



Dear All,

Subject to the updated advice provided by the Government and the General Osteopathic Council, I am delighted to inform you that the osteopathy clinic will now be open for appointments at the Cowdray Therapy Rooms. In order to keep everyone as safe as possible, we will be implementing various measures to ensure social distancing and enhanced cleanliness at all times. Appointments will initially be available on Tuesdays, however, if this is not suitable, then please contact me and I can make alternative arrangements. Unfortunately, I cannot offer any Saturday appointments at this time due to health and safety guidelines in place at the Cowdray Therapy Rooms. However, I will inform you all when Saturday appointments become available again.

The health and safety of both patients and staff is of paramount importance, therefore there are some adaptations to the clinic and how your osteopathic treatment will be undertaken. These measures will include;

- Patients will be required to undertake a pre-screening telephone call with me, before their appointment to better assess their symptoms and to screen for any possible COVID 19 symptoms or recent contact.
- In the event that a virtual appointment or onward referral is more appropriate, I will ask patients to undertake this as an alternative.
- Where face-to-face appointments are appropriate, patients will now be asked to wear a mask throughout the entirety of their appointment.
- Your temperature will be taken as a precaution prior to any treatment.
- The therapy rooms will be thoroughly cleaned and ventilated before and after every patient.
- For your health and safety, I will also be wearing additional Personal Protective Equipment (PPE).
- Alcohol gel and hand-washing facilities will be available for patients to use on entering and leaving the clinic.

At present, I am unable to offer face-to-face consultations for those individuals presenting with symptoms of COVID 19, or those who have recently been diagnosed with COVID 19 (i.e. those self-isolating). Those individuals who are clinically vulnerable or currently shielding are advised to ring me directly to discuss their treatment options, as appointments can only be offered on a case by case basis.

To ask any further questions, or to book an appointment, please contact me at tom@knotsosteopathy.co.uk or by phone on 07551424370.

Take care and stay safe,

TOM NOTTINGHAM