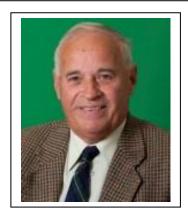
Parish Report September 2020 Councillor Dishard Komp

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COVID-19 UPDATE - Summary

Latest Government advice is available here: www.gov.uk/coronavirus

Latest SCC information is available here: https://www.suffolk.gov.uk/coronavirus-covid-19/

Proposed cycle routes - Long Melford

The following schemes are being considered as part of a 5 year plan for cycle routes/improvements in and around Long Melford. The rolling 5 year plan is a dynamic document in which new schemes can be added and ranked by the potential numbers of cyclists and the value for money (using the government recommended toolsets).

- Valley Walk is a long standing request to provide a sealed surface, and SCC have received support and resistance to this proposal, some prefer it as it is
- A134 Sustrans have identified that their national cycle route crosses the busy A134 and they are in the process
 of de-designating their routes on busy roads
- Long Melford to Lavenham is a proposal which needs further work to identify the route and has yet to be "scored" with a BCR

None of these schemes have been subjected to an in depth feasibility study and only the essential details of each request are provided.

Suffolk's resilience partners urge people to queue responsibly outside bars and pubs

Although the restrictions on lockdown have been relaxed over the past two months, Covid-19 still represents a serious risk to the public, no matter what their age.

Now, more than ever, there is no room for complacency through thinking the virus is beaten or individuals are not at risk of contracting it. People are being asked to continue that approach:

- Keep 2 metres apart from others wherever possible
- Leave your details with the pub or bar
- Keep washing your hands with soap and water often do this for at least 20 seconds
- Keep using hand sanitiser gel, if soap and water are not available

Free cycling sessions for the people of Suffolk

We've launched our vision for cycling and walking, including "free cycling training for everyone who wants it" following the Prime Minster's announcement.

The county council's Bikeability team is now offering FREE cycling sessions to provide practical skills on how to cycle on today's roads. Everyone is welcome to take part from adults, families and children. The sessions are aimed at those who want to cycle more regularly whether to keep fit, to commute to work or school, or to visit friends.

A session lasts between 2 and 2.5 hours and is delivered by a fully qualified Bikeability Cyclist Trainer. The trainer chats to you first about what you are trying to achieve and tailors the session for your specific needs.

It is also promoting the Government's Fix Your Bike £50 voucher scheme, and has provided funding to Greater Anglia to install more cycle racks at their train stations across Suffolk to help more people make cycling part of their commute or daily routine.

For further information on the active travel measures Suffolk County Council is putting in place across Suffolk and to sign up for a free cycling session visit: suffolk.gov.uk/cyclingandwalking