



## 29th March Lockdown Changes



This is an easy read guide to help you understand what the changes to lockdown are from 29th March. These rules apply to England.

### What's changing?

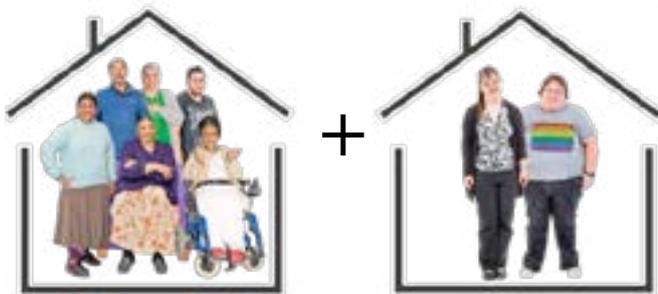
The "stay at home" rule will be ending so you can start to go out a little more.



### Can I see friends and family?

Yes. From 29th March you can meet outside in groups of up to six people from different households. **This is called the Rule of 6.**

Or you and the people in your household can meet up with another household, even if all together there are more than six people in the group.



So that means two households can meet outside in any size group.

### Where can we meet?

#### You can meet:

- in a public outdoor space such as a park or public garden.
- in private gardens.



You still can't mix indoors with anyone outside of your household unless they are in your support or childcare bubble.



## How do I stay safe when I meet people?

If you do meet friends or family outside you still need to follow social distancing rules.

This means you need to stay 2 metres apart from others.

Face coverings must still be worn in public indoor spaces, such as shops and buses.

We still can't have parties or meet up with people indoors.



## Are there any other changes?

Yes.

Have a look below



## Childcare and child groups

Child care organisations can run outside activities for children in groups of up to 15.

If you have a child that attends childcare such as a play group or club, ask them for the details.



## Sporting activities

Outdoor sports facilities will be able to reopen.

### These include:

- tennis and basketball courts,
- open-air swimming pools,
- formally organised outdoor sports.

Indoor sports are still not allowed.

This means gyms will remain closed.



## Travel

You can travel outside your local area, but try not to travel at busy times.

For example, buses and trains are most likely to be busy when people are travelling to and from work or school.



We need to limit the amount of journeys we take if we can.

We need to work from home where we can.

We can't stay overnight anywhere.

We still can't travel abroad for a holiday, or to visit friends or family.





30



6

### Weddings and funerals

30 people can attend a funeral.

These can't be in private homes.

6 people can attend a wedding or civil partnership ceremony.

Wedding receptions are not allowed.



### Anything else?

Yes.

To stay safe we need to remember **Hands, Face, Space.**

- Wash your hands regularly
- Wear a face covering in indoor public places (unless you have an exemption)
- Keep a safe distance apart from others.



If you're feeling confused then talk to someone you trust.

### You could talk to:

- a friend
- a family member
- a support worker
- Who can YOU ask?