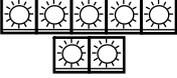
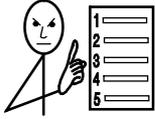
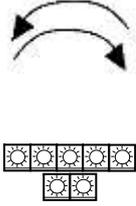
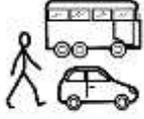
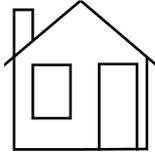
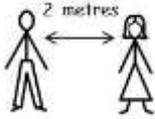
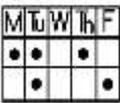


	<p>Well done everyone!</p>
 <p>16</p>	<p>It's been 16 weeks since <b>lockdown</b>.</p>
	<p>The Welsh government says that we must keep following the rules. These rules will keep us safe from the virus.</p>
	<p>The rules <b>might</b> change every week from now on.</p>
	<p>You can travel more than <b>5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

	<p>You can only choose <b>1</b> 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 <b>13<sup>th</sup> July 2020</b>.</p>
	<p><b>Remember</b> you will only be able to sit <b>outside</b>.</p>
	<p>Hairdressers will open on the <b>13<sup>th</sup> July 2020</b>.</p>
	<p>All of these places will have their own <b>rules</b> and you must follow them.</p>
	<p>Remember to keep washing your hands <b>regularly during the day</b>.</p>

	<p>Keep <b>2 metres apart</b> 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 <a href="mailto:zoe.burrows@wales.nhs.uk">zoe.burrows@wales.nhs.uk</a></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:

