



Let's be York, let's be safe

Helping to improve the health
and wellbeing of York residents.

- Public Health information
- Continued support for businesses
- Emotional health campaign
- What's on over Christmas

Public Health/Coronavirus

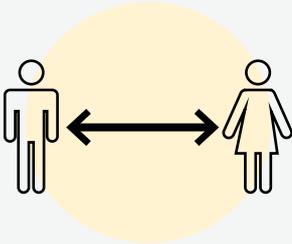
Steps to staying safe



Wash your hands regularly with soap and water



Wear a face covering in busy public spaces



Give people space. Keep a safe distance from those you don't live with



Self-isolate if you have symptoms or are asked to by test and trace to stop the spread

Why is contact tracing and then self-isolating important?

By self-isolating when asked to by test and trace, you are not only protecting your community, you are also helping those key workers who have worked tirelessly throughout the pandemic.

We now know people can pass the virus on even when they don't have symptoms. If you leave home, while you could be infectious, even if you feel fine, you could pass the virus onto other people, including people who are vulnerable, and, cause serious illness. That's why it's especially important to self-isolate if you are told you are a close contact of someone who has COVID-19, whether you feel unwell yourself or not.

[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus) has plenty of advice on self-isolation.

Local contact tracers help to slow the spread of coronavirus

We've launched a new local track and trace system to help people who have recently tested positive and to stop the spread of coronavirus.

Working alongside the national test and trace system, our local contact tracers will get in touch with you to check you are ok and if you need any support.

We will also ask for information about anyone you have been in close contact with.

Please be scam aware. We will never ask for passwords, credit card details or ask you to call a premium rate phonenumber. Thank you to everyone who has already supported the service as contact tracing is vital to reduce the spread of coronavirus.

For more information visit:

york.gov.uk/LocalTracing

Self-isolation support

We are here to help. We know self-isolation isn't easy but it really does make a difference by slowing the spread and keeping people safe. Anyone needing help, whether it is food or medicine collections or someone to talk to, our helpline is there to help you. Call **01904 551550** or email COVID19help@york.gov.uk to ask for help. For information on what financial support may be available visit york.gov.uk/COVIDFinancialHelp. This includes details of the £500 self-isolation payment.



Help to get HEALTHIER

It's important for us all to be as healthy as possible at this time. If you're looking to improve your lifestyle, our skilled Health Trainers offer free one-to-one wellbeing advice and support to York residents aged 16+. Whether your concern is weight management, physical activity, alcohol awareness or social isolation, we can help you. The Health Trainers also offer a stop smoking support service, with free nicotine replacement products available to help you quit for good. For further information visit york.gov.uk/CYHealthTrainers, call **01904 553377** or email cychhealthtrainers@york.gov.uk



Stay well this winter

As the weather grows colder, we all need to think about keeping ourselves well this winter, especially with coronavirus still around.

These are our top tips:

- Keep warm – the temperature in your home should be at least 18 degrees. If you need help with fuel bills, grants may be available.
- Get a flu vaccine. Many people, including those aged over 65, are entitled to a free jab – your GP will contact you if you are eligible.
- Eat a healthy diet and try to ensure you have regular meals and warm drinks throughout the day.
- Keep well stocked up with prescription medicines, especially as the festive season approaches. Ask your pharmacist for advice if you aren't sure what you need.
- Check on elderly or medically vulnerable neighbours and relatives, particularly in icy weather. This can be done in a Covid-safe way, either by telephone or a socially distanced doorstep chat.

For more advice visit york.gov.uk/WinterHealth

Changing attitudes and connecting people means better mental health

At York CVS (Centre for Voluntary Service) we run a range of projects to improve the health and wellbeing of residents. We believe that reducing isolation and increasing social connections can boost everyone's wellbeing, and here are just two examples of our work:



let's end mental health discrimination

Time to Change York aims to change attitudes and beliefs towards people with experience of mental illness. It brings residents together to share their mental health experiences in a variety of ways, to help end stigma and discrimination around mental health. This includes challenging attitudes towards mental health and to support creativity through poetry, video, photography, blogs, art and radio interviews.

Ways to Wellbeing – Our social prescribers work to connect York residents to our local communities and support people to feel better about themselves. We ask individuals “what matters to you?” and then work together to create an idea of what might help by working with our partners in the voluntary and community sector to make it happen.

As Ways to Wellbeing has developed, we've focussed our work on mental health, community safety and hospital discharge. Working with the GP-based Primary Care Link Workers, we make sure that anyone registered with a GP in York can access our support.



Ways to Wellbeing
GROWING SOCIAL PRESCRIBING

To help your wellbeing, or the wellbeing of someone you know, please visit: yorkcvs.org.uk/projects

Supporting your emotional wellbeing



The impact of COVID-19 has not only affected people physically, but it's also taking its toll on people mentally. Feelings of worry, depression or social isolation may be influencing how you feel, or if you have a pre-existing emotional health condition, your symptoms may be heightened at this time.

It's important that you take time to look after your emotional wellbeing, whether that's taking time for yourself, speaking to friends and family or seeking wider support.

If you're feeling low or anxious you're not alone and can be reassured that help is at hand, with a range of services locally to support you.

Talking Therapies, often known as IAPT, is a service run by Tees, Esk and Wear Valleys NHS Foundation Trust. The service is open to anyone aged 16 or over, who is registered with a GP practice in York and Selby, and is experiencing mild to moderate symptoms of anxiety or depression.

Therapies range from virtual face-to-face sessions, to online courses and you can self-refer by visiting yorkandselbyiapt.co.uk or by calling **01904 556840**. Alternatively you can discuss your concerns with your GP and if appropriate, they can refer you.

Recovery College Online

recoverycollegeonline.co.uk provides a range of resources and self-help information for people who are experiencing mental health difficulties. You'll also find lots of information about how to manage any worries about COVID-19 on the site too.

Young people aged 11-18 can also access Kooth (kooth.com), a website offering free online counselling and emotional wellbeing support whenever they need it. The site incorporates self-help articles and online tools such as a mood tracker, as well as professional online therapy and moderated peer-to-peer forums. Young people can register without having to provide personal details and it provides a safe and non-judgemental place for them to talk, connect and chat with others.

So if you are struggling during this time, know that you're not alone, take a look at some of the many options available which can help improve your mood and give you the skills to cope.

Emotional health

Where to find help Dealing with difficult emotions isn't easy. To help you or someone you know, here's a list of organisations which can help.

Organisation	Support	Website	Telephone
Age UK York	Mental health support for older people	ageuk.org.uk	01904 627995
Blurt	Blogs and resources on depression	blurtitout.org	
Drinkaware	Alcohol advice and information	drinkaware.co.uk	020 7766 9900
City of York Council	Mental health recovery service	york.gov.uk/MentalHealthRecovery	01904 553850
Every Mind Matters	Mental health support	nhs.uk/oneyou/every-mind-matters	
GamCare	Gambling advice and support	gamcare.org.uk	0808 8020 133
Harmless	Preventing self harm	harmless.org.uk	info@harmless.org.uk
Healthwatch	Guide to mental health in York	healthwatchyork.co.uk	01904 621133
Improving Access to Psychological Therapies (IAPT) Talking therapies service	Support for mild mental health problems such as depression, anxiety and stress	yorkandselbyiapt.co.uk	01904 556840
IDAS York	Domestic abuse and sexual violence	idas.org.uk	01904 646036
Kooth	Online mental health support for young people	kooth.com	
Kyra	Support for women in York	kyra.org.uk	01904 632332 or email contact@kyra.org.uk
NHS UK	Self-assessment help	nhs.uk/conditions/stress-anxiety-depression	
NHS Apps	Library of mental health resources assessed by the NHS	www.nhs.uk/apps-library/category/mental-health	
Oxford Mindfulness Centre	Free mindfulness sessions	oxfordmindfulness.org	
Papyrus	Suicide prevention for under 35s	papyrus-uk.org	0800 068 4141
Recovery College Online	Providing a range of self-help resources and courses for emotional wellbeing	recoverycollegeonline.co.uk	
Samaritans	Listening support	samaritans.org	116 123
Shout 85258	Mental health text support	giveusashout.org	Text 85258
Stay alive	Suicide prevention app – for those with and those supporting someone with suicidal thoughts	prevent-suicide.org.uk/find-help-now/stay-alive-app	
Stress Management Society	Help with stress	stress.org.uk	0203 142 8650
Talk Suicide Campaign	Suicide prevention training	talksuicide.co.uk	01482 389235
Tees, Esk and Wear Valleys NHS Foundation Trust	Provider of mental health and learning disability services in York	tevv.nhs.uk	
TEWV crisis services	Mental health crisis support	tevv.nhs.uk/services/crisisadvice	0800 0516 171
The Haven	Mental health support in York	mhm.org.uk/the-haven-30-clarence-street	07483 141310
Time to Change	Mental health support	time-to-change.org.uk	
York Mind	Local mental health support	yorkmind.org.uk	01904 643364
YorOK	Young people's mental health resources during Covid-19	yor-ok.org.uk/young-people/wellbeing.htm	01904 555400 or text 07624 802244
YoungMinds	Support for young people and their parents	youngminds.org.uk	0808 802 5544
Zero Suicide Alliance	Awareness training to help prevent suicide	zerosuicidealliance.com	

New campaign helps York talk

We know that lockdown is tough for many reasons.

To help you find ways to talk about how you feel and find help, especially during lockdown, we're sharing tips, ideas and inspiration from people and partners across the city.

We want everyone to know that it's ok not to be ok, and that if that's how you're feeling, there is help and support available that's right for you.

Share your ideas at **#FeelRealYork** and visit: **LiveWellYork.co.uk**

Here are 10 simple things you can do to improve your emotional health and wellbeing:

1. Stay connected with people
2. Talk about your worries
3. Support and help others
4. Feel prepared
5. Look after your body
6. Stick to the facts
7. Stay on top of difficult feelings
8. Do things you enjoy
9. Focus on the present
10. Look after your sleep



Volunteering your time during lockdown and beyond

York's newly established Volunteer Centre, managed by York CVS, is here to support individuals looking to help charities and charitable organisations within the city.

Volunteer Centre Co-ordinators, Bev Frain and Drew Richardson can help to find the right volunteering role for you, based on your areas of interest and how you would like to get involved.

Talking about the centre, Drew said: "People giving just a little of their time can make such a big difference within our local communities. "There are always groups in need of some extra help, especially at the moment, so please do get in touch if you would like to find out how you can help".

To view the latest volunteering opportunities please visit: **yorkcvs.org.uk/volunteers** or you can contact the Volunteer Centre by emailing: **volunteering@yorkcvs.org.uk**

Further support and advice

More help and support is available at **nhs.uk/oneyou/every-mind-matters** If you're a parent or care for a child or young person, try **youngminds.org.uk/blog/talking-to-your-child-about-coronavirus**

For a self-assessment, audio guides and other tools try **nhs.uk/conditions/stress-anxiety-depression**.

If someone you know is struggling with their mental health, please visit: **nhs.uk/oneyou/every-mind-matters/helping-others**

Devolution

Council rejects York merger plans

Following overwhelming cross-party support at Full Council, we have rejected the proposed plans for York to merge and lose its independence.

In November, we published evidence to support the case for York remaining as a unitary council, rejecting the local government restructure of York and therefore, rejecting a proposal published by North Yorkshire district authorities to merge York with surrounding rural and coastal areas.

The evidence in the report demonstrates the positive local support for York and the significant detrimental impacts of a local authority merger, including eroding local decision-making in York, breaking the 800 year historical connection between the Lord Mayor, council and the city, and disrupting key services at a time when they are needed the most.

