

Hi everyone, please find below easyread update to share with your colleagues and service users. Many thanks.



The coronavirus means we all are having to change our routines to keep ourselves and everyone else **safe** from becoming ill.



This can be very confusing, so we will send you emails with links to easyread information that the government and the NHS are giving to us.

Today I am sharing an easy read about the rules [coming out of lockdown and over Christmas from Mencap.](#)

The Purple
the
watch it [here](#).




All Stars have made a video about how lockdown has made them feel, you can



We have more easyread information about the coronavirus on our website.

www.hertfordshire.gov.uk/LDMyHealth

 You can also find daily top tips on keeping healthy over on our [Facebook page](#)



Jessica Shingler
Senior Support Officer | Purple Star Strategy | Health Liaison Team
Adult Care Services, Hertfordshire County Council
SFAR015 Farnham House Six Hills Way Stevenage SG1 2FQ
T: 01438 844681 (Internal: 54681)
E: Jessica.Shingler@hertfordshire.gov.uk



Find out about our learning disability nurses and how we can help with your health at

www.hertfordshire.gov.uk/LDmyhealth