



Best care by the best people

Letter to explain why a child and parent/carer are outside out of their local area

To whom it may concern,

This person is carrying this letter on the advice of the local specialist health services and Local Authority to inform you why they are out of their home or local area in a period of isolation.

This person is a parent/carer of a child or young person who has a learning disability such as autism, genetic difference or other significant learning need. They need to be out of their home to take exercise. For the person they are with, this helps to keep them calm, and prevents challenging behaviors arising in a small space that is their home

The carrier of this letter understands the current restrictions on movement to be, that no-one can leave their home during this emergency period without a reasonable excuse to travel.

They are driving in their car, or walking out of their local area for one or all of the following reasons:

My child does not understand social boundaries. He is really friendly and will run over to strangers or hug their dogs. I can't take him/her out in our area as there are people and dogs that he/she recognizes and he/she will run up to them

My child is a wheelchair user. We live in an area full of potholes and bumps. We need to drive to a nearby path which is smooth and flat

My child tends to run away when they are excited, and needs the routine of somewhere he/she knows, which is our local wood a mile away. I can't get him/her to walk there without him/her running away, and he/she is faster than I am.

My child's sensory processing differences mean we need three short bursts of exercise a day and not a single trip

My child cannot resist touching and licking shiny surfaces. There is no where we can exercise safely away from lamp-posts, street signs, cars, or shop windows so we need to go somewhere quieter and away from these distractions

We live in an area where cars go too fast on small roads, and I can't be sure that he/she will stay to one side - it is much safer to drive a couple of miles away to an area where I know he/she can run safely

I believe these to be reasonable explanations for the families/carer's activity. Thank you for your understanding.

Gill Tyler

Designated Clinical Officer for SEND NHS Cheshire Clinical Commissioning Group