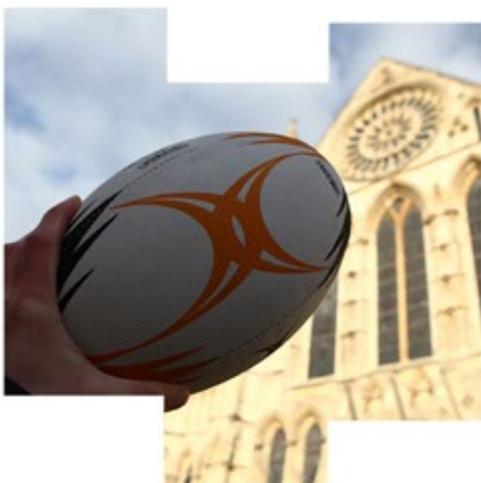
In addition, by publishing the evidence to remain on the existing footprint, we have provided support for North Yorkshire County Council, which recommends they should merge with district and borough authorities within the county council boundary.

We believe that by retaining local decision-making in York, it will help avoid significant disruption and cost to local residents and businesses. Instead, the submission details why retaining York on its existing footprint will enable greater focus on recovery from the pandemic, whilst at the same time ensures York can continue to deliver value for money services to residents, businesses and communities.



York's proportionate contribution to the proposed devolved region economically and in terms of its distinct identity, strengths and potential cannot be overstated, and for that reason the Chamber supports the opportunity to retain that distinct identity within the devolution and unitarisation proposal

Andrew Digwood, President



Given the need for the council to be prioritising Covid Recovery at this time, unnecessarily drawing York into structural changes [...] is unwelcome and would be detrimental to city wide efforts to build back better. [...] I support City of York Council continuing to operate as a unitary authority on its existing footprint.

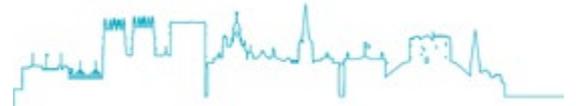
Jon Flatman, Chairman





We already sit in uncertain economic times and changes to the existing structure of York as an authority have the potential to create unnecessary uncertainty as we seek to make further investment around the City.

Max Reeves, Director



The case for York as a unitary council

The report, *Successful Leadership From A Global City On A Compact Scale*, sets out evidence about why York's footprint should remain the same. The report takes each of the three criteria set by government in turn and provides evidence about why we believe York should reject the merger plans.

The identity and local geography of York is substantial and different to neighbouring North Yorkshire authorities.

- As a median sized unitary authority and based on the latest ONS population estimates, there are 28 smaller and 28 larger unitary authorities in England.
- As an urban and sub-urban environment with a diverse service and knowledge economy, there is more in common economically and with commuter patterns with West Yorkshire.
- York has been an independent and self-governing city since 1212, with a unique history and national and international reputation.

York has an excellent record in delivering value for money and effective services.

- York schools are rated as some of the best in the country.
- York council is a top performer in many services including adoption, adults with mental health needs in employment and making major planning decisions under 13 weeks.
- York was in the top 4% of councils for speedy COVID-19 grant distribution.
- York has the 7th lowest council tax of any unitary authority and significantly lower than any of the surrounding rural and coastal areas. Modelling by PWC suggests that in a merger with Selby, Scarborough and Ryedale, Council Tax for York residents would increase by more than 8%.

York has a powerful sense of community and the retention of its current footprint has strong local support across all sectors:

- The Talk York Consultation in 2019 heard over 5,000 people highlight that one of York's strengths is its size.
- Our Big Conversation told us 68% of residents disagree that services would be improved with a larger footprint and 74% of residents don't want to pay for a merger.
- Broad and growing stakeholder support with letters of support sent to the minister from health, education and business sectors.

Backing York

Over the next month, we will gather additional feedback which will be submitted to central government by 9 December, including:

- A cross-organisation campaign to retain the City of York Council
- Further research to understand residents' views
- Reviewing principles of a partnership agreement with North Yorkshire County Council at a Scrutiny meeting on 18 November

The government will then conduct a formal consultation about the different proposals for local government restructure in North Yorkshire in the new year.

Thank you

A heartfelt thanks

It has been a year like no other and none of us will ever forget the challenges we faced in 2020. But, as with the many obstacles our city has faced over the years, the residents, businesses and communities of York have come together to support each other. We are incredibly proud and grateful for the hard work, support and sacrifices we have seen people make this year.

In our last edition we paid tribute to the York Heroes who worked so hard during lockdown to support their communities. Whilst the subsequent challenges have been difficult, we are delighted to see that the York spirit has not wavered, and we continue to see incredible examples of people helping others every day.

As a city, we once again send a heartfelt thank you to our key workers and volunteers who have worked so hard, and who continue to support their communities.



Deborah from Duttons for Buttons

“Nearly all of our staff were furloughed and are eager for us to re-open. They are all hobbyists and enjoy sharing their knowledge and enthusiasm for needlecrafts with customers. Being creative has been a therapy for many in these challenging times.”

Alan who runs a small design studio

“We have launched a campaign to support local businesses ‘Helping Everyone Get Back to Work’, aimed at providing our design and production experience to businesses as we come out of lockdown.”



Angus who runs the York Ghost Merchants

“We have introduced new safety measures in line with our traditional shop. A Georgian sash window acts as a screen, the sanitising station has an antique feel and our brocade masks will match our period costume”



Our Big Conversation is shaping what our city looks like, now and in the future. Thousands of York residents have taken part since we launched in the summer, helping us to understand how you feel about the pandemic, the support available and the other challenges facing the city.

We'd like to invite all residents to take part in this regular 'taking the temperature' survey, whether you took the one in the summer or not. The results will help us understand the changing attitudes and needs of residents, and influence the decisions we make.

Some of the questions are sent regularly to our Talkabout Panel for resident opinions. You can find out more or sign up at: york.gov.uk/talkabout

Our survey asks for some personal information which you may choose not to give. We do not publish or share any information which can identify you.

Please read our privacy notice at data.yorkopendata.org/dataset/consultation-privacy-notice to find out more about how we protect your personal information.

If you have internet access, you can find out more and fill out the full questionnaire at york.gov.uk/OurBigConversation.

