

Newham Health Team for Adults with Learning Disabilities

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Date: 16th April 2020

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Website: <http://www.eastlondon.nhs.uk>

Dear Sir/ Madam



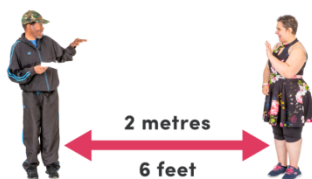
We are writing to share the updated guidance from the government about supporting people with learning disabilities (LD) or autism to exercise or leave home to maintain their health



This now says that people with LD or autism can exercise in an open space more than once a day if needed



And, if necessary, they can go in a car to a familiar, open place to exercise



When out, people with LD or autism should remain 2 metres apart from people, other than family or support workers



Support workers can be closer than 2 metres if needed



The guidance says that ideally this should be done in line with a care plan

This could be taken with them when they go out



Please contact our team if you have any questions or need any help with this



You can call us on 0207 059 6600



The full guidance can be found on this website:

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

Look at question 15



From the Health Team for Adults with Learning Disabilities

Interim Chair: Eileen Taylor

Chief Executive: Dr Navina Evans CBE

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We respect

We are inclusive