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|  | <p>The Government are changing some of the rules about who we can meet up with. They are calling the new ways of meeting up 'Support Bubbles'.</p> |
|  | <p>You can meet up in your new support bubble from Sunday 14th June.</p> |
|  | <p>What is a Support Bubble? A Support Bubble means a person living alone can now meet up with people from another household.</p> <p>A household means all the people that live in one house or flat.</p> |
|  | <p>Who can join a Support Bubble? Someone who lives alone + another household of one or more people.</p> |
|  | <p>Why are the rules changing? The Government realise if you live on your own it can be more difficult to cope with the changes we have had to make because of the Coronavirus.</p> <p>They have decided to make it easier for people who live on their own to meet up with people who live in a different household.</p> |



What are the rules?

The new Support Bubble rules say that if you live alone, you can make a bubble with ONE other household.

Making a bubble with another household means you can go into their house and they can come into your house.



You can also stay overnight at their house and they can stay overnight in your house.

You do not have to stay two metres apart from the other people in your new Support Bubble.



The Support Bubble rules are for people living in England.



Some Questions and Answers



Can two households make a Support Bubble together if each house has more than one person living in it?

No. The rules say that if two households make a Support Bubble, one of the households **MUST** only have one person living there.



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I live on my own, can I make a Support Bubble?

Yes. If you live alone you can make a Support Bubble with another household.

It doesn't matter how many people live in the other household because you live on your own.



I live with my mum and dad. Can we make a Support Bubble with another household?

Yes, you can make a Support Bubble with another household.

But, because there are three people living in your household, you can only form a Support Bubble with someone who lives on their own.



What if I am a single parent?





If you are the only adult in your house, as a single parent, you will be able to make a Support Bubble with another household.

The other household can have more than one person living there.



What if I have been 'shielding'?

If you are one of the people who have been told they are 'extremely vulnerable', you will have been asked to stay at home because that is safer for you.

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|  | <p>You should have had a letter from the NHS a few weeks ago to tell you what you need to do.</p> <p>You will not be able to make a Support Bubble with anyone yet.</p> |
|  | <p>If you are not sure whether you have been 'shielding' or not you can ask:</p> <ul style="list-style-type: none"> Your doctor A member of your family Your support worker Or someone else you trust |
|  | <p>How do I choose who to make my Support Bubble with?</p> <p>You can only make one Support Bubble, so it might be difficult to decide which household to choose.</p> <p>If you are finding it difficult ask someone you trust to talk to about it with you.</p> |
|  | <p>What can I do if I don't understand the Support Bubble rules?</p> <p>Trying to work out if you can make a Support Bubble and who you can make it with could be confusing.</p> |

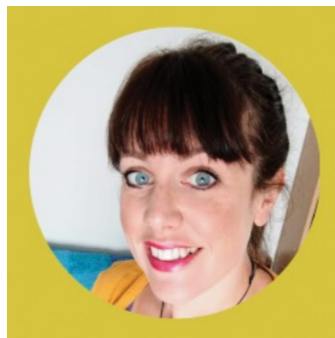
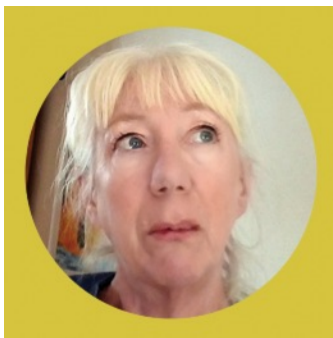


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If you need help to understand the rules you can ask:
A member of your family
A friend or neighbour
Your support worker
Or someone else you trust.

Who would *you* ask?



We hope we will be able to see you again soon,

from all of us at Cornwall People First.

(This guide has been designed using resources from www.freepik.com and Photosymbols.)