

Coronavirus - You're Not Alone



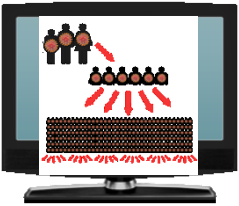
There has been lots of information on the News about Coronavirus.



This includes information about what to do if you think you have Coronavirus.



You can find easy read versions of this information on different websites including Inclusion North: <https://inclusionnorth.org/news/>



Lots of information on the news and on the radio is difficult to watch.



Many self-advocacy groups have decided to close or cancel all meetings.



The news, and having to close places where you meet up can make people feel lonely, worried and upset.



As a team we feel that it is even more important that we keep in touch with each other by phoning each other.



We will also use social media; Skype and You Tube to connect with people.



We would like to share more positive news stories and things that make people feel happy.



For example, some self-advocacy groups like Cardiff People First are organising online workshops including an Arts class. See: <https://bit.ly/2x9qZ6k>



We hope that other people will help share information and messages of support by using the Hashtag **#NotAlone**



It is everyone's responsibility to make sure that we keep in contact with people by phoning to check that people are ok.



We know this is a very difficult time for lots of people and their families, but we also know that we are stronger when we keep in touch.



So please remember that you're not alone and let's stay connected.