

From the office of: Andy Williams  
Chief Executive of LLR's Clinical Commissioning Groups  
Telephone: 0116 295 3405

APRIL 2020

Dear whoever it may concern;

This letter has been produced by the three Clinical Commissioning Groups of Leicester, Leicestershire and Rutland and is to inform you that I am accompanying someone who has been diagnosed with learning disability and/or autism.

The world can seem a very unpredictable and confusing place to autistic people or those with a learning disability, who often rely on a daily routine so that they know what is going to happen every day. There is a requirement for some flexibility in the social distancing rules because some people require more than one person to support them when they access the community.

Social distancing or isolation can lead to a reduction in physical activity or unpredictable changes to an individual's routine and this can contribute to increasing anxiety or undue stress for some people with learning disability or autism.

The rules of social distancing are being followed:

- Activity in the community is kept to as short a period as possible
- A distance of 2m (6ft) is maintained from other people
- Hands are washed on return home

A copy of the individuals care plan requiring he/she is accompanied in the community is available on request.

Yours sincerely



**Rob Nixon**  
Deputy Chief Constable  
Leicestershire Police



**Caroline Trevithick**  
Executive Director of Nursing, Quality &  
Performance  
LLR CCGs



Leicester City Clinical Commissioning Group  
West Leicestershire Clinical Commissioning Group  
East Leicestershire and Rutland Clinical Commissioning Group