If you do not have access to the internet, you can simply fill out the survey on the following pages and return by freepost to:

FREEPOST RTEG-TYYU-KLTZ

City of York Council

West Office

Station Rise

York

YO1 6GA

About you

Please provide your full home postcode

This helps us identify themes in specific wards and will not be used to identify you.

Your age: (please select the appropriate range)

Prefer not to say
 Under 16
 16-24
 25-39
 40-55
 56-59
 60-64
 65+

Your gender:

Prefer not to say
 Male
 Female
 Non-binary/Gender Variant

Do you identify as transgender/trans?

Prefer not to say
 Yes
 No

Do you consider yourself disabled? If yes, how would you describe your disability (tick as many as apply):

Yes
 No
 Physical
 Sensory
 Mental health condition
 Learning disability
 Other

Let's be safe

How confident are you that:

	Extremely confident	Very confident	Somewhat confident	Not so confident	Not at all confident
You know the coronavirus symptoms	<input type="radio"/>				
You understand government guidance	<input type="radio"/>				

How confident are you:

	N/A	Extremely confident	Very confident	Somewhat confident	Not so confident	Not at all confident
Using public transport	<input type="radio"/>					
Visiting a shop	<input type="radio"/>					
Returning to your workplace	<input type="radio"/>					
Sending your child to school	<input type="radio"/>					
Using a public toilet	<input type="radio"/>					
Making your journeys on foot	<input type="radio"/>					
Making your journeys on a bicycle	<input type="radio"/>					
Seeing other York residents out and about in York	<input type="radio"/>					
Seeing visitors from elsewhere in the UK coming to York for a day trip/short break/holiday	<input type="radio"/>					
Seeing visitors from overseas coming to York	<input type="radio"/>					

To what extent do you agree or disagree with each of these statements?

	Strongly agree	Agree	Neither/nor	Disagree	Strongly disagree
My community is supporting each other throughout the pandemic	<input type="radio"/>				
I am able to help people throughout the crisis	<input type="radio"/>				

To what extent do you agree or disagree with these measures:

	Strongly agree	Agree	Neither/nor	Disagree	Strongly disagree
Extending the footstreets (pedestrianised areas of the city centre)	<input type="radio"/>				
Prioritising space for pedestrians outside shops	<input type="radio"/>				
Re-using public spaces to provide bigger, safer and managed spaces for businesses to use (for example, for café tables)	<input type="radio"/>				
New secure cycle parking in shopping areas	<input type="radio"/>				

To what extent do you agree or disagree with the measures the council has taken to support local communities and businesses since the lockdown ended?

	Strongly agree	Agree	Neither/nor	Disagree	Strongly disagree
Coordinating York residents to volunteer to provide support in their local communities	<input type="radio"/>				
Creating community hubs to deliver food, medicine and other support to vulnerable people	<input type="radio"/>				
Delay the start of garden waste collections to protect other waste collections	<input type="radio"/>				
Allocating financial assistance to residents struggling as a result of the virus and lockdown	<input type="radio"/>				
Prioritising support for small local businesses and self-employed residents who didn't qualify for government support	<input type="radio"/>				

Compared to the three months after the first national lockdown (July - September), are you:

	N/A	A lot more	More	About the same	Less	A lot less
Earning	<input type="radio"/>					
Spending	<input type="radio"/>					
Using local shops	<input type="radio"/>					
Exercising	<input type="radio"/>					
Feeling healthier (physical)	<input type="radio"/>					
Feeling healthier (mentally/emotionally)	<input type="radio"/>					
Optimistic/have hope for a better future	<input type="radio"/>					
Driving	<input type="radio"/>					
Cycling	<input type="radio"/>					
Walking	<input type="radio"/>					

How well informed do you think you have been about:

	Extremely well informed	Very well informed	Quite well informed	Not very well informed	Not at all well informed
Getting food, drink and essentials	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The risk to you and your family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keeping yourself healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accessing support for your family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Accessing support for your business	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes to council services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How you can stop the virus spreading	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How to help other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What the council is doing to support residents	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What the council is doing to support businesses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How useful have you found these sources of information?

	Extremely useful	Very useful	Somewhat useful	Not very useful	Not at all useful
Council publications through my letterbox	<input type="radio"/>				
Council website and social media, including videos on social media	<input type="radio"/>				
Advice and guidance from central government	<input type="radio"/>				
Local newspapers	<input type="radio"/>				
Local radio	<input type="radio"/>				

	Extremely useful	Very useful	Somewhat useful	Not very useful	Not at all useful
Local (non-council) websites	<input type="radio"/>				
Local TV	<input type="radio"/>				
National radio	<input type="radio"/>				
National TV	<input type="radio"/>				
National newspapers	<input type="radio"/>				
National websites (NHS or gov.uk)	<input type="radio"/>				
Other useful sources of information (please specify)	<input type="text"/>				

Are you aware of the Let's Be York campaign?

Yes No

If yes, does it help you understand what you need to do to help keep people safe and places you love open?

Yes No Don't know N/A

Your job and the economy

What sector do you work in?

How optimistic are you about the following?

	Extremely optimistic	Very optimistic	Somewhat optimistic	Not very optimistic	Not at all optimistic
The security of your job or business	<input type="radio"/>				
Your career prospects	<input type="radio"/>				
The job prospects of your family	<input type="radio"/>				

How has your job or business changed as a result of coronavirus? Please select all that apply.

Required to use tech not used before Working from home more Change in shift patterns/hours New responsibilities

Please briefly describe any other changes:

Do you think you need new skills to help you adapt?

Yes No

Have you accessed training to develop those skills?

Yes No

To what extent do you agree or disagree with the following statements:

	Strongly agree	Agree	Neither/nor	Disagree	Strongly disagree
The council prioritises the health and safety of residents throughout recovery	<input type="radio"/>				
The council is giving businesses the support they need	<input type="radio"/>				
I can see how health advice and the need for social distancing has changed the city centre	<input type="radio"/>				

Overall, how satisfied or dissatisfied are you with your local area as a place to live?

Very satisfied Satisfied Neither/nor Dissatisfied Very dissatisfied

Do you agree or disagree that you can influence decisions affecting your local area?

Strongly agree Tend to agree Neither/nor Tend to disagree Strongly disagree

Overall, how often in the last 12 months have you given unpaid help to any group, club or organisations?

At least once a week Less than once a week but at least once a month Less often

I give unpaid help as an individual only and not through a group, club or organisation

I have not given any unpaid help at all over the last 12 months

Greg and Ali of According to McGee

“Our online sales have been successful, with people looking for softer seascape and landscape pieces rather than more edgy pieces. It is interesting that people are looking for peaceful paintings during these challenging times, I liken this to it being ‘a time for ballads, not rock songs.’”



Peter and Nicky from the White Lodge

“During lockdown we adapted our pub, The White Horse in Upper Poppleton, to provide a pop-up bakery with homemade bread, pies and cakes, and a Friday curry club. These have been well supported, delivering fresh food to the village and to people who were self-isolating or shielding.”

Nic from Dog and Bone Vintage

“Our staff are all looking forward to re-opening. There are new procedures in place across the store to keep everyone safe, but we’re confident that it will still be an enjoyable experience.”

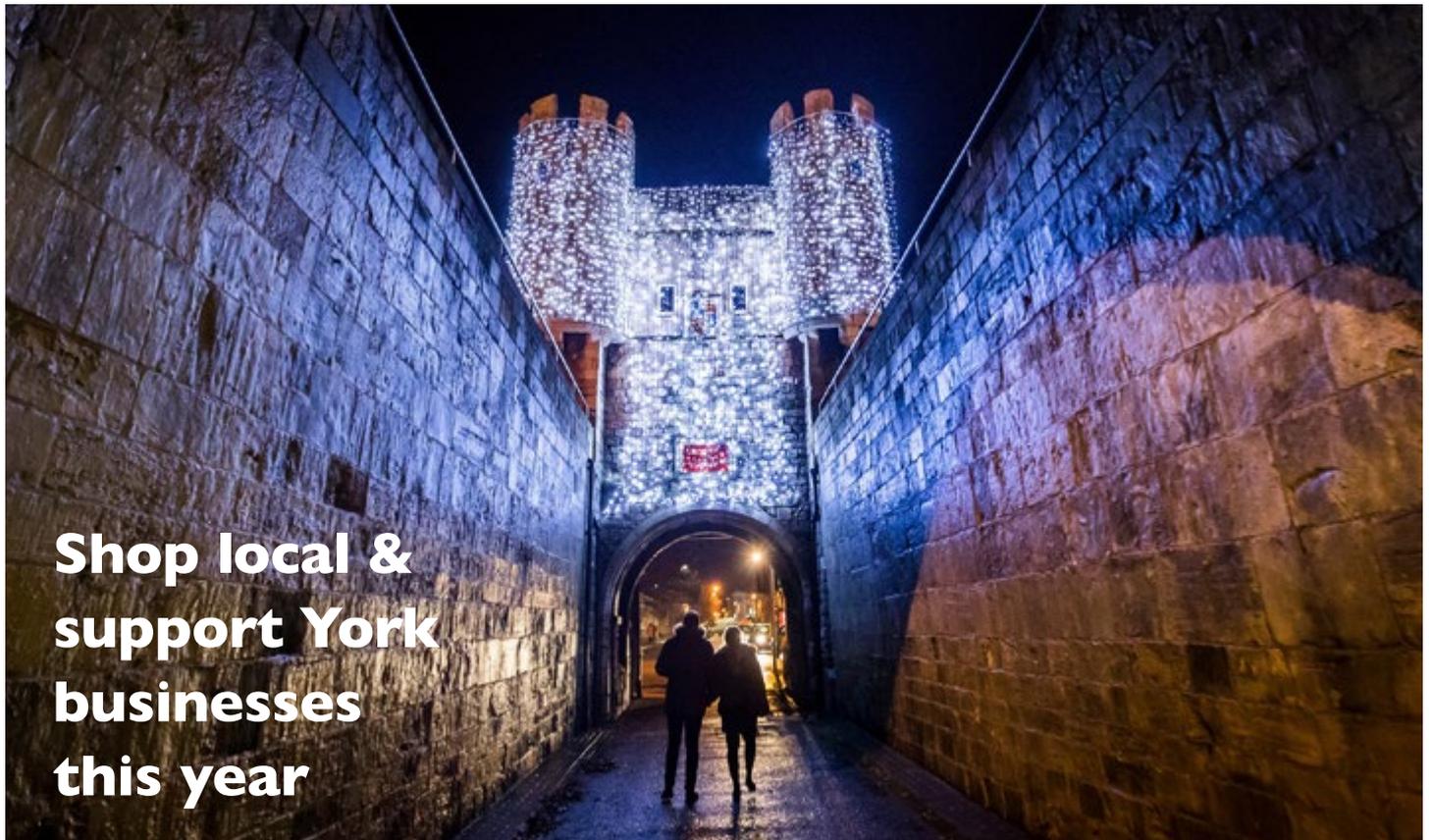


Rebecca from Galtres Lodge

“During lockdown we started doing takeaway meals, served out of a restaurant window directly on to Low Petergate. It generated some excellent goodwill amongst locals who appreciated us adapting, and wanted to see independent businesses survive.”



Make it York



Shop local & support York businesses this year

York has an outstanding array of local traders, retailers and independent businesses, and now more than ever before, they need the support of local residents. Offering a diverse array of unique products, York's local retailers have something for everyone this festive season - with many offering online options for a safe and snug shopping experience. From specialist shops, handmade crafts, and bespoke gift ideas, residents can find some of the very best products and services by shopping local. York has a thriving independent scene with 65% of its businesses being independently run. Check Indie York's website indieyork.co.uk for a directory of the independent businesses in the city you can support.

