

Updated COVID-19 Guidance – 6th January 2021

Following the latest government announcement and in keeping with the ‘work from home if you can’ principle, all services will now be offered online in the first instance (for more information about how sessions work, please see website). Face-to-face appointments (either at school, therapy rooms, at my office or your home) may still be possible if the following is observed;

1. You need to weigh up the benefits of attending a session in person versus the risk of exposing you/other to COVID-19 and we both need to consider any health risk factors for me and you (especially those connected with age, pre-existing health conditions etc.) by discussing these prior to your appointment
2. Both my household and your household will need to be asymptomatic for the coronavirus in the 14 days prior to your appointment.
3. We have not been in contact with someone who has tested positive (or been asked to self-isolate because of contact within a school/social bubble).
4. We continue to follow current government guidelines with regards to hands, face and space. (<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>). Face coverings should be worn in inside **indoor public spaces** (unless you are exempt). This means in communal areas of therapy rooms, however masks can be removed once seated.
5. We should both wash our hands (and/or use hand sanitiser) before and after the appointment.
6. To limit potential points of contact, when in therapy rooms I will open all communal doors and we should both avoid touching surfaces where possible. If I come to your house, then please can I ask that you do the same for me? We should refrain from shaking hands/physical contact. I will have my own drink/single packet tissues and would ask that you do the same. Any potentially touched surfaces/objects should be cleaned before and after the session
7. We both understand that sessions could be liable to postponement or disruption on a temporary basis as guidelines change (for above reasons).
8. If I am diagnosed with COVID-19 the NHS will require that I divulge a list of people that I have come in contact with and I need to inform the school/therapy rooms used. In such circumstances I will need to inform them of my contact with you / your household – if this is the case, I will of course keep you informed. If you are diagnosed with Coronavirus, you must inform me as soon as possible so that I can also follow current guidelines / make notifications.
9. This advice is superseded at all times by Government/NHS advice and is subject to change at short notice.

The main thing is that we communicate/agree the best way to work together so please get in touch if you want to discuss this further.



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