

The Lift Up

THE HALF-TERMLY NEWSLETTER FOR YOUNG PEOPLE WITH AUTISM

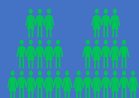
THIS WEEK: Coming out of lockdown- the next step!

Welcome back!

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Latest Lockdown Roadmap News



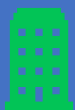
Up to 30 people can meet outside.



6 people or 2 households can meet inside and stay overnight.



Indoor organised sport and gym classes on!



Hotels and other similar accommodation open



Theatres, cinemas and other indoor entertainment open.



Eat inside in cafes, restaurants and pubs.



Just because you can doesn't mean you have to.

Every person will want to ease out of lockdown differently. Every person will have different feelings about being able to do more, with more people. It is natural to feel this way.

TOP TIP: If you feel that things are going too fast for you, make your own, slower, roadmap to ease you step by step out of lockdown. Add notes and dates into your diary to plan each stage of your own easement.

Whatever you feel about it remember to continue where possible with the government advice of hands, face, space and fresh air.



Questions about the Lockdown easements?

Keep up to date with trusted news and stay connected with other young people at:

<https://www.bbc.co.uk/newsround>

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BOREDOM BUSTERS!

KEEP ACTIVE



Aspire Parkour Academy

Try developing some freerunning skills and build your confidence!

ON THE WEB

Interested in music and Beatboxing? Check out: <https://www.incredibox.com/>



TO PASS THE TIME:



Skate Parks

Find one near you:

<https://www.skateparks.co.uk/cambridgeshire/peterborough/>

Cosy Corner

Ice Cream Recipe



Ingredients:

½ a can of sweetened condensed milk
600ml of double cream
Vanilla essence or any flavouring of your choice!

Method:

Mix ingredients together with an electric whisk until thick. Scrape into a container and freeze until needed.

Your Say



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We would love to hear from you about what you are doing.
Get in touch at:

SENandInclusion@Peterborough.gov.uk

*Please Note: We cannot publish any photos that contain images of people.

We also produce two other newsletters: 'I'm a Parent Get Me Out of Here' (for parents) and 'Cozy Crew' (for younger children) - all available on our local offer web page.

Things to do in the 'boro this half term:

- Watch a film at: Showcase Cinema.
- **Investigate the history of Peterborough's hospitals at: Peterborough Museum.**
- Love ice cream or popcorn AND theatre? Check out the offers at the Key Theatre.
- **Ever tried glow in the dark golf? Book GloGolf, A Space Adventure**
- Explore: Aversley Woods, Sawtry or Holme Fen



Check out this video:

#BePartOfTheSolution

<https://www.youtube.com/watch?v=09Ri180-Qg0>