


Inside . . .

- 2** Lockdown conditions eased in Phase Two & payroll funding extended
 - 3** News about the Helping Hand Appeal & other great initiatives
 - 4** Health & Social Care's plans for a phased lockdown exit strategy
 - 5** More on the exit strategy & a message from the President
 - 6** How Alderney is being governed in the crisis
- 
- 7** Spotlight on Alderney businesses *Keeping Alderney Fed*
 - 8** Your guide to shopping under lockdown & island wellbeing services



St Anne's Bells will ring out for VE Day on QuayFM on Friday at 11am
See Page 3 >>

BALANCING ACT AS LOCKDOWN EASED

Health & Social Care has mapped out a phased exit plan to return to a 'new normal' for the Bailiwick.

A 55-page blueprint released on Tuesday (May 5) revealed the six release phases – we are now in Phase Two – and the triggers that would release or reverse them.

Timescales suggested for each phase indicate that we could move to Phase Three as early as the end of May (details on page 4).

'Test, trace and quarantine' remains the backbone of the release strategy with protection of the elderly or vulnerable, especially care home residents and staff, the top priority.

Travel restrictions will remain in place with travel outside the Bailiwick for business or pleasure unlikely to be resumed until the final phase.

Each phase will have at its heart the need to minimise risk to the over-65s and people with underlying medical conditions, while at the same time recognising the broader mental and physical wellbeing of all islanders and the impact the crisis is having on the economy.

One notable exception in the strategy is the timing of reopening the school and nurseries, which will be considered in parallel with the phased exit.

"We are seeing a reduction in the number of infections, something that would not have occurred without the measures put in place to prevent transmission of this virus in our community," said Deputy Heidi Soulsby, President of the Committee for Health & Social Care.

Full details >> Pages 4 & 5

What has changed so far >> page 2

Maintain social distancing

Maintain at least a 2 metre distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.

Why? When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.



LOCKDOWN RESTRICTIONS EASED

Swing Into Action

The rules restricting outdoor activities have been slightly eased.

Although no group or sports team activities are permitted, restrictions on outdoor activities such as golf or singles tennis have been lifted – but these must be limited to two participants only.

Sports coaching and personal training are also allowed on a one-to-one basis.

Exercise including walking, cycling, running, horse-riding, sea swimming or taking part in other open sea activities, is permitted for up to two hours every day together with members of your household, provided social distancing is maintained with any members of the public you meet.



Double Bubble

Lockdown has meant most of us living in the bubble of our own homes these past weeks but last week Deputy Heidi Soulsby, President of the Health & Social Care Committee, announced a slight easing of restrictions.

From last Saturday, households have enjoyed the option to pair up with one other household to make an expanded household 'bubble'.

Now you can pair with a friend or with extended family and will be able to socialise normally in each other's homes, **but not outside the home.**

Expansion of these household bubbles can include the over 65s as long as they are aware of the risks and are able to maintain good hygienic standards and safety guidance.

There's no need for social distancing in these household get-togethers but the strict guidance must still be observed outside the home.

Making Waves

Recreational fishing by boat and from the shore or in freshwater is permitted, as is boating on a private vessel with members of your household.

Subject to the boat being large enough to maintain social distancing guidelines, one other person from outside your household can go aboard.

Any vessel which makes landfall outside of the Bailiwick's territorial waters must observe Customs regulations as well as following the requirement to self-isolate for 14 days immediately upon return.

Where boats are shared between different households, they must be suitably cleaned between uses.

Further guidance: covid19.gov.gg/guidance/recreation

PAYROLL FUNDING EXTENDED

The Coronavirus Payroll Co-Funding Scheme, designed to help businesses retain their staff or workers during the crisis, has been extended to help struggling businesses. When originally launched, the States of Guernsey agreed to pay 80% of an employee's gross wage, based on the minimum wage. Now businesses that see turnover reduce to below 40% of normal levels will be able to apply for up to 100% of minimum wage for employees. This upper threshold will be extended to 50% for those businesses most in need and able to demonstrate that support is still necessary.

Businesses with turnover in excess of 40% and up to at least 70% of normal levels will continue to be able to apply for up to 80% of minimum wage for employees. Again, this upper threshold will be extended to 80% of normal turnover for those businesses most in need.

Full details can be found at covid19.gov.gg/guidance/business or email business.support@gov.gg if you require further information.



