

COVID-19 UPDATE 17th March 2020

Following the most recent guidelines from the Prime Minister yesterday, we have taken extra steps to ensure the safety of our clients, staff and visitors.

The health and safety of our team, clients and any visitors to South Coast Fatigue has of course, always been our main priority, so in light of the recent Coronavirus pandemic, we have stepped up our already high standards of hygiene and cleanliness and will be making some additional changes to the way that we are working.

- **Mindfulness groups have been cancelled** and we are advising clients to use online resources instead such as those suggested in your handbook, or other relaxation strategies that we will have discussed with you during your appointments.
- Follow up appointments will now only be delivered over the telephone and will remain at their 30minute duration.
- Initial face to face appointments **will now be delivered over the phone** or skype where possible and we will send out a handbook either in the post or via email (we are working on this at the moment).
- For those people on the home visiting programme, we will contact you to discuss how you would like your appointments to be delivered, but be reassured that we will not be visiting you at home for the time being.
- We are working hard to ensure your programme with South Coast Fatigue continues with minimal disruption.

In the meantime please continue to follow all the latest advice.