

**From:** Alicia Kearns MP [alicia.kearns.mp@parliament.uk](mailto:alicia.kearns.mp@parliament.uk)  
**Subject:** Lockdown Easing - What do the new guidelines say?  
**Date:** 29 March 2021 at 16:20  
**To:** [mark.bush3@btinternet.com](mailto:mark.bush3@btinternet.com)



Good afternoon,

Today, the lockdown restrictions have eased, in line with the Government's roadmap announced in February.

You can see family and friends outside, and make a day trip to do so. You can play grassroot sports again. You can

This has been made possible because of all of our hard work in bringing down infections, as well as the amazing vaccination programme.

From today, you can:

- **Use Outdoor Leisure Facilities**
- **Play Organised Outdoor Sports**
- **Rule of Six (or Two Households Outdoors)**
- **Outdoor Parent and Child groups (Up to 15 parents)**
- **Attend Weddings (up to 6 guests)**
- **Attend Funerals (up to 30 guests)**
- **Stay at Home Order lifted**

I have received several questions about this phase of the lifting of restrictions. I answer some of the most common questions here:

**Do children under 5 count as part of the Rule of Six?**

Yes, though two households meeting outside are permitted.

**For formal, organised parent and baby groups, do children under 5 count?**

No – please note that the limit for formal parent and child groups is 15 parents.

**Can I travel across the country for a round day trip to visit family? E.g. Leicestershire to Norfolk to see grandparents?**

Yes – though you cannot stay overnight.

### **What does the return of grassroots sport mean?**

You can play sport as part of an organised group – that means a group that is regulated by a governing body.

This is so that risks are identified, and can be mitigated.

So you can play football as part of a club, but can't have an impromptu kickabout in the park.

### **Can I meet friends indoors, as part of the Rule of Six?**

No – the Rule of Six (or two households) only applies outdoors to help stop the spread of the virus, which is significantly reduced outdoors.

### **What does 'Stay at Home Order Lifted' mean?**

Until today, we have only been allowed to leave home for essential reasons, such as exercise or grocery shopping.

Now we can leave home for any reason, but must stay local and we cannot stay overnight.

Good afternoon,

I hope you are all keeping well. Today lockdown restrictions have eased, in line with the Government's roadmap announced in February.

One of the rule changes I know we're all looking forward to is being able to now see family and friends outside (rule of six or two households), and make a day trip to do so. This will bring such relief and joy to all of us – especially if the good weather holds!

This has been made possible because of all of our hard work in bringing down infections by adhering to the guidelines, as well as the amazing vaccination programme.

From today, you can:

- Use Outdoor Leisure Facilities
- Play Organised Outdoor Sports
- Rule of Six (or Two Households – under 5s are counted) Outdoors only
- Outdoor Parent and Child groups (Up to 15 parents)
- Attend Weddings (up to 6 guests)
- Attend Funerals (up to 30 guests)
- Stay at Home Order lifted

However, it remains vital that we do not mix in our homes. This is where the majority of the spread of the virus has been identified to have taken place during the pandemic.

I have received several questions about this phase of the lifting of restrictions. I answer some of the most common questions here:

Do children under 5 count as part of the Rule of Six?

Yes, though two households of any size meeting outside are permitted.

For formal, organised parent and baby groups, do children under 5 count?

No – please note that the limit for formal parent and child groups is 15 parents.

Can I travel across the country for a round day trip to visit family? E.g. Leicestershire to Norfolk to meet with grandparents?

Yes – though you cannot stay overnight.

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You can play sport as part of an organised group – that means a group that is regulated by a governing body.

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So you can play football as part of a club, but can't have an impromptu kickabout in the park.

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No – the Rule of Six (or two households) only applies outdoors to help stop the spread of the virus, which is significantly reduced outdoors.

What does 'Stay at Home Order Lifted' mean?

