

GYROS



ATTENTION! From 23/03/2020 the United Kingdom is on lockdown.

Please do not leave your homes from this point on for anything not considered essential. These include:

- Shopping for essential items as infrequently as possible - Food shopping and medication
- To look after vulnerable loved ones or to pick up medical supplies.
- Taking one form of exercise outside each day (alone or with someone from your own household)
- Travelling to and from work and only in situations where working from home is entirely unavoidable

The police now have the right to disperse gatherings including through fines and other means

Please stay tuned for further details and what this mean for our town over the next three weeks

Take care of each other

GYROS Team

You can still get advice and support from GYROS through:

Phone:
01493745260

01473480701

Email:
admin@gyros.org.uk

Facebook: @GYROS East Anglia

Tuesdays and Fridays

09:00 – 13:00

Follow us also

@GyrosOrg (twitter)

www.gyros.org.uk



Community Pathways Partnership: Connecting people across East Anglia

