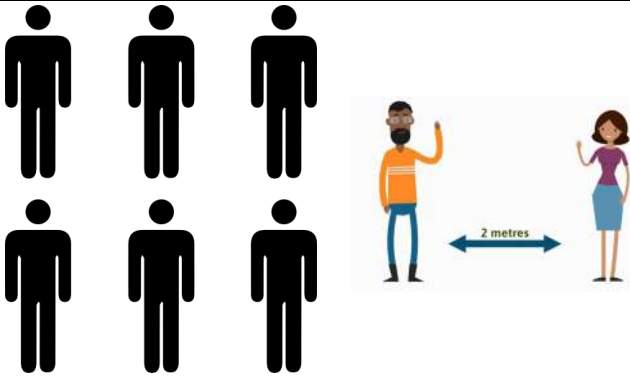




Hello, Its time for a **LOCKDOWN UPDATE.**

On May 28th the UK Government announced new rules.

**From June 1st these NEW RULES came in across England.**

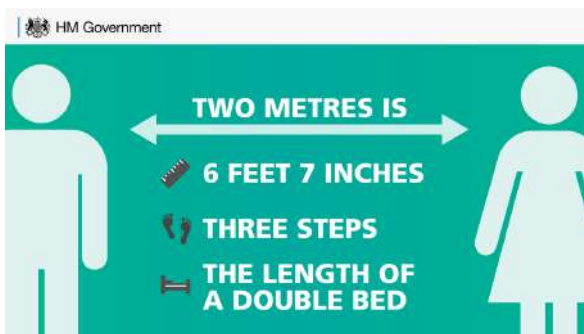


Groups of up to **six people** can now meet **outside.**

We need to stay 2 metres apart from each other.



People may now **meet in gardens** and other private outdoor spaces instead of just parks and public areas.



**Please note, it is still important to:**

- Stay 2 metres apart from other people when you are out.
- Two metres is about the length of a double bed.



The rules don't apply if you are shielding for medical reasons.

You will have been sent a letter by the NHS a while ago if you needed to shield.



If you have been shielding you are now able to spend time outdoors, but you must keep 2 metres apart from other people.



We are still **not allowed to meet friends and family inside.**



We can now go shopping for reasons **other than essential shopping.**

Outdoor markets have opened up.



In two weeks time on June 15th, more shops are due to open.



**Made-Well is OPEN**

With safety measures in place.



**Remember:**

**Wash your has hands** regularly throughout the day.

Always wash your hands when leaving or entering a new place.



Wash your hands for 20 seconds each time.

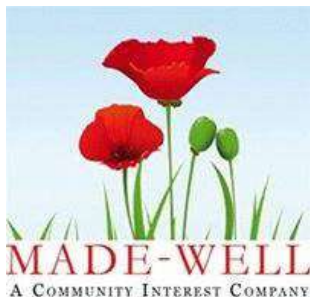
This is the same as singing Happy Birthday twice.



Session sizes are **1-1 or in very small groups**

Wherever possible sessions take place outdoors or in open barns.

**Social distancing measures are in place.**



Stay safe and please get in touch if you would like to return to Made-Well.

**We can discuss your safe return with you and any Individual measures we need to take.**