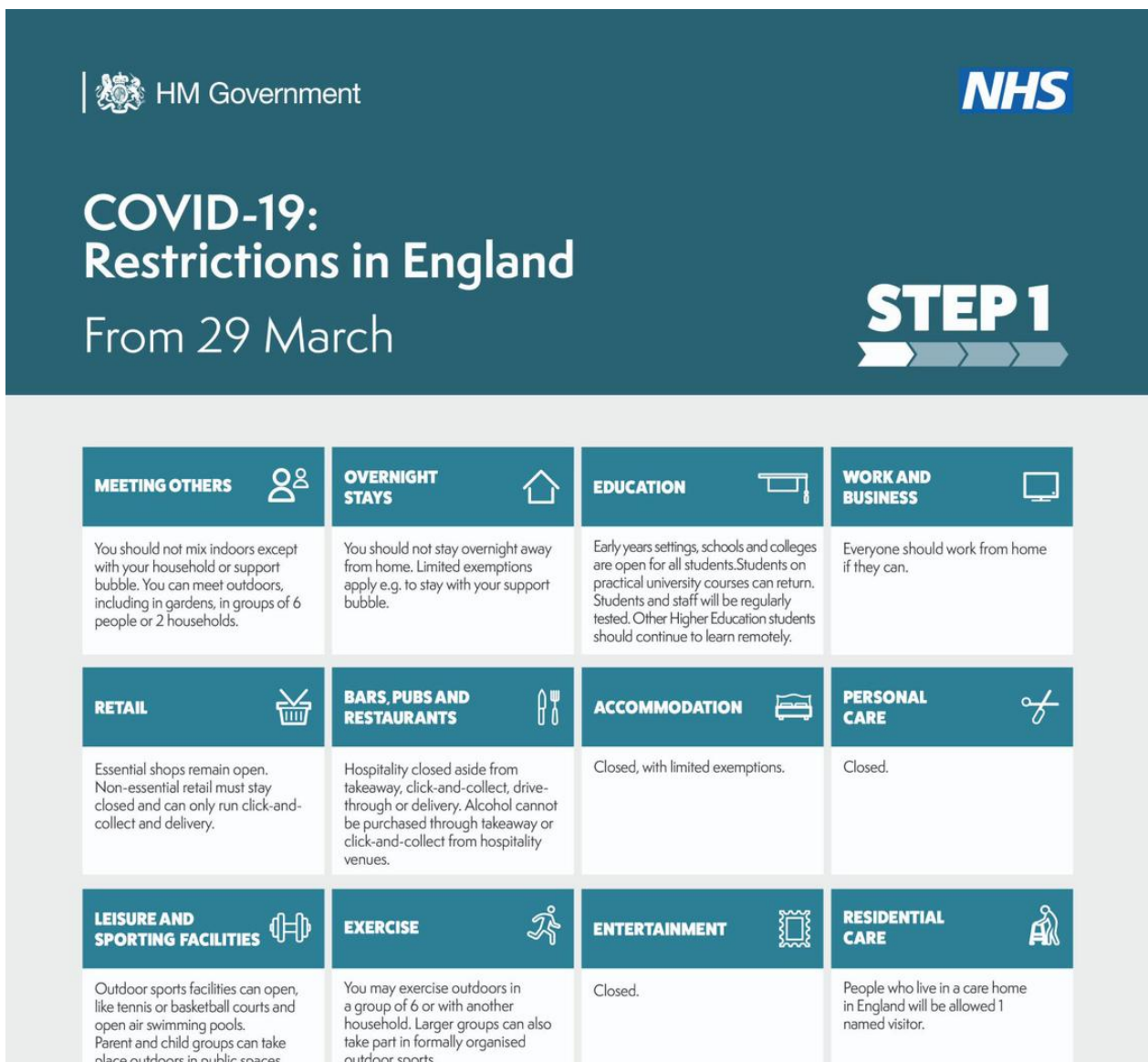
Until today, we have only been allowed to leave home for essential reasons, such as work, exercise or food shopping.

Now we can leave home for any reason, but must stay local and we cannot stay overnight.

Sending my very best to all of you,



Alicia















**HM Government** | **NHS**

# COVID-19: Restrictions in England

## From 29 March

### STEP 1

<b>MEETING OTHERS</b> 	<b>OVERNIGHT STAYS</b> 	<b>EDUCATION</b> 	<b>WORK AND BUSINESS</b> 
You should not mix indoors except with your household or support bubble. You can meet outdoors, including in gardens, in groups of 6 people or 2 households.	You should not stay overnight away from home. Limited exemptions apply e.g. to stay with your support bubble.	Early years settings, schools and colleges are open for all students. Students on practical university courses can return. Students and staff will be regularly tested. Other Higher Education students should continue to learn remotely.	Everyone should work from home if they can.
<b>RETAIL</b> 	<b>BARS, PUBS AND RESTAURANTS</b> 	<b>ACCOMMODATION</b> 	<b>PERSONAL CARE</b> 
Essential shops remain open. Non-essential retail must stay closed and can only run click-and-collect and delivery.	Hospitality closed aside from takeaway, click-and-collect, drive-through or delivery. Alcohol cannot be purchased through takeaway or click-and-collect from hospitality venues.	Closed, with limited exemptions.	Closed.
<b>LEISURE AND SPORTING FACILITIES</b> 	<b>EXERCISE</b> 	<b>ENTERTAINMENT</b> 	<b>RESIDENTIAL CARE</b> 
Outdoor sports facilities can open, like tennis or basketball courts and open air swimming pools. Parent and child groups can take place outdoors in public spaces.	You may exercise outdoors in a group of 6 or with another household. Larger groups can also take part in formally organised outdoor sports.	Closed.	People who live in a care home in England will be allowed 1 named visitor.

TRAVELLING 	HOLIDAYS 	PLACES OF WORSHIP 	WEDDINGS AND FUNERALS 
You should minimise travel as much as possible. Avoid the busiest times and routes.	You should not go on holiday in the UK or abroad. You could be fined £5,000 for travelling abroad without a reasonable excuse.	Places of worship can remain open and communal worship is permitted, but you must not mix with anyone outside your household or support bubble.	Funerals of up to 30 people permitted. Weddings up to 6 people permitted. Wakes and other linked commemorative events of up to 6 permitted.

Clinically extremely vulnerable people in England are no longer advised to shield from 1 April 2021, but are advised to continue taking extra precautions such as keeping social interactions low and shopping at quieter times of the day.

For more information and detailed guidance visit:  
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

**COVID-19**  
Let's take this next step, safely.



I am very keen to help any constituent who may require my assistance. If there is something you feel I could assist you with, please use the link below.

**Contact Me**

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My mailing address is:  
[alicia.kearns.mp@parliament.uk](mailto:alicia.kearns.mp@parliament.uk)

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