

The Path Forward...

1st June

Across: Hertfordshire, West Hertfordshire, North London, North West London, North West Bedfordshire and Swindon

We can offer 1:1 sessions out of the home while maintaining social distancing from the general public - so using parks, nature walks etc, we can use cars to get to places but we advise not spending too long in the car of course. This does very much make us weather dependent, so fingers crossed for lots of sunshine. These 1:1 sessions can be 4 hour sessions or a full day. Group Leaders will need to wear PPE (provided by us) when in close quarters, i.e. in the car.

1st July

Across all areas (those listed above plus South Bedfordshire)

Depending on guidance - we can offer 1:1 sessions in community venues that hopefully will be reopening at this time, again while maintaining social distancing from the general public.

1st August

Depending on guidance - we may be able to start 2:1 sessions (2 Participants to 1 Group Leader) as well as offering 1:1 sessions in community venues, again while maintaining social distancing from the general public.

1st September or 1st October

Depending on guidance - we may be able to start 3:1 sessions (3 Participants to 1 Group Leader) as well as offering 1:1 sessions in community venues, again while maintaining social distancing from the general public.

This is the idea, but it could all change and we do not want to put anyone at any risk or be part of the problem, so things will change as we go and we will keep you updated.

For Group Leaders to be able to work these sessions they will of course need to be symptom free and all members of their household to be symptom free. They will also complete training on Covid 19 and use of PPE.

We also ask that you confirm that you, the Participant, and all members of your household



are symptom free. If you develop any Covid 19 symptoms then please alert us ASAP, and self-isolate.

We know that some people will want to continue to isolate and that some people are more vulnerable than others, so please only use our service if you feel comfortable to.

We know that it will be a gradual process, we are here, we are working our way back and we will be here when you're ready to come back.

Thank you so much for all of your support throughout this, you have all been amazing - we hope to hear from you soon regarding the above.

If you would like to book any sessions then please contact the Area Manager that you usually book your sessions with and they will be happy to help you, thank you.

Thank you
Simon and Area Managers

