



We're not going out as much



There are some bad germs around called Coronavirus. They are also called COVID-19.



Some people will get very poorly from these germs.



We need to change our plans to stay healthy.



We need to stay away from people, buses, trains and trams.



The places we usually go to are closed



Cinemas, swimming pools and bowling alleys are shut (add your particular activities here)



Day services and clubs are shut



Pubs, cafes and restaurants are shut.



These are big changes. Please tell us how you feel about them.



We can do different things instead of going out



Cooking together.



Going out for a walk.



Gardening



Having a workout to exercise videos.



Making things.



Watching films.



Listening to music, singing and dancing.



Having a picnic in the garden.



Talking to friends and family on video calls.



Notes for Support Workers

- Adapt this to suit the person you support, take out activities you know they hate and put in your own ideas
- Create a new routine straight away, try to reflect the activities that have stopped. For example:
 - If you used to go to the pictures on a Tuesday afternoon, have a movie session, make your own popcorn!
 - Instead of Slimming World on Thursday evening, do your own weigh in and pick some healthy recipes for the week ahead
 - Buy some weights and exercise equipment and have a gym at home session at the usual time
 - Skype your pub lunch friends every Saturday lunchtime and chat over your dinner at home. Make it special by having flowers and a table-cloth.
- Use your imagination, you know the people you support, be creative, ask their families for ideas.



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