Helping Hand Appeal

Helping Hand Appeal Proves That Alderney Cares

Within days of the President announcing a Helping Hand Appeal for islanders in need of support, Alderney raised well in excess of five figures.

"With the help of some dedicated civil servants, we are now up and running and we have already extended our first helping hand," said William Tate.

"As more people are returning to work, the need for a helping hand may not be as great. It is, however, still available and will be until the crisis is over."

With one exception, all donations have been made by people living on the island and the President has even been sent a letter apologising that a contribution was only small.

"There are no small donations, only selfless acts of charity emanating from the heart," he said. "To all those who have donated, a massive Thank You, and to those in need, please contact us.

"Although financial resources have been made available by the States of Guernsey to support our community through these difficult times, we do need to recognise that there may be circumstances when we need to step in and provide short-term support." The

support is being made available in the form of vouchers which will be redeemable at the island's food shops, the pharmacy and Alderney Electricity, and is open to all ages, not just to support the elderly.

If you require a Helping Hand please contact Gill Trousdale in the President's office on 820001 (Monday to Friday 9am to 12.30pm) or email president.alderney@gov.gg, or download an application form from the dedicated webpage www.alderney.gov.gg/helpinghand.

Donations to the Appeal can be made by bank transfer to:

States of Alderney - Helping Hand Appeal

c/o NatWest International, Sort code 60-09-20, Account number 49654136 BIC: RBOS GG SX / IBAN: GB NWBK 6009 2049 6541 36

Ref: Helping Hand Appeal

Alternatively a cheque made payable to 'States of Alderney - Helping Hand Appeal' can be posted to the Island Hall or left in the letter box outside the entrance door (no cash please). Any residual surplus funds will be distributed to local charities.



Picture by Ben Harris, aged 6

More than 200 letters written by children have been delivered to Alderney's elderly by Age Concern – all of them with chocolates donated by Waitrose and some of them with stunning paintings and drawings.

Now Age Concern's Barbara Benfield and her team are making return visits with small bottles of wine donated by Randall's Barnstormers.

"This has gone down a storm and has made a big difference to people on their own," said Barbara. "Some of the children, too, are very excited to have received a reply. Thank you to everyone."



Tune in to QuayFM on Friday May 8 at 9.30am for Alderney's VE special organised by Dougal Bohan, Barbara Benfield and the President's office. The show will feature UK and local aspects with a minute's silence at 11am, broken by the church bells sounding out when everyone is invited to step outside to cheer and clap, toot horns and make as much noise as possible.



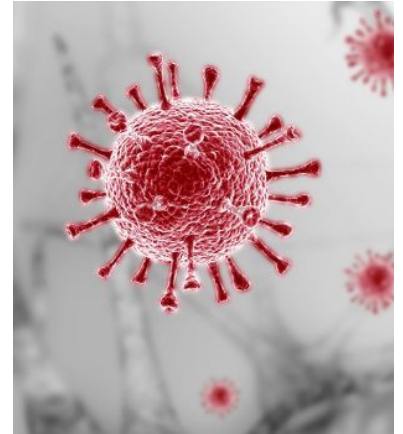
Alderney Gets in the Spirit

The Alderney Spirit volunteer programme is delivering meals on wheels, providing support when needed in the hospital and for the Connaught and Jubilee residents, picking, packing and delivering food, plus essential outdoor work.

"Some of our volunteers have been able to return to their work but we still have plenty of willing hands should our current

status with the Coronavirus pandemic change," said organiser Gabrielle Tate. "Our community is alive and well and displaying our true Alderney Spirit!" Volunteers also supply telephone support for those who need to talk. Anybody who is at home on their own who needs some help should ring 820003, even if it is only to have someone to chat to.

WHERE DO WE GO FROM HERE?



On Tuesday May 5, Deputy Heidi Soulsby, President of the Committee for Health & Social Care, revealed the next phases for lifting Covid-19 restrictions and the triggers that would allow – or reverse – them.

We're in Phase Two of the Bailiwick's 'exit strategy' with the lifting of some work and social restrictions (as outlined on page 2), but what will Phases Three to Six look like as we seek to return to the New Normal?

There's no doubt that we have led the way in Europe with lockdown policies, testing, shielding and community spirit, but what happens next, and when, will depend on keeping the number of new cases at bay with a range of triggers in place to accelerate or reverse the strategy.

