**SINEAD WITHERS COUNSELLING COVID 19 POLICY**

* Please do not attend your appointment if you have any of the recognised symptoms of Covid or if you have tested positive for Covid within the last 10 days. In these circumstances, the appointment will either be re-arranged or will take place via Zoom or on the telephone. I of course agree to do the same;
* You will be asked to either wash your hands or use hand sanitiser before sitting down for the counselling session;
* The room will be set up to ensure a minimum of 1.5 metres between chairs and this distance is to be maintained between us inside the room as much as is possible;
* Please bring with you your own tissues, if you feel that you may need them;
* Prior to your arrival in the room I will have cleaned all surfaces, including the chairs and door handles, and I will have either washed or sanitised my hands;
* Please feel free to wear any protective equipment such as masks and/or gloves etc – this is completely optional;
* Please avoid paying with cash; payment should be made **in advance** of the session via either my website at [www.sineadwitherscounselling.co.uk](http://www.sineadwitherscounselling.co.uk), directly into my bank account Sinead Withers Counselling, Acc. No: 10029890 Sort Code: 60 83 71, or by using my Square payment machine immediately prior to the session;