

## What is a support bubble?

**Updated September 2020**

A support bubble is when a person living alone (called a 'single adult household') forms a group to meet and have close contact with people from one other household who do not live with them. This becomes a support bubble. A single adult household can include:

- an adult who lives alone but has carers coming to visit and help them, if for example they have dementia. The carers can be family, friends, or paid carers.
- an adult who lives alone but has children living with them.

Households can only be in one support bubble.

It is best to be in a support bubble with another household that is nearby.

From the 14 September 2020 you cannot change the household you are in a support bubble with. You can still meet up with your support bubble even if this adds up to more than 6 people. The latest government guidance about support bubble is [here](#).

You can continue to meet in any outdoor space in a group of up to 6 people from different households

You can also meet in a group of 2 households in any location – public or private, indoors, or outdoors. This does not need to be the same household each time. Anyone in your support bubble counts as one household.