You can also sign up for news of upcoming events such as their successful Treasure Trails on their website. Johnny Hayes, Chairman of Indie York said: "Over the autumn, Indie York has been doing all it can to encourage people to shop local and support York's brilliant independent shops and our goal and hope is to make the city centre and local parades a magical place in the run up to Christmas."

For the first time ever, York's Christmas Market has also gone virtual, with a wide variety of traders, craftspeople and local businesses getting involved to be a part of the online experience. From festive foods and Christmas decorations, to handmade jewellery and candles, the virtual market has a wide variety of gift ideas, seasonal products and festive treats from some of York's best local businesses and independent traders.

You can support local shops and remind your friends and family that the York shops and services they love will be welcoming back customers soon by using the York Gift Card.

Run by the York BID, the York Gift Card can be spent at over 300 York businesses.

Buy yours at yorkgiftcard.com

Find out more at: visityork.org/Christmas



Budget update

This year has been exceptionally difficult and the coronavirus pandemic has placed unexpected pressures on our council budget by an additional £10million.

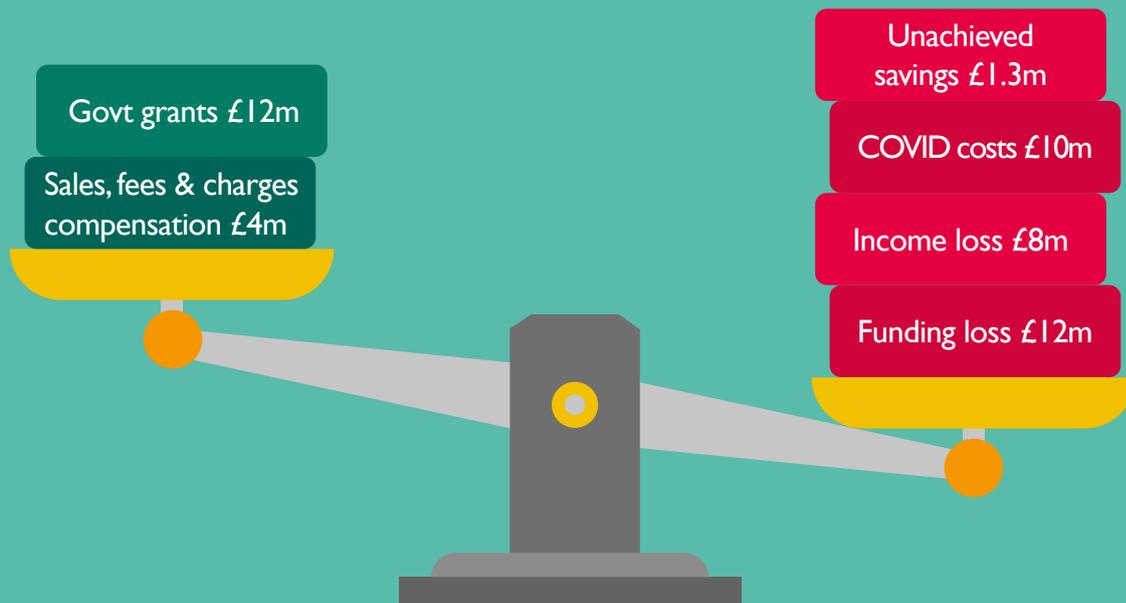
This is on top of an £8million loss of income on areas such as car parking.

While this presents a challenging budget, York has done what it does best and residents have come together to support one another in these unprecedented circumstances – pulling together and supporting each other.

We've deployed more staff to spend more time on supporting our residents during the pandemic, particularly by focussing our services on providing much needed help to our most vulnerable residents.

When we look at the potential additional financial pressure of an estimated £31.3million in costs, versus the £16million income we were awarded by the government, it really demonstrates the difficulties we are facing. But, we are looking forward!

Funding:
£16m



Costs:
£31.3m

Looking ahead

We are working hard to identify new ways of delivering services and ongoing budget savings, which will help to balance our budget. If no further funding is awarded to York from the government, we will need to use our reserves to support services in the short term.

More details on the budget, including details of the meetings and reports will be available to view online at york.gov.uk/budget.

The budget for 2021/22 will be considered at the Budget Council meeting in February.

Get your skates on

The great outdoors

Our physical health has a big impact on how we feel and as the darker nights draw in, it's important to remember the amazing benefits that physical activity outdoors can offer.

Just 20 minutes of walking, jogging, scooting or cycling can help you feel more awake, relaxed and improve your concentration – and even help you sleep better.

Visit itravellyork.info to find maps and guides to help you plan your next adventure. With walking and cycle routes available, there's something to help everyone be more active this winter.



Lights, helmet, action!

Travelling actively and sustainably doesn't have to stop when the weather gets worse. Being well lit and wearing reflective clothing and a helmet can keep you safe on your bike whatever the weather.

For more information on cycling confidently, York's cycle routes or where to park your bike, visit:

www.itravellyork.info/walk-cycle



E-scooters have landed in York

E-scooters are now available on the streets of York as part of a 12-month rental trial operated by the leading European operator TIER, providing a safe and sustainable way of getting around the city.

The Department for Transport-approved scheme has so far deployed 125 e-scooters in the city, with the potential to gradually increase to up to 1000 after six months. Renting an e-scooter in York will cost riders £1 to unlock the vehicle and 15p per minute travelled.

You can pick up e-scooters from multiple locations across the city and these number of pick-up points is gradually increasing. To see where you can pick up an e-scooter, simply download the TIER app on your phone or visit:

www.itravellyork.info/e-scooter-trial

Key safety user messages

- Check out the designated routes on the map in our app and make sure to stay on the routes
- Don't drink and ride
- Stay off the pavements and be considerate of other route users
- One person per scooter
- If you don't have your own helmet please wear the foldable helmet found in the SmartBox for your safety
- Please make sure you end your ride in one of our designated parking spots - check them out on the app.

Looking for things you can still do?

Take a walk to see some of York's historic sites including Clifford's Tower, York Minster, the Mansion House and Walmgate Bar.



Let the kids blow off steam with a visit to a playpark, either with your household or with one other parent if your children are pre-schoolers.



