# New national restrictions in England from 5 November

11 November 2020

New restrictions were introduced across all of England on Thursday 5 November 2020, lasting until Wednesday 2 December.

Details of how the restrictions will be applied, and how they affect where you can go, and who you can meet with, can be found on the “[New National Restrictions from 5 November](https://www.gov.uk/guidance/new-national-restrictions-from-5-november)” page on GOV.UK website.

Thomas Pocklington Trust has published a summary of the “[New national Covid-19 restrictions in England](https://www.pocklington-trust.org.uk/new-national-covid-19-restrictions-in-england/)” which is available to download from their website.

## Sighted guiding

Where possible, your best option will still be support from a sighted guide within your household or support bubble (“household bubble”), with whom contact remains unrestricted.

However, Government guidance is clear that if you need guiding inside or outside around an unfamiliar setting this is still permitted despite the new restrictions.

In addition, the new lockdown rules say that you can only meet outside with one other person. Government guidance says that any volunteers or carers supporting you outside will not be counted towards the two-person limit.

It’s important, however, that you follow the [Sighted Guiding guidance](https://www.rnib.org.uk/sites/default/files/Sighted-guiding-%28England%29-v2.0.docx) published by RNIB, Guide Dogs and Thomas Pocklington Trust.

## Further information

You can keep up to date with advice from [RNIB’s Coronavirus updates](https://www.rnib.org.uk/coronavirus-updates), and the [Sight Advice FAQs](https://www.sightadvicefaq.org.uk/) website. Both provide information for blind and partially sighted people on how to adjust to living with the impact of coronavirus restrictions.

The [Guide Dogs coronavirus section](https://www.guidedogs.org.uk/covid19) has information for blind and partially sighted people, and for those who support them, and has tips for getting out and about.

[Sight Loss Councils](https://www.sightlosscouncils.org.uk/resources), supported by the Thomas Pocklington Trust, have an online resources section with a range of guides that may be useful.