

4th December 2020

Weekly News and Keeping Well Tips

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



Christmas support bubbles with family and friends. What the rules say.

The government have said that people can make a Christmas support bubble from the 23rd to the 27th December.

December

23

December

27



To make this as safe as possible, you should try not to meet people you do not live with or who are not in your usual support bubble from the 9th December until you start your Christmas support bubble.

This will help to stop the spread of the coronavirus.

The Christmas support bubble rules are

- 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.

For people who are clinically extremely vulnerable and had a letter about shielding



If you are in this group, you can still have a Christmas support bubble but you need think carefully about keeping yourself safe from catching the virus.



Seeing more people over Christmas might not be the safest thing for you to do.

Have a think about it and get advice from people you trust.



Coronavirus vaccines

There is news about Coronavirus vaccines nearly everyday.



A vaccine is an injection to stop you catching coronavirus.



One of the vaccines has been checked to make sure it is safe and that it works well. This will be used in the United Kingdom.

The NHS will start to give people the vaccine as soon as possible.



The NHS will let you know when it is your turn to have the vaccine.

A Committee of experts will decide who will get the vaccine first.



They will think about who is most at risk of being very ill or dying if they catch Coronavirus. They will get the vaccine first. Then other people.



Keeping well tips

Think about making a list of goals or dreams for next year.



Think about what you are planning to do at Christmas and who will be in your Christmas Support Bubble.

Be kind to someone else everyday, say hello or give them a telephone call. This will make you both feel good.

