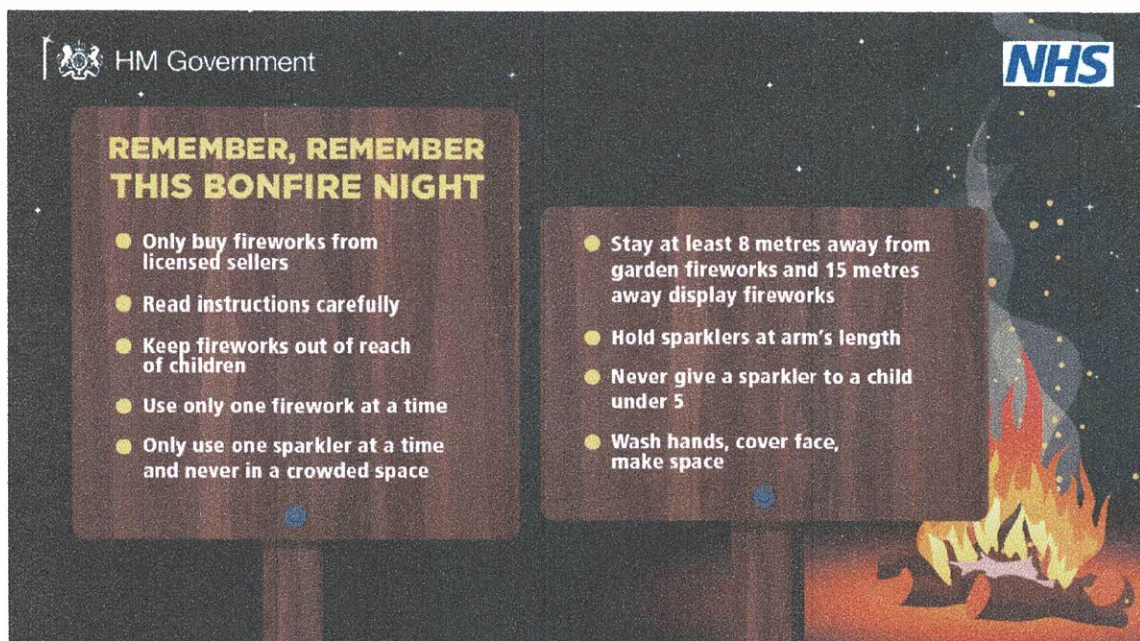
Play areas: Play areas will remain open



Weekly market: The market will be operating Wednesday and Saturday in Braintree, and Saturdays in Witham as normal, but only with stalls selling essential food and groceries until further notice

Causeway House building: Our Causeway House building will remain open to visitors by appointment only for access for critical services. Visit our [website](#) for the latest details

Remember to celebrate Bonfire Night safely



If you are planning to celebrate Bonfire Night this week, be sure to celebrate in a safe way and follow firework safety guidelines to keep yourself and others safe.

Remembrance Day



This year, we are calling all residents to stand on their doorsteps at 11am on November 11th to remember those who gave their lives defending our freedom.

Many official Remembrance parades and services in the district will not take place this year, but wreaths may be placed at your local war memorial if you wish between Sunday 8th November and Wednesday 11th November. Check with your local parish or town council for details.