Conquer the Pump and Mountain Bike Skills Track at Rawcliffe Bar Country Park.



Take a stroll through the beautiful Museum Gardens and enjoy some fresh air.



Your Christmas and New Year collections for 2020/21

This year, some Christmas waste collections have changed which means we will collect your waste the day before your normal collection day.

To look up your collection day please visit:

york.gov.uk/refuselookup

You can chop up your Christmas tree and wreaths (please remove all decorations, bows and ribbons) and place them in your garden waste bin and these will be taken away when garden waste collections resume again in April.

Alternatively you can recycle all trees and wreaths at Hazel Court HWRC or Towthorpe/Strensall HWRC.



If your normal bin day is...		Your bin will be collected on...
Monday 21	→	Saturday 19
Tuesday 22	→	Monday 21
Wednesday 23	→	Tuesday 22
Thursday 24 Christmas Eve	→	Wednesday 23
Friday 25 Christmas Day	→	Thursday 24
Monday 28		No change
Tuesday 29		
Wednesday 30		
Thursday 31 New Year's Eve		
Friday 1 New Year's Day	→	Saturday 2 January

Coronavirus: disposing of waste

1. Double bag infected waste (eg tissues).
2. Leave it for 72 hours.
3. Put it in outside bin.

Single use/disposable masks are not suitable for recycling



Helping residents tidy up and spread Christmas spirit

If you're looking for a reason to declutter at home, you could help bring some festive cheer to families in need this year by becoming a Re-Use Santa.

To donate, simply bring any toys you no longer need to your local Household Waste Recycling Centre (HWRC) at Hazel Court and Towthorpe and place them in the bric-a-brac containers.

They'll be stored for covid safety, before we send them out to their new homes.

Find your local HWRC at: york.gov.uk/waste

Supporting businesses



Keep going York!

We've been delighted to see so many of the great businesses in York complying with the latest government guidance and going over and above to protect their staff and customers.

We urge any business wanting advice on compliance with coronavirus obligations, and/or anyone with concerns about businesses not complying to the rules to contact us at **public.protection@york.gov.uk**.

You can also contact our Public Health team for advice at **enquiries.publichealth@york.gov.uk**

New funding for York businesses released

York businesses affected by coronavirus restrictions can now apply to the council for a range of grants. We have taken the swift action to release funds as quickly as possible, following two emergency decision sessions in November.

This includes government-prescribed schemes covering the period of national lockdown, the brief period whilst York was in Tier 2 of local restrictions and the introduction of a new grant for sectors which have received no previous government support.

We are also offering additional discretionary grants known as Additional Restriction Grants (ARG) after working with business partners to find the fairest and most effective way to use a £4.2m central government grant to cover extra business support activities until March 2022.

The discretionary schemes are to help:

1. Registered businesses effectively forced to close through lockdown – who may or may not be liable for business rates.
2. Registered businesses where trade is impacted by more than 75% due to lockdown – who may or may not be liable for business rates.

Businesses can apply for the following grants:

Lockdown Local Restriction Scheme

Business forced to close by law under national lockdown from 5/11/20 will receive:

- For properties with a rateable value of £15k or under, grants to be £1,334 per month, or £667 per two weeks.

- For properties with a rateable value of between £15k-£51k, grants to be £2,000 per month, or £1,000 per two weeks.
- For properties with a rateable value of £51k or over grants to be £3,000 per month, or £1,500 per two weeks.

Tier 2 Local Restriction Scheme

Businesses in the hospitality and leisure sectors, B&Bs and hotels will receive a proportion of the following monthly grants to reflect the 19 days spent in Tier 2:

- For properties with a rateable value of £15k or under, grants of £934 per month.
- For properties with a rateable value above £15k and below £51k, grants of £1,400 per month.
- For properties with a rateable value of £51k or above, grants of £2,100 per month.

Sector support

A new government grant aimed at businesses which have not previously received support.

These include nightclubs, dance halls, discotheques, sexual entertainment venues and hostess bars.

The grant was introduced from 1 November 2020 but was superseded from 5 November by the lockdown restriction scheme.

- For properties with a rateable value of £15k or under, grants of £667 per 14-day period.
- For properties with a rateable value above £15k and below £51k, grants of £1,000 per 14-day period.
- For properties with a rateable value of £51k or above, grants of £1,500 per 14-day period.

Visit **York.gov.uk/COVID19BusinessGrants** to see the full criteria and check if you can apply.

Who is your councillor?

