



# **CORONAVIRUS (COVID-19)**

a cyczine from

**Cycling Campaign for North Bedfordshire**

Issue 11 – 28/03/21

**A crisis now facing  
world in addition to  
Climate Emergency**

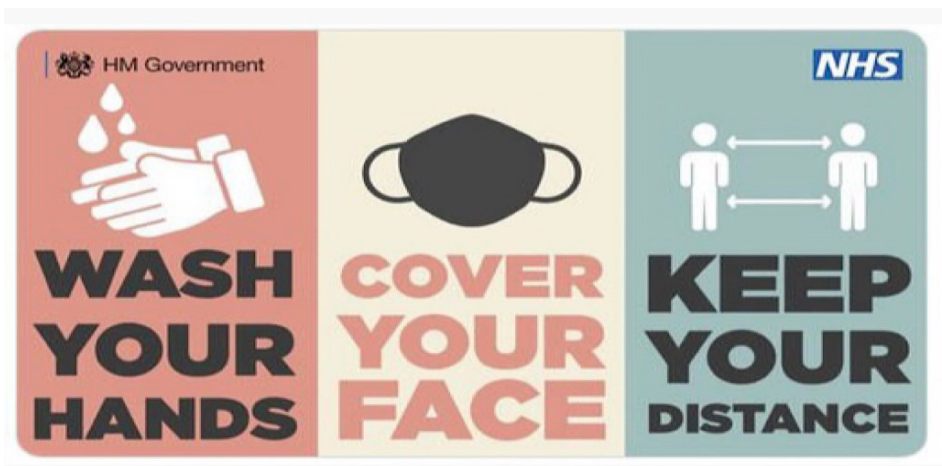
**A new strain of  
coronavirus not  
previously identified in  
humans**



**Latest easing of Government's  
January national lockdown due to  
drastic jump in Covid-19 cases  
attributed to new variants of virus  
took effect from 28 March 2021**

**'Stay at Home' rule ended**

***Remember - to stay safe  
'Wash', 'Face' and 'Space'***



- Two households or up to six people permitted to meet outdoors
- Outdoor sports such as tennis and basketball and outdoor swimming allowed
- Pubs, hairdressers and non-essential shops remain closed
- Continue to work from home where you can
- Where possible stay local
- Holidays abroad not allowed

For detailed guidance on easing rules visit:

COVID-19 Response - Spring 2021 (Summary) -  
GOV.UK ([www.gov.uk](https://www.gov.uk))

**All activities may be carried  
out by cycling**

**Cycling remains a great way  
to keep fit and active and is  
a good way to boost  
immunity**

**Keep your distance from  
other people while cycling  
and regularly wash your  
hands and in particular  
when you arrive back home**

**Ride singularly or as a group of up to six people or two full households**



***singularly or***



***up to six people or two full households***

# Cycling Campaign for North Bedfordshire



## Our Vision

To see Bedford as a

**‘Town of Cyclists’ & ‘Cycle Friendly Communities’**

## Objectives

- ♦ To promote, encourage and support cycling as an important means of transport and recreation
- ♦ To encourage consideration of the needs of cyclists in all aspects of transport planning and management, access issues and recreational use.

E-mail:	<a href="mailto:ccnb@ccnb.org.uk">ccnb@ccnb.org.uk</a>
Website:	<a href="http://www.ccnb.org.uk">http://www.ccnb.org.uk</a>
Promotional website:	<a href="http://www.cyclebedford.org.uk">http://www.cyclebedford.org.uk</a>