

18th December 2020

Weekly News and Keeping Well Tips



Inclusion North will give you the Government's big messages each week here.

Alert Risk

Medium

Alert Risk

High

Alert Risk

Very high



The Government have reviewed what Tier you live in.

The whole country is split into 3 tiers to show how high the risk of catching Coronavirus is.

There are different lockdown rules in each Tier.

In the North East, Yorkshire and Humber, our Tiers have not changed.

People living in York and North Yorkshire are in Level 2.

Everyone else in the North East, Yorkshire and Humber is in Level 3 which is the highest risk level.

This means that the rules you have been following since 2nd December stay the same.

The only difference is between 23rd and 27th December.

At this time the rules change a bit so people can form Christmas support bubbles.

December

23

December

27





The rules for Christmas support bubbles.

The rules for Christmas have not changed.



- You can only make one support bubble with the people who live in your home and people who live in two other homes.
- You can only meet in your home or their home, in the garden or outdoor spaces like parks and in places of worship like churches or temples or mosques.



- You must not meet people who are not in your Christmas support bubble.
- If you are already in a support bubble with people in a different home then you can still choose two other homes to be part of your Christmas support bubble.



- You can all stay in your home or travel to their homes to stay overnight anytime between the 23rd and 27th December.



- After the 27th December you need to try to stay away from people you do not live with for two weeks. This will help stop the spread of Coronavirus.



The Government are warning everyone that seeing more people over Christmas will increase the risk of more people catching Coronavirus.



If you are worried about what to do, have a think about it and get advice from people you trust.



Keeping Well Tips

Don't forget that Inclusion North is closed from 18th December until 4th January. If you signed up to get our activity packs through the post they are on their way to you.



Not everyone enjoys Christmas and New Year. For some people it is a time when they feel very sad.



If you know you might feel sad over Christmas, make sure you know who you can ring or text for support.



Have their number where you can find it easily.

Reach out to people you trust and tell them how you are feeling.



If you are really struggling you can call the Samaritans any time day or night and talk to them about how you are feeling. Their number is 116 123.



Don't forget to look after yourself.



Go outside for some fresh air.



Try and get enough sleep.

Try to eat healthy food and drink some water.

Find something funny to watch that will make you laugh.

