

21st December 2020

Daily News and Keeping Well Tips



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

The Government have changed the Christmas rules.



On Saturday, Prime Minister Boris Johnson came on tv to tell the country that the Christmas lockdown rules have changed.



This is because the number of people getting Coronavirus is going up very fast.

A new Tier 4

London and some parts of the South East have been put into a new Tier 4. This is because lots of people there are catching Coronavirus.



People in Tier 4 have to follow stricter lockdown rules.



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

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



Everyone else in the North East, Yorkshire and Humber is in Tier 3.

Your lockdown rules stay the same.



The rules for Christmas support bubbles have changed.

The Christmas Support Bubble rules used to be that from 23rd to 27th December that 3 households could spend time together.

This has changed.

We can only spend time with people that we do not live with and who are not in our support bubble on Christmas Day.

The Government are saying we should stay local and not travel a long way to visit people on Christmas Day.

It will be very sad for lots of people not to see their family over Christmas.

But it is important to follow the rules to stop people catching Coronavirus.

The Coronavirus bug is changing

The Government have said that the Coronavirus bug has changed.

The new version of the Coronavirus bug is easier to catch.

The Government say it isn't more dangerous than the first one and the vaccine should still work.



Keeping Well Tips



It is ok and normal to feel sad, angry and frustrated that your plans for Christmas might have to change.



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.

Think of something nice you can do to make yourself feel happy each day.



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.