



HIGHBRIDGE COMMUNITY FARM

Registered Office: 134 High Street, Eastleigh, Hampshire SO50 5LR

COVID-19 Pandemic Update

Notice to Stakeholders from the Board of Directors

The Board of Highbridge Community Farm have re-examined government's latest objectives, regulations, legislation and guidance, under the current slogan 'Stay Alert, Control the Virus, Save Lives', aimed at tackling the pandemic, and the implications around how we operate at the farm.

The advice and guidance in this notice is based on our concern for the health, safety and well-being of all our members and the local community.

First of all, it is of course vital that anyone who is at risk, or who lives with someone who is at risk, or who has symptoms of the virus, **does not come to the farm until further notice**. If you are in any doubt, please avoid coming to the farm and let your Team Leader know.

In particular, **do not come to the farm until further notice** if you are at a high risk of developing pneumonia as a result of catching flu, for example if you are on immune-suppressant medication, or have diabetes, hypertension, cardiovascular disease, or chronic respiratory disease.

In addition:

i. If you develop any of the following symptoms, however mild, associated with Coronavirus:

- new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell
- a skin rash that is not known to be caused by any other condition,

or you have received a positive Coronavirus test result, **you must not come to the farm for at least 7 days**, beginning on the day when your symptoms first appeared, or when you received your test result, (except that, in the case of a high temperature, you must not come to the farm for either 7 days at least, or, if longer, until the high temperature has cleared)

ii. If you are well, but another member of your household develops any of the above symptoms or gets a positive Coronavirus test result, **you must not come to the farm for at least 14 days**, beginning on the day when the symptoms first appeared, or when the test result was received.



Highbridge Community Farm

Please **inform your Team leader and Lynn** (email lynn.sheil@btinternet.com) if you are self-isolating, or if you are diagnosed with COVID-19. We continue to keep a central register and aim to co-ordinate help for each other where we can, for example if you live alone and need shopping or meals delivered.

Secondly, we remind all our members who do not fall into any of the above categories, that you continue to be allowed, under the current government regulations and guidance, to come to and work at the farm

Thirdly, we ask that all who can come, be prepared to work on plots other than your own as required, as different crops have different workloads and schedules to follow, and some teams may be short-handed.

Our Expert Growers will be co-ordinating this with the other Team Leaders to ensure that we continue to bring all our crops on as best we can in difficult circumstances.

Additional Guidance and Rules:

- Only paid up HCF members and children who have been identified on the membership application forms will be allowed on to the farm. Children must be kept under control, not run around and be with their parents at all times.
- Members who are still employed have priority to come to the farm at weekends. Others please come during the week. Fortunately, lighter evenings currently give us all more opportunities to spread our attendance.
- There must be no more than 3 individuals on any plot, or in the fruit area, at any time and social distancing (described below) must be observed. Team Leaders will co-ordinate this with their teams.
- As for all other areas, whether working areas, (e.g. polytunnels, the hardening off area, compost bin/manure areas), or communal areas, (e.g. the produce sales area, the main shed, the area comprising the chairs and tables adjacent to the main shed), and all accessways:
 - Everyone must comply with current government advice and so, you must keep either at least two metres away from any other people who are not members of your household, OR at least one metre away in cases when you can mitigate the risk by taking as many of the other precautions listed below as possible:
 - Avoiding face-to-face contact by staying side-to-side rather than facing someone.
 - Keeping contact as brief, and confined to as few persons, as possible
 - Wearing gloves, (either your own gardening gloves, if washable when you get home, or disposables), when using tools or touching any of the communal gates, doors, or other communal articles, not touching touch your face with the gloves, and washing/sanitising your hands after removing them



Highbridge Community Farm

- Avoiding shouting close to people outside your household or support bubble
- You must not congregate in any of the above areas, particularly the sales area, the main shed and the area comprising the chairs and tables adjacent to the main shed. We are aware that recently there have been difficulties for some members in maintaining compliance in these particular areas. Please keep your distance.
- You must also ensure that any children in your care also comply
- You of course have the option of using a face covering if you wish. However, face coverings are not a substitute for the social distancing measures set out above
- Tea will not be available, and the tea hut can only be entered by one person at a time to access the first aid kit or to wash hands - Please bring your own refreshments.
- We prefer that cash continues to be used for produce sales, the tin is kept inside the big shed, but the BACs method will be accepted during this time for purchases of £5 or over, which can be paid in and then produce taken over a couple of weeks or so - details as per previous communications regarding online payment of subs; or contact Steve on sbg@sky.com for our bank account details

Conclusion

In conclusion therefore, we recommend that if you feel normal, not at risk and no one in your household shows symptoms of Coronavirus, keep coming to the farm at the times agreed with your Team Leader; because being out of doors in the fresh air, receiving sunlight, and getting exercise is great for our general health.

Please route any questions, concerns or suggestions through your Team Leader.

Useful links

Government advice and restrictions:

<https://www.gov.uk/coronavirus>

NHS advice for the UK:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>