Deputy Soulsby gave this stark warning that relaxing all lockdown restrictions cannot be considered for the foreseeable future: "The certain consequence of relaxing current measures is that Covid-19 cases will increase. The questions of 'when?' and 'by how much?' cannot be answered with certainty but must be considered, and so far as possible mitigated, in any exit framework."

What factors would trigger Phase Three?

- Stable or reducing cases of Covid-19 acquired through unexplained community transmission in a rolling consecutive four-week period from the start of Phase 2.
- No new clusters of infections that pose a risk of onward transmission in the Bailiwick for a consecutive four-week period from the start of Phase 2.
- Hospital admissions for Covid-19 are stable or decreasing for a rolling consecutive four-week period from the start of Phase 2.
- The continued availability of local testing for the virus that causes COVID-19.

These factors would reverse any phase of the exit strategy:

- If there are more than 10 cases of unexplained community transmission
- New clusters of infection are identified
- The community does not comply with the guidance
- On-island testing is no longer available
- There is an increasing trend of Covid-19 hospital admissions

These are the next four phases likely to be triggered this summer and autumn (continued on page 5):

PHASE 3 (Possibly June & July)

- Recreation time may be increased and consideration will be given to further expansion of the household bubble.
- Takeaway food services may be able to recommence, subject to appropriate public health measures which will include limiting the number of staff working in the restaurant kitchen to two people.
- Some public venues such as libraries and museums may be permitted to reopen but there will be restrictions placed on the size, duration and nature of gatherings. Other venues where activity is higher risk are unlikely to be permitted to open in this phase.
- Places of worship may open for individuals to pray by themselves. Congregation services will not be allowed.
- Consideration will be given to increasing the number of people attending funerals.
- Office-based businesses would be encouraged to continue the majority of activity from home but formal restrictions on the numbers of people permitted in offices may be relaxed further.
- Building and other trades may be permitted to return to near normal with certain eased restrictions on social distancing but with phase 2 hygiene requirements remaining in place.
- Activity within occupied households by a limited number of tradesmen may be permitted under strict hygiene requirements with the exception of vulnerable households or those isolating.
- Building wholesalers may be permitted to return to near normal with certain eased restrictions on social distancing. Premises may be open to the public with restrictions on the numbers of people permitted as currently applied in food retail.
- Garden Centres may be permitted to return to near normal with certain eased restrictions on social distancing.
- Other premises and non-essential retail may be able to open to the public with restrictions on the numbers of people permitted as currently applied in food retail.
- A number of businesses such as vehicle servicing and sales (including cars, bikes and marine), factory and warehouse activities may be permitted to return with limits placed on the number of people permissible on a site.
- Restaurants, hotels and bars together with gyms and sports venues and community centres will remain closed.

PHASE 4

Looking further ahead, Phase Four would see further parts of the local economy, including retail and hospitality, hairdressers and beauticians, able to function although some restrictions on work practices, gatherings and social distancing will remain in place.

It would include the lifting of restrictions on public venues including non-contact sports, social and cultural events, and hotels and restaurants (with social distancing measures), but bars will remain closed or subject to restrictions.

There would still be no non-essential travel and anyone returning to the Bailiwick would have to self-isolate for 14 days.

Expected duration: 8 weeks

PHASE 5

Phase Five would see a return to a 'near normal' in the 'Bailiwick Bubble' with restrictions remaining in place for travel outside the islands.

It would see the resumption of contact team sports such as rugby and football, the opening of children's playgrounds, as well as bars and clubs with possible social distancing.

PHASE 6

Phase Six would be the Bailiwick's return to the global community but would only happen if there was a vaccine available or the public health risk assessment indicates that Covid-19 no longer poses a significant threat to the health and wellbeing of islanders.

Deputy Soulsby's report concluded: "Indefinite lockdown until a vaccine is available is not a viable option, nor is it justifiable when weighed against the current burden of disease from Covid-19. The wider impact on the physical and mental health of islanders needs to be considered and a prolonged period of lockdown will impact negatively on our population."

As we ease out of lockdown, the message for islanders remains to stay at home if they have any of symptoms of Covid-19 and to seek further advice through their GP or the Coronavirus clinical helpline on 01481 756938 or 01481 756969

Alderney Standing Tall

A message from the President, William Tate



It has been a great privilege over the last six weeks to be able to connect with the community through QuayFM.

