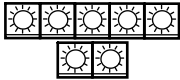

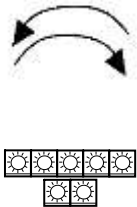
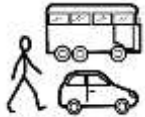
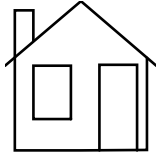


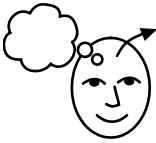



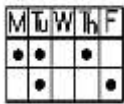



	<p>Well done everyone!</p>
 16	<p>It's been 16 weeks since lockdown.</p>
	<p>The Welsh government says that we must keep following the rules. These rules will keep us safe from the virus.</p>
	<p>The rules might change every week from now on.</p>
	<p>You can travel more than 5 miles from your home.</p>
	<p>You can join with one other household indoors</p>
	<p>You can choose family or</p>
	<p>You can choose friends.</p>

	<p>You can only choose 1 other household.</p>
	<p>You can visit them in their homes. You can also stay overnight.</p>
	<p>You can still exercise when you want to.</p>
	<p>Pubs and cafes will open on the 13th July 2020.</p>
	<p>Remember you will only be able to sit outside.</p>
	<p>Hairdressers will open on the 13th July 2020.</p>
	<p>All of these places will have their own rules and you must follow them.</p>
	<p>Remember to keep washing your hands regularly during the day.</p>

	<p>Keep 2 metres apart from people when you are out and about.</p>
	<p>Remember to:</p>
	<p>Get up</p>
	<p>Get dressed</p>
	<p>Get active</p>
	<p>Keep up your routines - it will make you feel better.</p>
	<p>Please send us your photos for the next newsletter. Send to zoe.burrows@wales.nhs.uk</p>
	<p>Phone the CTLD Health team if you are worried or need anything. 01437 772819.</p>
	<p>Well done from all of us at the Speech and Language Therapy Dept at Pembrokeshire CTLD.</p>



Here are some examples of people having fun at home:

