

Step 1 – 8 March and 29 March



Monday 8 March

The main changes made from this date are:

- children and young people will be able to go back to school and college
- people can meet and spend time outdoors with one person who is not in their household or support bubble (this was allowed before but only to do exercise).

[Read the full changes laid out by the government here](#)

[Watch a video from Inclusion North on the changes here](#)

[Easy-read roadmap out of lockdown: step 1 explained](#) – from Suffolk Learning Disability Partnership

Monday 29 March

Lockdown in England ended on 29 March and more changes to the rules happened.

The main changes were:

- people will be allowed to meet outside (in places like parks or private gardens) in groups of up to 6 people, or 2 households.
- outdoor sports facilities able to open
- people not asked to stay at home all the time.

[Read the full changes laid out by the government here](#)

[Watch a video from Inclusion North on the changes here](#)

[View some COVID-19 restrictions posters here: 29 March 2021](#)

[Easy-read 29th March lockdown changes](#) – from Cornwall People First