

1st April 2021

Weekly News and Keeping Well Tips



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

Rules that changed on Monday 29th March



The big changes are

6 people or people who live in two different homes and your support bubble can meet outside.

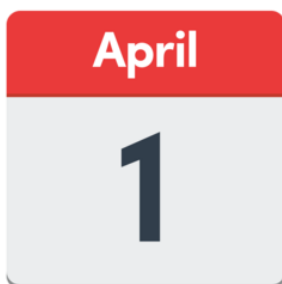


You can meet in your own garden or in places like parks and beaches.

Outdoor sports can take place like outdoor sports clubs or playing golf.



Shielding Rules that change on the 1st April



People who have been shielding do not have to shield from Thursday 1st April.

It is important that people who have been shielding

- Try to stay away from busy places with lots of people they do not live with
- Work from home if they can



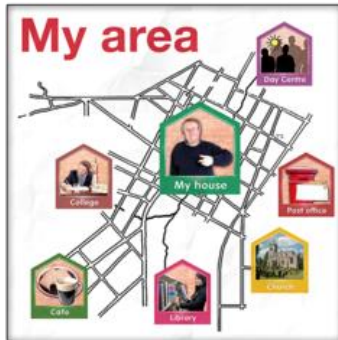


Government messages

The government messages have changed.

Stay at home has changed to stay local.

This is the local area where you live.



Hands, Face, Space has changed

Hands, Face, Space has changed to Hands, Face, Space and Fresh Air.

It is important to keep following the rules.



- Hands - Wash your hands regularly with soap and hot water for at least 20 seconds.

- Face - Wear a face covering if you can.

- Space - keep at least 2 meters away from people who do not live with you or are part of your support bubble.



Hands

Face



Space

- And only meet people outside - in the fresh air.

Keeping well tips



If you like camping and have a tent and a garden camp out in your own garden with the people you live with.



You could do some of the things you do when you go away camping like



- Playing board games
- Making shadows at night on the tent with a torch
- Having hot chocolate and marshmallows before bed



Its Easter weekend treat yourself to some nice food or chocolate and watch an old film.



Easter Parade is a great old film to watch and is on BBC 2 on Sunday at 1pm



Chitty Chitty Bang Bang a good family film and is on Channel 5 on Sunday at 4.10 pm