

Sarah Urwin,

Adv. Dip. Counselling, MBACP(Accred),

Dip. Supervision, RMA, EAGALA Cert.

Youngs Farm, Colebrooke, Crediton, Devon, EX17 5JH

Tel: 01363 85154 Mob: 07792887870

E-mail: sarah@youngsfarm.co.uk www.sarahurwin.co.uk

COUNSELLING & PSYCHOTHERAPY

(including online, skype & telephone)

Animal & Equine Assisted Therapy

Walk and Talk sessions

Training, Supervision & Mentoring

Safety Protocols for the Covid-19 pandemic

August Update:-

From Monday 16 August, people who are double jabbed or aged under 18 will no longer be legally required to self-isolate if they are identified as a close contact of a positive COVID-19 case (*as long as they received their final dose of an MHRA-approved vaccine in the UK vaccination programme at least 14 days prior to contact with a positive case*).

Those who are identified as close contacts by NHS Test and Trace will be advised to take a PCR test as soon as possible to check if they have the virus and for variants of concern. People can order a PCR home test online or by calling 119, or going to a test site.

Anyone who tests positive following the PCR test will still be legally required to self-isolate, irrespective of their vaccination status or age in order to break onwards chains of transmission. Meanwhile anyone who develops COVID-19 symptoms should self-isolate and get a PCR test, and remain in isolation until the result comes back.

My practice:-

I am currently working *face to face* with clients who wish for this because working online is not a good or safe option for them. I am working in a spacious garden room with the door open or outside with the horses/dogs, or Walk and Talk.

I take everyone's health and safety very seriously and have protocols in place to comply with government/local authority/HSE guidance and as this changes I review my protocols. I ask everyone who visits Youngs Farm to observe current prevention measures.

The focus is on *reducing the risks* of viral infection, to all parties, to the minimum that is practicable and it places a degree of responsibility on us both for keeping ourselves safe.

So it's up to you to decide whether you feel safe enough to attend face to face sessions or whether the alternatives of Zoom/Skype/telephone would suit you better.

Before leaving home please:-

- Cancel your session if you have tested positive for Coronavirus, are self isolating, are feeling unwell, or showing symptoms of the virus, as per **August Update** above
- Wash your hands thoroughly before setting off
- Come dressed for being in the garden room with the door open
- Bring your own water, and tissues if you prefer

Sarah Urwin

Counselling and Therapy

When you arrive at Youngs Farm:-

- Please come straight from your car to the garden room via the outdoor walkway
- I am not wearing a mask during sessions and will not ask you to do so either but if this doesn't suit you let's discuss it
- As you approach the door I will open it allowing you immediate access to the room
- The seating is well spaced and you can choose either the settee or the chair
- On arrival please use either your own or the anti-bacterial hand gel provided
- Toilet facilities are available on site in the case of an emergency

During the session:-

- During sessions we will be careful to keep a safe distance apart, except if a situation arises where I need to provide emergency assistance to you
- Please try to avoid touching surfaces as far as possible in the garden room
- If your session involves any contact with the horses/animals where you need to handle equipment that other clients also use, I may ask you to wear gloves

After your session:-

- Please sanitise your hands before leaving and take any water bottles away for disposal
- If possible please make payment for the session by direct transfer to my bank account

Further information:

- I will cancel the session if I display any symptoms of the virus or have knowingly been in contact with anyone else showing symptoms and I ask you to do the same. In either case we can re-schedule the session and there will be no charge.
- The same applies if you are self isolating, we can re-schedule without charge
- If you are regularly mixing with groups of people you may wish to carry out a lateral flow test prior to sessions
- My counselling room has a 2 metre sliding door and several velux windows which aid movement of air and the room is large enough for spaced comfortable seating
- All seating and other items used by either of us will be cleaned and sanitised with anti-bacterial wipes/spray several times each day
- Group Training Workshops will continue to be limited to 8/10 participants

Thank you for helping to reduce the risks posed to us all by Covid 19.

Covid 19/SU Youngs Farm/June 20/Updated Aug 20/Updated Nov 20/Updated Jan 21/July 21/Updated August 21