

CHEER and Coronavirus - Covid-19: Volunteer Guidance

UPDATE: Friday 5 June 2020

Introduction

NB: UPDATED INFORMATION IS HIGHLIGHTED IN RED

CHEER clients are in the vulnerable category with regard to the new flu virus Covid-19 and it is crucial that staff and volunteers are aware of what they and our clients should do or not do.

These notes are intended to give basic guidance for CHEER activities to CHEER staff and volunteers.

Please refer to the NHS and Gov.UK websites for the latest guidance (details at end). These notes are based on that information.

CHEER Events

All CHEER events for large groups have been postponed for the time being. This will be kept under review.

Meetings of the Parkinson's Group are being held online (commencing 8/6/20 until further notice.

VOLUNTEER CONTACT WITH CHEER FRIENDS

ALL GOVERNMENT COVID ADVICE AND INSTRUCTIONS MUST BE FOLLOWED AT ALL TIMES – WWW.GOV.UK/CORONAVIRUS

- Please phone your friend every week.
- If you would like to and are able, you may collect medicines and shopping for them.

- You may now walk with your friend outside, leaving from their house. You must social distance (2 metres) according to Government guidelines at all times.
- You must **NOT** drive them in a vehicle.

- **VOLUNTEER VISITS TO CHEER FRIENDS**
Until further notice, visits by all CHEER volunteers and staff to clients must comply with Government advice and must:
 - Only take place outside in the garden (you must not go in the house or inside any other spaces including cabins, sheds, garages etc)
 - Stay at least 2m away from your friend
 - Leave any chair you use cleaned (wiped down with antibacterial cleaner)
 - Not use any crockery etc, i.e take your own coffee with you

DO NOT VISIT IF:

You have one or more of the following symptoms and until the symptoms have completely gone:

- High temperature
- New, continuous cough
- A loss of, or change to, your sense of smell or taste

Or, for 14 days if you have come into contact with someone who has the above symptoms. You can spread the virus even if you don't have symptoms.

TESTING FOR COVID-19

If you have symptoms of COVID-19, you may now apply for a test at <https://www.gov.uk/apply-coronavirus-test>

Contacting CHEER

The CHEER office and Claygate Community Centre will be closed from Friday 20th March until further notice.

CHEER staff can be reached with the following contact details:

Irene Belcher mob: 07395 904933 email: events@cheer-elmbridge.org

Charlotte Chatwin: 07395 940282 email: manager@cheer-elmbridge.org

Please phone between 10 am and 12 midday, Monday to Friday.

NHS and Government Sources

NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Government website: <https://www.gov.uk/coronavirus>

<http://www.cheer-elmbridge.org.uk>