

# St Helens Borough Council Christmas Newsletter

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**St Helens Borough Council has stepped in to support the Marcus Rashford led campaign #ENDCHILDFOODPOVERTY this Christmas.**

Families who receive free school meals during term time will be able to claim vouchers worth £30 to help provide food over the Christmas school holiday.

Don't forget to also see if you could get Healthy Start vouchers which are free and available every week to use on healthy food along with free vitamins. Find out more at: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

There are also lots of suggestions on how to make the most out of the vouchers with recipes available at: [www.sthelens.gov.uk/recipes](http://www.sthelens.gov.uk/recipes)

If you are thinking of creating a Christmas bubble with friends and family, which current Government guidance allows you to link with two other households to meet indoors between 23rd - 27th December, don't forget to follow these simple steps to keep others safe:

- Why not take one of the quick tests for people who are symptom free. They are available at St Mary's Market, Chester Lane Community Centre and Grange Valley Youth Centre. There is no need to book, your results come back after as little as 30 minutes. The idea is to get a test around every five days. To find out more, including opening hours over the festive period, visit [www.sthelens.gov.uk/letsgettested](http://www.sthelens.gov.uk/letsgettested). This service must not be used by anyone told to isolate because they are a contact of someone who has tested positive. You must continue to isolate for the 10 day period regardless of any negative test.
- If you have any symptoms - a new, continuous cough, a fever, or a loss of sense of smell or taste - stay at home and book a traditional Covid-19 test at either Haydock Park Racecourse, the former Parr Stocks Fire Station, one of the mobile testing units or a test at home kit online: <https://www.gov.uk/get-coronavirus-test> or call 119.
- Keep to the two other household rules - this includes children mixing with other households like their friends.
- Keep any rooms well ventilated or even better try to meet up outside as there is less risk of infection.
- Regularly clean commonly used surfaces and wash hands.

We'd also encourage you to remember that your children should take care over the Christmas period as we know they will be tempted to meet up with friends who are not in their Christmas bubble. It's just as important that they reduce their contacts with others and follow the Tier 2 guidance (available here: <https://www.sthelens.gov.uk/coronavirus/covid-19-tier-2-measures-frequently-asked-questions/>) as while they might be less likely to be affected severely they can still carry and spread it on to more vulnerable people so everyone has to play a part.



#STHELENSTOGETHER

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