

30th October 2020

Weekly News and Keeping Well Tips

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



It is Halloween on Saturday.

Can we go trick or treating?



The Government have not set clear rules on this for England.

They have just told people to think about the rules for the area they live in. And to use your common sense.



This isn't very helpful, so we will try and make it clearer.

No matter where you live, it is not a good idea to go knocking on doors doing Trick or Treat this year.



This is because you could pass on Covid to other people.

Or you could catch Covid from people as they give you sweets.

Not everyone who has Covid is unwell, so you won't always know if someone has got it or not.





What can you do instead of Trick or Treat?

- You can have a Halloween party with the people you live with or people in your support bubble
- You can walk around your local area looking for Halloween decorations on houses. Take photos on your phone
- Carve a pumpkin
- Make spooky decorations for your house
- Play board games or cards and have prizes for the winner
- Make a witches hat



Alert Risk

Medium



What are the rules for the different Tiers?

Medium risk areas

- You can meet in groups of up to 6 people inside and outside
- So you could have a Halloween party indoors or outside – but no more than 6 people
- You can meet people in public places like parks, pubs and restaurants
- Remember pubs and restaurants close at 10pm



The medium risk in Yorkshire is North Yorkshire



What are the rules for the different Tiers?

High risk areas

- You are not allowed to spend time indoors with anyone you do not live with unless they are in your support bubble
- So if you want to have a Halloween party, remember to only invite people you live with or people in your support bubble
- You can meet in groups of up to 6 people as long as you are outside. This can be in public places or in your garden
- You cannot meet people you do not live with in pubs and restaurants unless they are in your support bubble
- Remember pubs and restaurants close at 10pm

High risk areas in the North East are

Northumberland, Newcastle, Sunderland, Gateshead, North Tyneside, South Tyneside, County Durham, Middlesbrough, Hartlepool, Redcar and Cleveland, Stockton on Tees and Darlington

High risk areas in Yorkshire and Humber are York, East Riding of Yorkshire, Kingston-Upon-Hull, North East Lincolnshire and North Lincolnshire.



Very high risk areas

- You cannot spend time indoors with anyone you do not live with unless they are in your support bubble
- You can meet people outdoors as long as you are in a big public space like a park. You have to be in groups of 6 people or less
- All pubs not serving main meals are closed
- Casinos, bingo halls, soft play and betting shops are closed.
- Some leisure centres, hairdressers and beauty salons might close. Local councils will decide
- People should not enter or leave an area that is Very High risk
- You should only travel around inside a Very High area if it is essential



Very high risk areas in Yorkshire are Barnsley, Doncaster, Rotherham and Sheffield, Leeds, Wakefield, Kirklees, Calderdale and Bradford

We hope you have a good Halloween weekend.

Stay safe. Look after yourself and other people.