Acomb Ward



Councillor Stuart Barnes
e: cldr.sbarnes@york.gov.uk

Labour



Councillor Katie Lomas
e: cldr.klomas@york.gov.uk

Labour

Bishopthorpe Ward



Councillor John Galvin
e: cldr.jgalvin@york.gov.uk

York Independents

Clifton Ward



Councillor Danny Myers
e: cldr.dmyers@york.gov.uk

Labour



Councillor Margaret Wells
e: cldr.mwells@york.gov.uk

Labour

Copmanthorpe Ward



Councillor David Carr
e: cldr.dcarr@york.gov.uk

York Independents

Dringhouses & Woodthorpe Ward



Councillor Stephen Fenton
e: cldr.sfenton@york.gov.uk

Liberal Democrats



Councillor Ashley Mason
e: cldr.amason@york.gov.uk

Liberal Democrats



Councillor Paula Widdowson
e: cldr.pwiddowson@york.gov.uk

Liberal Democrats

Fishergate Ward



Councillor Andy D'Agorne
e: cldr.adagorne@york.gov.uk

Green Party



Councillor Dave Taylor
e: cldr.dtaylor@york.gov.uk

Independent

Fulford & Heslington Ward



Councillor Keith Aspden
e: cldr.kaspden@york.gov.uk

Liberal Democrats

Guildhall Ward



Councillor Denise Craghill
e: cldr.dcraghill@york.gov.uk

Green Party



Councillor Fiona Fitzpatrick
e: cldr.ffitzpatrick@york.gov.uk

Labour



Councillor Janet Looker
e: cldr.jlooker@york.gov.uk

Labour

Haxby & Wigginton Ward



Councillor Ian Cuthbertson
e: cldr.icuthbertson@york.gov.uk

Liberal Democrats



Councillor Andrew Hollyer
e: cldr.ahollyer@york.gov.uk

Liberal Democrats



Councillor Edward Pearson
e: cldr.epearson@york.gov.uk

Liberal Democrats

Heworth Ward



Councillor Claire Douglas
e: cldr.cdouglas@york.gov.uk

Labour



Councillor Anna Perrett
e: cldr.aperrett@york.gov.uk

Labour



Councillor Robert Webb
e: cldr.rwebb@york.gov.uk

Labour

Heworth Without Ward



Councillor Nigel Ayre
e: cldr.nayre@york.gov.uk

Liberal Democrats

Holgate Ward



Councillor David Heaton
e: cldr.dheaton@york.gov.uk

Labour



Councillor Rachel Melly
e: cldr.rmelly@york.gov.uk

Labour



Councillor Kallum Taylor
e: cldr.ktaylor@york.gov.uk

Labour

Hull Road Ward



Councillor Aisling Musson
e: cldr.amusson@york.gov.uk

Labour



Councillor George Norman
e: cldr.gnorman@york.gov.uk

Labour



Councillor Michael Pavlovic
e: cldr.mpavlovic@york.gov.uk

Labour

Huntington & New Earswick Ward



Councillor Chris Cullwick
e: cldr.ccullwick@york.gov.uk

Liberal Democrats



Councillor Keith Orrell
e: cldr.korrell@york.gov.uk

Liberal Democrats



Councillor Carol Runciman
e: cldr.crunciman@york.gov.uk

Liberal Democrats

Micklegate Ward



Councillor Rosie Baker
e: cldr.rbaker@york.gov.uk

Green Party



Councillor Jonny Crawshaw
e: cldr.jcrawshaw@york.gov.uk

Labour



Councillor Peter Kilbane
e: cldr.pkilbane@york.gov.uk

Labour

Osballdwick & Derwent Ward



Councillor Martin Rowley
e: cllr.mrowley@york.gov.uk

Conservative



Councillor Mark Warters
e: cllr.mwarters@york.gov.uk

Independent

Rawcliffe & Clifton Without Ward



Councillor Darryl Smalley
e: cllr.dsmalley@york.gov.uk

Liberal Democrats



Councillor Derek Wann
e: cllr.dwann@york.gov.uk

Liberal Democrats



Councillor Sam Waudby
e: cllr.swaudby@york.gov.uk

Liberal Democrats

Rural West York Ward



Councillor James Barker
e: cllr.jbarker@york.gov.uk

Liberal Democrats



Councillor Anne Hook
e: cllr.ahook@york.gov.uk

Liberal Democrats

Strensall Ward



Councillor Paul Doughty
e: cllr.pdoughty@york.gov.uk

Conservative



Councillor Tony Fisher
e: cllr.tfisher@york.gov.uk

Liberal Democrats

Westfield Ward



Councillor Simon Daubeney
e: cllr.sdaubeney@york.gov.uk

Liberal Democrats



Councillor Susan Hunter
e: cllr.shunter@york.gov.uk

Liberal Democrats



Councillor Andrew Waller
e: cllr.awaller@york.gov.uk

Liberal Democrats

Wheldrake Ward



Councillor Christian Vassie
e: cllr.cvassie@york.gov.uk

Liberal Democrats

Your councillors are your local representatives on City of York Council and are here to help.

For more information please call: 01904 551550

Your councillors will be working for you in their communities and are here to help. Follow us on Twitter **@CityofYork** where we post breaking news and latest road closures. Send us your views on what's happening in the city via Facebook at **facebook.com/cityofyork**. Report neighbourhood issues on our simple-to-use online form at **York.gov.uk/reportproblems**.

COVID-19 Helpline

Thank you to everyone who is continuing to support each other through this crisis.

If you're struggling to manage during coronavirus recovery, or you don't have any support, but are in need due to coronavirus, we may be able to help you through this difficult time.

Contact us by email: **covid19help@york.gov.uk**
or telephone: **01904 551550**



What's on - December 2020 and throughout 2021

It might be a slightly different Christmas this year but still be plenty of festive cheer across the city with a whole host of activities lined up for you all to enjoy.

York's First Virtual Christmas Market

Until
4th Jan

Get into the festive spirit and support local York businesses by buying your Christmas gifts safely from the comfort of your own home. Go to visityork.org to find out more.

York Castle Museum - Christmas Spectacular

Until 3rd Jan
(on selected dates)

Experience the famous Victorian street, Kirkgate, transformed into a glistening stage where large-scale projections dance across the walls, bringing to life famous characters from the Nutcracker. Visit: yorkcastlemuseum.org.uk

York Mediale – Human Nature at York Art Gallery

Until
9th May

Experience a triptych of installations under the banner of 'Human Nature', jointly curated by York Mediale and York Museums Trust, which forms the centrepiece of York Mediale 2020. Find out more: yorkmediale.com

The Heart of Yorkshire: Creativity and Culture in York Minster's Collections exhibition

Until
17th Jan

Set in the 13th century Chapter House, the exhibition brings together around 50 items which tell the stories of culture and creativity in York over the centuries. Find out more: yorkminster.org

Van Gogh: The Immersive Experience in York St Mary's

Until end of
Feb 2021

Experience the 360 degree projections and emotive soundtrack that complements the animated displays of over 200 of Van Gogh's most famous works. For more info visit: vangoghexpo.co.uk

For more information about what's on in York go to: visityork.org/whats-on

If you would like this document in an alternative format, please contact:

☎ (01904) 551550 @ ycc@york.gov.uk

🐦 @CityofYork 📘 @cityofyork

It is available in the following languages:

我們也用您們的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Ta informacja może być dostarczona w twoim własnym języku. (Polish)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (ہندی) میں بھی میا کی جا سکتی ہیں۔ (Urdu)

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