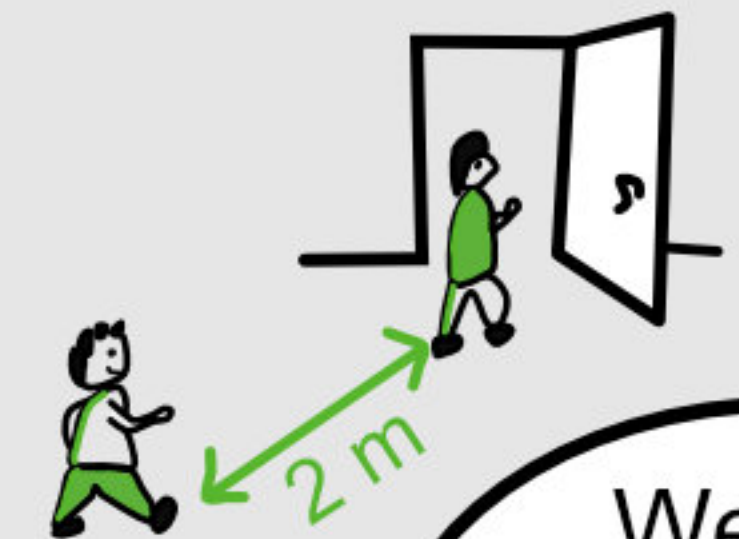


TAKE CARE

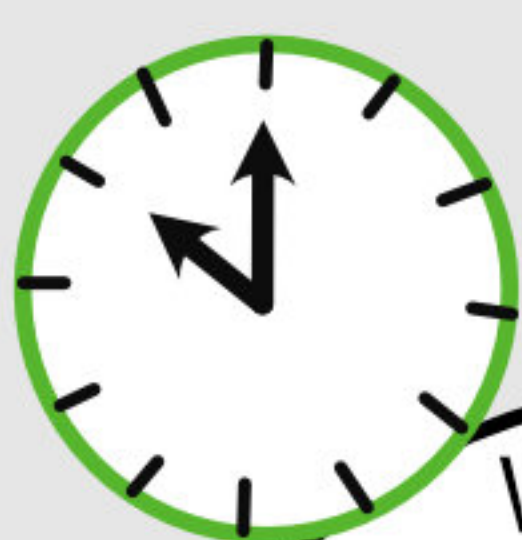
WHAT WE ARE DOING



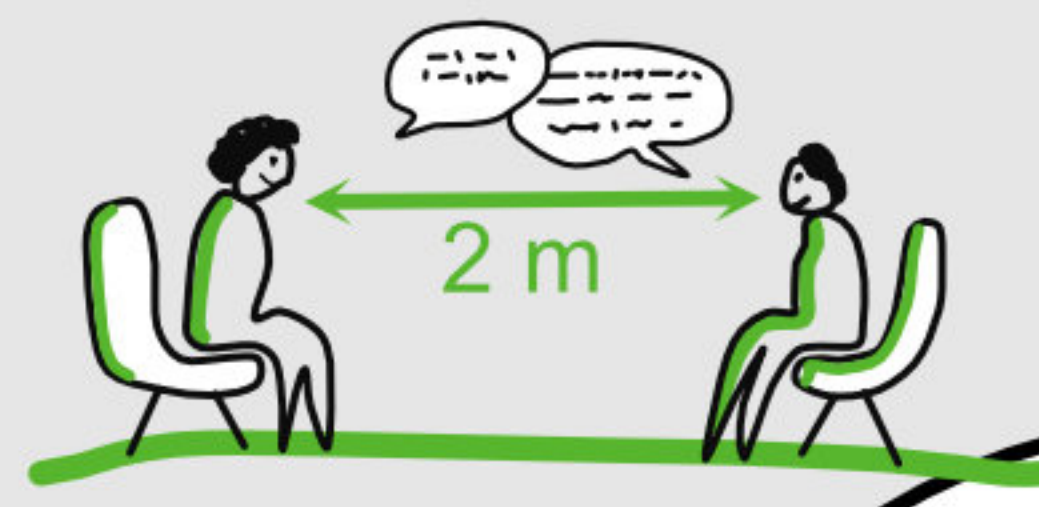
Before welcoming you, we clean any items touched by previous clients



We will close and open doors for you



We stagger appointment times so that you don't meet anyone else



We maintain recommended physical distancing at all times



If your counsellor develops Covid-19 symptoms, they will cancel your appointment or you move to online or phone. If they test positive, they may give your details for contact tracing



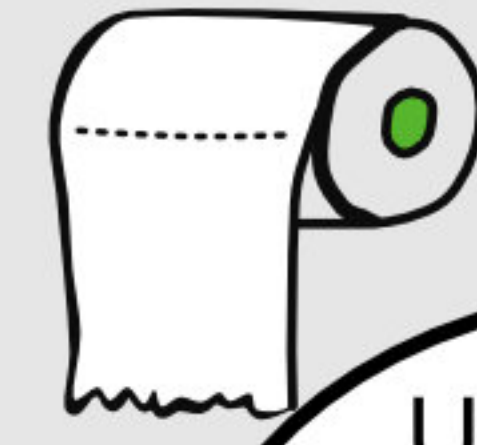
WHAT WE ASK YOU TO DO



Pay online 24 hours before your appointment



Arrive no more than 5 minutes before your appointment. There is no waiting room



Use a toilet before your visit to avoid using our facilities, if possible



Use hand sanitiser on arrival



Sneeze or cough into your elbow or tissue. Take your tissues away with you



Bring your own drink, pen and paper, if you want to use them



If you, or anyone you've been in contact with, develops Covid-19 symptoms, stay at home. We will postpone your appointment, or move to online or telephone.