



**Lindengate**  
The Old Allotment Site  
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Buckinghamshire  
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**Excerpts from the latest Government Guidelines –**  
<https://www.gov.uk/guidance/new-national-restrictions-from-5-november#stay-at-home>

### **Meeting Others Safely**

In general, you must not meet people socially. However, you can exercise or meet in a public, outdoors space with people you live with, your [support bubble](#) (or as part of a childcare bubble), or with one other person. You should minimise time spent outside your home. When around other people, stay 2 metres apart from anyone not in your household - meaning the people you live with - or your support bubble. Where this is not possible, stay 1 metre apart with extra precautions (e.g. wearing a [face covering](#)).

You must not meet socially indoors with family or friends unless they are part of your household or support bubble.

A [support bubble](#) is where a household with one adult joins with another household. Households in that support bubble can still visit each other, stay overnight in each other's households, and visit outdoor public places together.

You can exercise or visit outdoor public places with:

- the people you live with
- your support bubble
- or, when on your own, 1 person from another household. Children under 5, as well as disabled people dependent on round-the-clock care are not counted towards the limit on two people meeting outside

There is further guidance on what exercise and other physical activity can continue during the period of national restrictions.

Outdoor public places include:

- neighbourhood streets, parks, beaches, and the countryside
- public gardens and grounds (whether or not you pay to enter them)
- allotments
- outdoor playgrounds

You cannot meet people in a private garden, unless you live with them or have formed a support bubble with them.

[Face coverings](#) are required by law to be worn in many indoor settings, such as shops or places of worship where these remain open, and on public transport.