

Wednesday, 30 September 2020

In this letter:

- Hello from Sarah
- New rules about COVID-19
- Information about getting tested for COVID-19

Hello everyone,

Before it got cold last week, we had some lovely sunny weather in September, so before we all got 'locked down' again, I went on a few adventures. I was inspired by our Virtual 3 peaks challenge in May and decided to go and tackle one of them for real! There are only about 14 days each year when it's sunny at the top of Ben Nevis and I was lucky enough to have one of them. Here's a picture of me at the very top – this is the highest point in the whole of the UK. It was so clear I could almost see Liverpool!



Unfortunately, cases of COVID-19 have increased a lot in our area. This means that new rules have been put in place for Merseyside and lots of other areas in the UK.



Education & Skills
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There are different rules in different areas so this can get very confusing. We have explained the rules in Easy Read on the next few pages.

Because the risk of getting COVID-19 is now high again, we have decided to stop our member bubbles for the next 3 weeks. We hope to bring these back soon. We will be sending you more letters again and if you want to know more about what is happening, please look at our Facebook page or call one of the team.




Would you like help to get online?







We have a couple of tablets left to give out to our members. These tablets come with 3 months of unlimited 4G ‘data’ which means you don’t need to have broadband in your house. We can support you to learn how to use your tablet and show you things like:

- How to join zoom meetings
- How to stay safe online
- How to check information

If you would like a tablet, please speak to Jo Bruce on 07552 345 649

If you would like to speak to any of the team, please call us on the numbers below:

Hello	My name and number	You can call me about:
	Jo Bruce Independence Trainer 07552 345 649	Thursday Club Using your tablet Our Facebook page
	Marcus Bull Outreach -Sefton 07551 882 455	If you need someone to talk to If you need help to get shopping or other essential items.
	Sheldon Griffiths Outreach- Liverpool 07926 657 210	

	Liz Dooley Personal Development 07943 158 114	Directions Programme Mindfulness
	Claire Youds Activities 07552 347 561	If you want help getting online for our activities
	Charlotte Crowder Group activities 07519 665 663	Ideas for exercise at home or healthy eating 'Zoom' socials, Accessible bikes
	Jeanette McHugh Directions Programme 07552 524 162	Trip to Blackpool Hospital Passports Grab and Go Guide
	Jacqui Bouch Office Manager 07552 508 839	If you want help getting online
	Siobhan Waters Development Manager 07552 323 569	If you want to get involved in fundraising

Remember, please ring us if there's anything we can do to help.

Or you can ring if you just want someone to talk to.

Take care,




Sarah Jones

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