Little did I realise that, in addition to making important information available to the listeners as quickly as possible, the broadcast would become part of a daily routine

across the community in what are unprecedented times.

I have been humbled by the support I have received. This is exactly why I offered myself to the community. I always saw the role of the President as being closely connected to the community.

Recent events have in my mind demonstrated the importance of that approach. I am shocked, however, that my 'cavorting' in the dance challenge has attracted 1600

social media views! Another great initiative by QuayFM which has brought a smile to a lot of people's faces.

Thankfully, we are now seeing that the virus is being contained in the Bailiwick. We still, however, face two serious threats.

Firstly the virus itself and, secondly, complacency. The virus has not gone away. Whilst our lives will slowly start to return to the 'new normal' we must continue to play by the rules. Social distancing and good personal hygiene are still important weapons in the fight. We must not let our guard down.

As a community we can stand tall. We have demonstrated to the world what we have all always known, that our tiny Island home is a unique environment for 2000 very special people.

We should give ourselves a generous round of applause!



Smart Operations

The States of Alderney operational teams are not only adopting the 'new ways of working', they are actively driving them. We look forward to sharing with you how the operational departments, including the Impot, Ambulance and Fire services, are leading the way and even developing some surprising benefits.

AN ISLAND IN SAFE HANDS

Here's how the Island's government works during the crisis.

Emergency laws such as how we react to the spread of coronavirus within the Bailiwick were enacted in March.

The Civil Contingencies Authority (CCA) was mobilised and has made changes to the Law including the recent restrictions on businesses. The directions under these new Laws are then put into place by the Committee for Health and Social

Care. They are advised by a Strategic Coordinating Group (SCG) and a Tactical Coordinating Group (TCG). All of these bodies have Alderney representation at political or civil service level.

But what about the on-island response? That is coordinated through the multi-agency Alderney Operational Group led by CEO Andrew Muter, meeting every day to assess the situation in Alderney and to plan for the impact if and when the virus is identified here,

and also to oversee the gradual relaxation of restrictions.

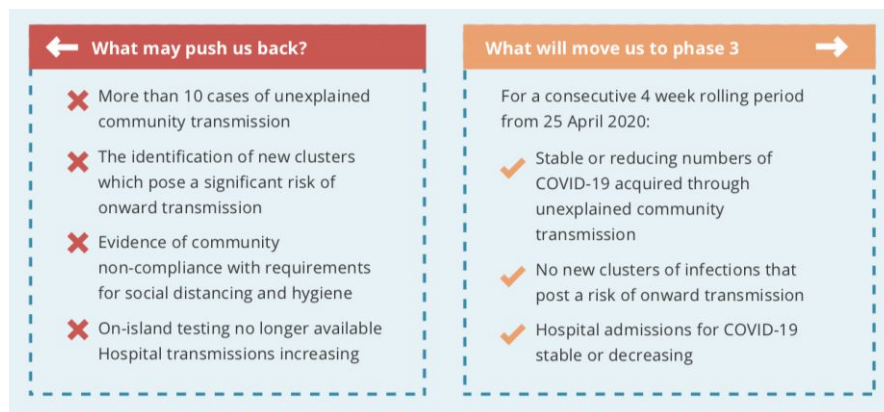
The Island Medical Centre, the Mignot Memorial Hospital, Ambulance, Police, Border Agency, Airport, Harbour and Pharmacy are all involved.

On April 23, Alderney's Policy & Finance Committee (P&F) established a Pandemic Emergency Committee on which five members sit: Alex Snowdon, James Dent, Steve Roberts, Kevin Gentle and Mike Dean.

Their brief is to explore bespoke solutions which should apply to Alderney during the emergency and engaging with the public about their ideas, views and suggestions. Proposals will go to P&F before representations are made to committees of the States of Guernsey or the Civil Contingencies Authority.

Keep in touch by visiting the States website alderney.gov.gg or on Facebook [@statesofalderney](https://www.facebook.com/statesofalderney)

Towards a Bailiwick new normal



'REMOTE' STATES MEETING ON MAY 13

Billets have been presented for the full States of Alderney meeting which will be conducted remotely on May 13. These can be viewed at alderney.gov.gg

Obviously under lockdown regulations there will be no People's Meeting but there is provision for written comments by members of the public on Billet items which will be summarised by a States Member during the remote meeting.

