Coronavirus (COVID-19): Meeting with others safely (social distancing)

Seeing friends and family

September
22
UPDATED

Seeing friends and family

Coronavirus is still affecting people across the country.

On 9th September, the government announced upcoming changes to simplify restrictions and ensure the virus is controlled.

Changes

Limits on the number of people you can see socially have changed.

The rules listed below were written on the 22nd September.

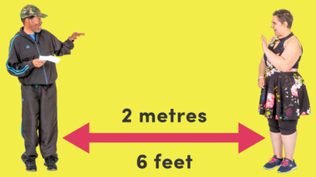
'Rule of 6'

When meeting friends and family you do not live with (or have formed a support bubble with) you must not meet in a group of more than 6, indoors or outdoors.

When seeing friends and family you do not live with you should:

6 people or less

Meet in groups of 6 or less



Follow social distancing rules

Limit how many different people you see socially over a short period of time

Meet people outdoors when possible.

Meeting people outdoors is safer than meeting people indoors because fresh air provides better ventilation.

Meeting with more than 6 people is now against the law and the police will have the powers to enforce the new rules.

This means police can issue fines to people breaking the rules.

There are exceptions where groups can be larger than 6 people. These include:

For work, or for volunteering.

Exceptions where groups can be larger than 6 people:

Registered childcare, education or training.

Supervised activities provided for children, including youth groups and children's playgroups.

Providing support to a vulnerable person.

Providing help in an emergency.

Exceptions where groups can be larger than 6 people:

To continue existing arrangements where children do not live in the same household as both their parents.

Fulfilling a legal obligation, such as attending court or jury service.

Elite sporting competition and training.

Wedding and civil partnership ceremonies and receptions - up to 15 people, in a public place.

Exceptions where groups can be larger than 6 people:

Funerals - up to 30 people. This does not include wakes, other than for religious ceremonial purposes**.**

Indoor organised team sports for disabled people.

Organised sport or exercises classes.

This does **not** include informal sport or fitness activity with family or friends, these must be limted to 6 people.

Support groups. This includes things like support groups to victims of crime, recovering addicts or new parents.

Exceptions where groups can be larger than 6 people:

Protests.

If they are organised in compliance with COVID-19 Secure guidance.

Where a group includes someone covered by an exception (for example, someone who is working).

This means - for example - a plumber can go into a household of 6 without breaching the limit, if they are there for work.

More information can be found on the Government's Frequently Asked Questions page. https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do

This document was translated into an easy-read format by members of the Suffolk Learning Disability Partnership.

It was made in co-production with people with learning disabilities and autism.

To find out more:

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