

11/5/21

Dear Friends and family members,

The phased relaxation of Covid-related restrictions appears to be on course for the UK, with first-dose vaccine protection rolled out to over 2/3rd of the adult population, generally low prevalence, and mercifully no deaths recorded yesterday (in England, Scotland and Northern Ireland) for the first time since March last year.

From Monday 17th May we will continue our phased relaxation of restrictions as follows:

- 1) Each patient can have up to five named visitors, but due to limited room sizes we are asking you to limit any visit to two visitors only*
- 2) Up to 3, two-hour visits are available each week as per the revised timetable:

Both Wards: Monday to Friday: 11.00-13.00, 12.30-14.30, 14.00-16.00, 15.30-17.30.

We ask for your cooperation in keeping to these times.

- 3) Please bring proof of your vaccination status. Any visitor who is more than three weeks on from having their second vaccination will not be required to have a lateral flow test on arrival. All other visitors are asked to arrive 30 minutes prior to their visit time in order to take a lateral flow test prior to admission to the ward (subject to a negative result).
- 4) Relatives who have difficulty with the Monday to Friday visit times above can liaise with reception to book a suitable time over the weekend using current arrangements. Please could this be kept to a minimum as it involves nursing staff being taken off the ward to test you or let you in.
- 5) Visits can be booked for the upcoming weekend and then for the week following from 10am to 4pm on Monday to Thursday only (01428 643311). Visit booking is not available at other times.
- 6) PPE will now be a mask and visor - no apron is required.
- 7) Providing you wash your hands on entry to the clinical area (or patient's room), then handholding is allowed. We are not encouraging hugging.

- 8) Unfortunately the dining room remains unavailable to visitors, but you are welcome to bring sandwiches, drinks, tea/coffee (in a flask) and to have these either in the room or courtyard areas. Currently we are not able to provide any refreshments, including tea, coffee and water. Please bear this in mind, especially as the weather gets warmer. Access to the dining room will be reviewed in due course.
- 9) Virtual visits will continue as normal as per the established timetable. Please contact Reception if you wish to arrange a virtual visit.

Other news: Hydrotherapy sessions will resume this week for patients who have this as part of their therapy plan. Hydrotherapy is recommended for some patients following assessment by a physiotherapist, so this does not apply to everybody.

Day visits for patients and family members to the holiday cottage in Selsey resume on Monday 7th June. These take place Monday to Friday, usually during the first full week of the month. Initially this will be limited to one family on any day. Charles, our Social activities coordinator will be in touch to discuss and arrange this for suitable patients. We aim to include as many patients as possible this year within our timetable for Selsey trips.

The Social activities team is arranging an exciting programme for the summer and we will say more about this next time.

Finally, we are extremely grateful for your cooperation during the last year and look forward to getting closer to normal as soon as we can.

*please contact Rasheed/reception in advance if you require some further flexibility for a specific visit and circumstances

With kind regards,

Ross, CEO