States Members will 'meet' by using remote technology from their homes, chaired as usual by the

President with voting recorded by the Greffier. Five or more of the 10 Members are required to be logged on to form a quorum – the minimum number of Members required to debate and cast their vote.

"These changes enable the States to function during these extraordinary times," said President William Tate. "They are not permanent changes to the way we do things but they will enable the proper business of the States to be carried out during a period where it is impossible to meet together in one place."



Spotlight On Alderney Businesses



LE COCQS Keeping Alderney Fed

At first, it seemed that Alderney might sink under the weight of all the pasta, tinned tomatoes and toilet rolls that Le Cocq's was selling as the island went into lockdown.

"Fortunately we had substantial reserve stocks in our warehouse to meet the jump in demand," said manager Petra Kovarova.

"But the whole of the UK was also stocking up so when we went to place new orders with suppliers we were finding they were out of stock,

and for two weeks we were getting only about half our orders delivered, so we had to spend long evenings at the computer trying to find substitute products to fill the gaps."

Then health precautions, extra volumes flying off the shelves, social distancing, a leap in home deliveries and the desire to not put existing staff under continuous pressure resulted in 12 new jobs being created, taking the workforce to 31.

"We were fortunate to also have a number of volunteers helping us throughout the peak, including the Aurigny boys, Cimandis and James Walker making deliveries, Millie Hayes, Claire Digney-Capazario, Tonicha Baldock, Kirsty Capazario and Sonea Digney helping pick and pack orders, and the Alderney Wildlife Trust helping with crowd control," said Petra.

"They played a crucial part in helping

us keep everyone fed and not only are we extremely grateful for their time and effort but we know from the many kind comments and notes from customers that they also appreciated the extra effort being made to keep them fed and safe.

"We have also kept at least two of our shops open at all times throughout the lockdown and we very much appreciate the support and co-operation of our customers when we had to ask them to queue outside or 'mind the gap'."

Le Cocq's warehouse stocks are back under control, so now it's the challenge of the new normal of social distancing, enhanced hygiene, face masks, hand sanitising and crowd control. And, believe it or not, placing Christmas orders this week to ensure stock availability!

Le Cocq's 824646
shop@lecocqs.com



JEAN'S STORES An Extended Family Pulling Together

Jean's Stores/The Farm Shop is what you might call an extended family with volunteers and helpers from closed pubs and restaurants teaming up with existing staff to help see Alderney through the coronavirus crisis.

Still delivering to the vulnerable, the elderly and the self-isolating, as

well as critical workers and those with children at home who can't get out to shop, the store's Hannah Benfield is proud to be leading such a devoted and tireless team.

"We have a fantastic team of volunteers, some of whom are in trades that are now able to return to work, but still they turn up to make deliveries and even come in at 5 or 6 a.m. to help pick and pack," she said.

The first week of lockdown wasn't easy as so many deliveries were needed with uncertainty over the right stock coming in and the extra staff required, but they found a way and the Island's locked-down residents gratefully received vital supplies.

"Morale is excellent," added

Hannah, "and we have received so many messages of support and appreciation."

They've also found ways to get around the stock shortages that the UK mainland has experienced – for example, when suppliers couldn't lay their hands on packs of flour for home baking.

Hannah had a chat with international millers Marriage's who were still able to supply large catering sacks – and promptly got permission to bag up small packs.

"They were delighted that we were doing something to keep people interested in home baking," said Hannah.

Jean's 07781 456333
alderneyfarmshop@suremail.gg

SHOPPING & DELIVERIES

MEDICAL SUPPLIES

To order all prescriptions:
call Island Medical Centre 822077
Mon-Sat late morning.

Boardman's Pharmacy for prescriptions & queries: tel 822126 Mon-Sat 10:00-13:00,14:00-18:00. Delivery of prescriptions and toiletries continues for those who are self-isolating, the vulnerable and the over 65s if they request this service – order hotline 824602 between 9am-10am or email orders@alderneypharmacy.com

Alderney Animal Welfare

Alderney Animal Welfare Clinic 822616. No drop ins. Please call for procedure.

