

Kirsty Weedon Covid-19 Information

This information sheet is to make you aware of particular considerations and necessary safety measures when attending face-to-face therapy sessions and workshops in light of the coronavirus (Covid-19) pandemic.

Current situation

In England, there are now no longer any Covid-19 (C-19) restrictions and people are not required to wear face-coverings or self-isolate if they test positive. However, the government advises that in order to live safely with C-19, there are actions we can take to help reduce the risk of catching and transmitting C-19, and recommends that we stay home and avoid contact with other people if we have tested positive or are showing C-19 symptoms.

For more information, please visit:

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Location information

I currently work face-to-face inside at the Sage Therapy Centre, the Magnolia Therapy Centre, the Iona School, Bakersfield Community Centre and outside venues in and around Nottingham, including Ecoworks Community Garden, Colwick Lakes, Colwick Woods and Shining Cliff Woods, Derbyshire.

I have conducted my own risk assessment for all locations and completed a C-19 risk assessment.

The following measures are now optional for communal areas:

- Wearing a face covering
- Maintaining a physical distance from other people
- Following one-way systems
- Arriving only a couple of minutes before your session
- Using hand sanitiser on the centres and therapy rooms

Therapy sessions

In order to reduce the risk of contracting and transmitting C-19, **I ask that if either you or I test positive, are self-isolating or show any C-19 symptoms, we do not attend a face-to-face session**, and I will offer you an online / telephone session instead, providing that we are both well enough to attend. In the unlikely event that I am too unwell to communicate with you, my clinical executor will contact you.

Signs and symptoms of C-19 include:

- A high temperature (above 37.8°)
- A new and persistent cough
- A loss or change in smell or taste
- Headache
- Unusual tiredness or fatigue
- Muscle pains
- Sore throat or hoarse voice
- Shortness of breath or chest pain
- Abdominal pains, loss of appetite or diarrhoea
- Runny nose or sneezing
- Skin rash or changes to your mouth or tongue.

Therapy / workshop session safety measures

The following safety measures are in place and available to mitigate the risk of contamination:

During indoor sessions

- Washing my hands before and between each session.
- Making tissues, hand sanitiser and rubbish bins easily accessible,
- The option of wearing a face-covering. Please let me know if you would prefer for us to wear face-coverings.
- The option for seating to be arranged for physical distancing. If we move around the space and / or change the seating arrangements, we will discuss our distance and proximity and agree what feels comfortable for us both.
- The option of keeping the window open to provide ventilation.
- The option of using an individual box of objects for each client, rather than sharing the communal box of objects and art materials.

During outdoor sessions

- Meeting somewhere that is unlikely to be crowded.
- Agreeing the distance and proximity between us that feels comfortable.
- The option of wearing a face-covering. Please let me know if you would prefer for us to wear face-coverings.
- The recommendation that clients / participants bring a face-covering and hand sanitiser with them.

Online / telephone working

Due to the ongoing changeable situation with C-19, there may be occasions where we need to move from face-to-face working to online / telephone therapy. This may happen at short notice if either of us needs to self-isolate or due to further local / national lockdown situations.

You may also prefer to work online / telephone during this time. If you are in a clinical vulnerable group and shielding (e.g. BAME, over 70 years, pregnant, or with underlying health conditions), we may need to work online / telephone. Please talk to me about this and we can discuss options about working online / over the telephone.

My commitments:

- I am committed to my safety and the safety of my clients and participants.
- I am committed to being open and transparent with you about the measures and guidance that I follow.
- I will continue to review and update my C-19 information and measures, referring to government regulations as well as UKCP guidance, my supervisor and insurance provider.
- I will talk with you about your suitability for in-person, telephone and online therapy.

Updates: any further updates or changes to my C-19 measures will be communicated either in person, by phone or via email, or will be available on my website.

If there is anything you are uncertain about, please don't hesitate to get in touch. I'm very happy to answer any questions you may have.



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