

# 31st December 2020

## Daily News and Keeping Well Tips

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



### **The Government have changed the rules for most of England.**



On Wednesday 30<sup>th</sup> December, Prime Minister Boris Johnson came on tv to tell the country that the lockdown rules have changed.

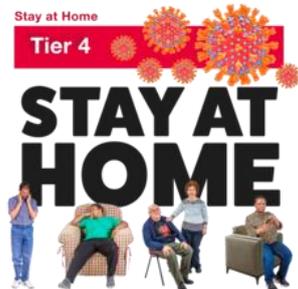
This is because the number of people getting Coronavirus is going up very fast.



These rules started at midnight on 30<sup>th</sup> December.

### **Level 4 – Stay at home**

Most of England is now in level 4.



### **This includes all of the North East and Lincolnshire.**

Stay at home. You can leave your home only for important things like

- Work and volunteering
- Going to the supermarket
- Getting medicine from the chemist
- Going to the doctors or hospital for treatment or appointments
- Going to the bank
- Going for some exercise like a walk





You cannot meet anyone that you do not live with indoors, in gardens or in pub gardens unless they are part of your support bubble or for childcare.



You can meet 1 person that you do not live with and who is not in your support bubble as long as you are in a big outside space like a park or a beach.



Shops, gyms and hairdressers are closed.

Pubs, bars, cafes and restaurants are closed except for takeaways and delivery.



No sport events can happen.

Places like bowling alleys, theatres and cinemas are closed.



Places of worship can open and weddings for up to 15 people can take place.

You should not travel to other areas of the country unless it is essential.



### **Level three – Very high risk areas**



Parts of England are staying in level 3

**Yorkshire and Humber are staying in level 3.**



**North Yorkshire and York have now moved into level 3.**



You cannot meet anyone that you do not live with indoors, in gardens or in pub gardens unless they are part of your support bubble or for childcare.



Up to 6 people can meet in outdoor spaces like parks but not in gardens.

Shops, gyms and hairdressers can open.



Pubs, bars, cafes and restaurants are closed except for takeaways and delivery.

No sport events can happen.



Places like bowling alleys, theatres and cinemas are closed.



Places of worship can open and weddings for up to 15 people can take place.



People are allowed to do outdoor sports.



You should try not to travel to other areas of the country unless it is essential.

## Schools, Colleges



The government have decided that in some areas where the virus is very high schools or colleges might have to close.



Most primary schools will open on the 4<sup>th</sup> January.

If you have a child in primary school you must check with the school to find out if it will be opening.



Young people in secondary school and colleges who are taking exams this year will return on the 11<sup>th</sup> January.



All other young people in secondary school and colleges will return on the 18<sup>th</sup> January.



If you have a young person in secondary school or college it is best to check what date they are due to go back by contacting the school or college after 4<sup>th</sup> January.



## Keeping Well Tips

Write a diary or 3 good things that happen everyday.



Call a friend and have a good chat together.