

8th January 2021

Weekly News and Keeping Well Tips



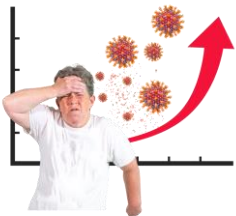
Inclusion North will give you the Government's big messages here.

National Lockdown



There is a full lockdown for the whole of England.

- This is because the number of people getting Coronavirus is going up very fast
- It is easier to get the new type of Coronavirus
- There are now a lot more people in hospital with Coronavirus than in April 2020.



The full lockdown will last at least 7 weeks.

What the rules are now

- You have to stay at home as much as possible.
- You cannot meet anyone that you do not live with unless they are in your support bubble.





You can only leave your home for a few important reasons. These are



- To go to work if you cannot work from home.
- To exercise once a day. You can exercise with the people you live with, people in your support bubble or one person you do not live with.



- To go shopping for food.
- To get medicine from the chemist.
- To go to doctors appointments or the hospital.



- If you are at risk of abuse at home.
- If you are visiting someone who is dying.
- To take your pet to the vets.



Schools, colleges and universities are closed for most children.



Schools will only open for key workers children and vulnerable children.



Most shops are closed.

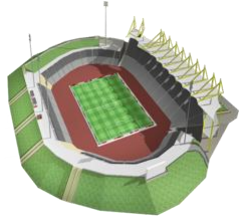


All gyms, hairdressers, beauty salons and tattoo shops are closed.



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

Hotels, Bed and Breakfasts and Campsites are closed.



Sports centres are closed.



Places like bowling alleys, theatres and cinemas, zoos and museums are closed.



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

Shielding



People who had a shielding letter in April or are clinically vulnerable must shield again and not leave their home.



These people will get another letter about shielding in the post soon.



The vaccine

People are starting to get the vaccine. This will help stop people catching coronavirus.



Hopefully later this year, everyone who needs the vaccine will have it and we can all see our friends and family again.



Try to stay positive. This will not go on forever.

Keeping well tips

If you have an outdoor space, you could put some food out for the birds and watch to see if any birds come and eat it.



You can buy bird seed from supermarkets.
Or you can put a bit of breakfast cereal or uncooked porridge oats out.
Or you can use cooked rice.



You could have your phone close by to take a photo of any birds that come.



Or you could try to draw any of the birds you see