

Support Bubbles – Mencap Guidance

This easyread guide is to be read with, or by, people who live in a single person household in England.
It does not include people living with others in shared accommodation or people living in Wales or Northern Ireland.



Why are we talking about support bubbles?

COVID-19, or Coronavirus is a type of illness that makes people feel poorly.

Because of COVID-19 there have been lots of changes about how we live.



These changes help to keep everyone safe.



The Government has now changed the rules about meeting with people you don't live with.



What is a support bubble?

If you live alone you can now visit friends or family in one other house.

This is called a **support bubble**.



You have to choose just **one** house to visit.

You can spend time with people in your support bubble inside.

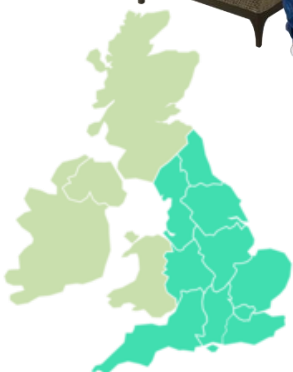


You can spend time together without social distancing. This means you can hug and touch each other.

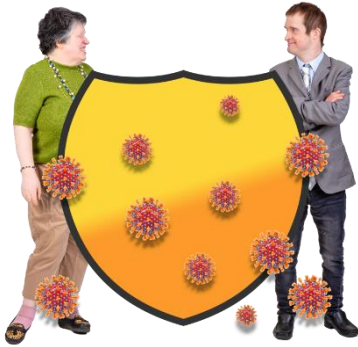


Who can have a support bubble?

This is only for people who live on their own.



This is only for people who live in England.



You can't have a support bubble if you are shielding.



You must still **social distance** from any other visitors or people you meet outside.

This means staying 2 metres apart.

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