



City of Westminster

Westminster City Hall,
17th Floor, 64 Victoria Street,
London SW1E 6QP

CLLR RACHAEL ROBATHAN
Leader of the Council

Name
Address

Dear Resident,

These are unprecedented times. The Government is putting in place clear advice about how we can all take actions to slow the spread of the coronavirus to provide protection to the most vulnerable and help the NHS, social workers and other frontline teams to cope. Please follow this advice and Stay at Home, Protect our NHS and Save Lives.

Over the next two weeks the virus is expected to reach its peak. It will be extremely important for us all to stay at home. Please only leave your home for:

- Shopping for basic necessities – such as food – as infrequently as possible. Food delivery services should be used if possible
- One form of exercise a day – for example a run, walk, or cycle, alone or with members of your household
- Any medical need, to provide care or to help a vulnerable person
- Travelling to and from work, but only where it is absolutely necessary and cannot be done from home
- If you have to leave your home, please stay 2 metres (or 6 feet) away from others and spend as little time as possible outdoors

Coronavirus (COVID-19) is a new virus and Public Health England has confirmed cases in the UK, London and within Westminster. These cases have now reached a level where we as residents have been asked to take actions unprecedented in peace time.

The majority of people who contract coronavirus will experience either a mild illness or no symptoms at all. However, those with an underlying health condition and/or those who are older, are at risk of much more severe symptoms that could be life threatening. Underlying health conditions include heart disease, diabetes, lung disease and cancer. Others at risk could include those with asthma or other respiratory conditions. Please ensure you check the NHS website for more information at www.nhs.uk/conditions/coronavirus-covid-19.

I especially want to reassure those older residents or those with underlying health conditions that we and your community are here to help. No one in Westminster needs to feel alone, scared or lacking in food or support. If you feel you need help, or you know someone that does, please contact us via email at Westminsterconnects@westminster.gov.uk or call 020 7641 1222.



We have been humbled by the groundswell of volunteering from our community. People from all backgrounds have stepped forward to offer support. To date, more than 2,000 people have registered as volunteers and some 650 of our residents have asked for help. Thank you and please continue to do so. If you can help, contact us on the above email address or phone number and we may ask you to help in the following ways:

- Shopping for food/supplies
- Delivering food/supplies to vulnerable residents
- Picking up and delivering prescriptions
- Having a friendly phone conversation with those at risk of loneliness while in isolation
- Walking dogs for those self-isolating
- Supporting with critical transport needs
- Helping with digital skills coaching

Other ways of helping include:

- Donating to food banks such as North Paddington Food Bank (www.npfoodbank.org.uk) or Westminster Food Bank (www.westminsterchapel.org.uk/ministries/foodbank)
- Donating money to registered charities who are supporting the vulnerable and isolated

With more than 46,000 businesses employing some 600,000 staff, our City of Westminster is an economic engine for the UK. We are absolutely dedicated to ensuring every business has access to the Government and City Council support they need. 1,080 grants worth more than £18.4m have already gone to some of the borough's small businesses and we are working as fast as we can to process others. Aid to companies now is vital to help them survive and be ready for normal trading when the epidemic eases. If we support our businesses and their employees through this, we as a city and as a country will bounce back quicker. The work we do now is so important for our future.

If you are a business owner or your job has been affected because of coronavirus, please visit www.westminster.gov.uk/coronavirus-support-your-business to review the help that may be available to you.

The City Council is doing all that it can to help slow the spread of the virus. Together with the Government and NHS, we have plans in place to manage the situation as it evolves, but we need your help. Please follow Government and Public Health England advice during the next crucial period: www.nhs.uk/coronavirus.

In time our city will recover, and I am confident it will do so because of our fantastic residents, strong economy and the community spirit we have. Thank you for all you are doing to help.

Yours sincerely,

A handwritten signature in black ink that reads "Rachael Robathan".

Cllr Rachael Robathan
Leader of the Council, Westminster City Council