

Final Details for Carers4Carers meeting – October 22nd 2021

Arrival at the hall: please take note of the time slot you have been given. You will find it at the beginning of your email message. Please try not to arrive early and if you do, please wait in your car if you can.

If there is a queue in the building, you may need to wait outside. For the benefit of others, please resist the temptation to stop and chat in the entrance hall but progress as quickly as you can to either the main hall or small hall. If you are bringing the person you care for to the Companionship Group, please take them into the small hall to the right before joining the carers in the main hall.

Please note that, as part of the protocols we have in place, in line with Government guidelines, we need to have some windows and/or doors open. Even with heating on, this may mean that the air temperature in the hall is not as warm as we would wish. BBC Weather for this Friday forecast a chilly day, with temperatures much lower than the last few days. Please be prepared for this. I shall certainly be wearing layers. Do feel free to bring a rug or blanket if you wish, and especially for your cared-for if they are joining the Companionship Group.

cancelling your attendance:

If you have to cancel your place for any reason, please let us know as soon as you can, so that we can offer your place to anyone on a waiting list. The quickest way is to leave a message or text message on 07947 896504.

Health Screening and Precautions:

For the safety of everyone, we encourage you to take a lateral flow test within 48 hours of the start of our meeting which are for people who have no symptoms. Tests should be free and can be collected from pharmacies. If you have any COVID symptoms then you should book a PCR test.

Please use the following health screening questions to help you decide whether you should attend the meeting. If you answer 'yes' to any of these questions, then I'm sorry, but you will not be able to join us.

Before coming to the meeting, please check through these questions:

Have you, or anyone in your household:

come into close contact in the last 10 days with anyone who has tested positive?
had any COVID 19 symptoms in the past 10 days – i.e. raised temperature, new continuous cough, loss of sense of smell or taste ?
completed a lateral flow test within 48 hours of the start of our meeting and received a positive result?

Are you, or any one in your household:

self-isolating after a trip abroad, in the last 10 days, according to government guidelines?
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self-isolating because you have been asked to do so by NHS Track and Trace?

If you answer 'yes' to any of these questions, then please stay at home.

Please also note the following:

You must inform Carers4Carers if you develop symptoms within 14 days of the meeting.

Carers4Carers will pass on your details to NHS Track and Trace if necessary.

By booking a place for the meeting we consider that you accept the precautions we have put in place and agree to abide by them.