

12th March 2021

Weekly News and Keeping Well Tips



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



This week the plan out of lockdown has started. This means that some things will start to go back to normal.

On the 8th March the schools re-opened.



To make sure that all children, students and teachers return back to school safely they will have a Covid test twice a week.

This will help to stop the Covid virus spreading in schools.



People are now allowed to leave home for exercise or to do something that they enjoy outdoors with one person they do not live with.

People who live in care homes are allowed to have one regular visitor. This is great news.



Visitors will have a Covid test before they are allowed to enter the care home.

They must wear a face mask, gloves and apron while they are visiting.



The next part of the plan out of lockdown will be on the 29th March 2021.

6 people or 2 households will be allowed to meet outdoors including in gardens.



Even though we are slowly coming out of lockdown it is important that we all keep to the rules and stay safe:

- Stay home as much as possible
- Keep a 2-meter distance if you go out
- Wear a face covering if possible
- Wash your hand regularly



Over 22 million people in the UK have now had their first vaccine injection.

Over 1 million people have had their 2nd injection.



Keeping Well Tips

Put your favourite song on, sing along and have a dance if you can. Dance like no one's watching!

Watch a comedy film or a comedian who makes you laugh. A good belly laugh can make you feel great.

Think about all of the things that you are good at and remind yourself of how great you are.