FOOD SUPPLIES

Jean's Stores and Farm Shop

07781 456333 alderneyfarmshop@suremail.gg

Le Cocqs Stores 824646 shop@lecocqs.com

MJ Cosheril Meat and Delicatessen 822291
Mon-Sat 8:00am-1:00pm

McAllister's Wet Fish Ltd 823666 weekdays
after 3:00pm or at 7:00am to order or FB

The Butchers 822234

Stephen@thebutchersalderney.com (weekdays)

BEVERAGES/ALCOHOL

Free delivery to your home

Barnstormers 822537 Mon-Sat

Coronation 822630 Mon-Sun 10am-8pm

OTHER RETAILERS

(Subject to change/clarification)

Alderney Centre, Pet Shop & Garden Centre

822646 Mon-Sat mornings, order online
thealderneycentre.com

Alderney Flower Shop 822807

alderneyflowershop@outlook.com
thealderneyflowershop.com

Alderney Wildlife Trust (Gifts, games, toys etc)

822935 admin@alderneywildlife.org
alderneywildlife.org/shop

Boardman's Pharmacy 822126

orders@alderneypharmacy.com
weekdays 9am-10am

Blanchards 822722 sales@blanchard-ald.com

Chrissie's DIY 822510

christinamichel2815@gmail.com Mon-Sat 9am-12:30pm for same day delivery

Cycle & Surf 07966 503694 or 07781154045

kkissickvn@aol.com

DHS Alderney 07879 996 759 (emergencies only)

dino@dhs.gg

Les Salvagers 07781 149 901 Monday to Saturday

Little Island Leaves 07781 419516

littleislandleaves@gmail.com or FB
littleislandleaves.wordpress.com

London House 822345 10:00am -12:00

lhadmin@suremail.gg

Longis Bay Garden Services 07781 116790

info@longisbay.com or FB

SewMuchFun 07781 423 495 email

candggillingham@cwgsy.net or FB
sewmuchfunalderney.co.uk

Shabby Chic Sara Fisher 07911 711397

sarafisher42@hotmail.co.uk

The Bookshop 07911729174 (2pm-5pm)

alderneybookshop@gmail.com
thebookshop.gg

POSTAGE STAMPS

Post Office 822644 will send a book by post at book price plus the stamp for posting



Your Guide To Wellbeing In Alderney Under Lockdown

Alderney Serenity

Free, relaxing, online meditations, Reiki healing therapy and wellness support. LIKE and FOLLOW the Alderney Serenity Facebook Page to receive the meditation or contact Janine Page, email janinep@cwgsy.net or phone 823658 / 07781 422402 for more information.

Meditation Centre

From Mindfulness and Tai Chi through to prayers and meditations. Free via Skype and FaceTime. Roberta Roberts-Mapp can also email a suggested guided meditation three times a week. The group meets online on Mondays, Wednesdays and Fridays at 2:15pm. Email pookiealderney@aol.com

Alderney MIND

The Alderney Mind Wellbeing Centre may not be open but can still offer support and information via telephone or email, or alternatively take a look at the Guernsey Mind website where you can get information and contact numbers for services. guernseymind.org.gg lisa.millan@alderneymind.org / emily.litten@guernseymind.org / 01481 722959

Keep Fit

Jodie Parker - Live high intensity training 10am Monday - Friday on her Instagram @jodiemparker. Jodie also offers one-to-one training in her garden, following the new guidelines. Contact: jodiemp69@gmail.com

Charlotte Newton, Personal Trainer, on Facebook – online workouts for all ages and fitness levels with three live sessions a week. If you can't do them live you can access the workouts at a time to suit you. The service is free. Also low impact workouts too for people who have not exercised for a long time or have health issues. Email: lottienewton@yahoo.co.uk

Prayer

Alderney Churches Together have a rota for prayers to be said every half hour, 24-hours a day for the Island. Helen Arkwright is also willing to pray with anyone individually, via telephone. Phone 822253 or email helen1ark@yahoo.co.uk.

Physiotherapy

Although Lighthouse Physiotherapy is closed for face-to-face routine physiotherapy, Charmaine Johnson is offering a new reduced-price service where patients can access 'remote' virtual services by phone or video link (Zoom). Phone 07839 165288 or email info@lighthousephysio.co.uk or Lighthouse Physiotherapy Facebook Messenger section.

PROTECTING THE COMMUNITY

Please note: With the gradual easing of restrictions in the Bailiwick, there are still limitations on shopping & services as we maintain social distancing.

Always remember the guidelines which you can find at gov.gg/coronavirus