



MindSpace Stamford COVID- 19 Guidelines

We are really excited to be welcoming you back to MindSpace, however, due to the current government guidelines we have had to make some changes to allow us to reopen.

What will be different?

- We have limited spaces available for all our face-to-face activities, so booking is advised.
- You can arrive without a booking, but please be aware, that **we may not be able to let you in if we are already at capacity**. We will also need to take some contact details from you for track & trace.
- There will be a one-way system through the premises, and we ask that you wear a mask when moving through the premises. You do not need to wear one when you're sitting down.
- Each chair and surrounding area will be sanitised between uses, and so we ask that you choose your seat carefully on arrival, as we would prefer it if you didn't move around the premises too much.
- Sadly, to begin with, we won't be offering any cake or biscuits, but you are welcome to bring your own and all drinks will be made and served by a volunteer.
- Drinks will be served in a disposable single use cup. These cups will then be used to help make the compost for our garden project.
- If using the toilet, we ask that you use the sanitiser wipes provided to wipe down the taps on the sink, flush handle and toilet seat so it is ready for the next person to use.



When you arrive at the premises

- We will ask you to wait outside until our host volunteer is available to greet you.
- They will ask you to sanitise your hands, and put your face covering on (if you are able to wear one).
- You will then be directed to an available seat, and a volunteer will come to offer you a drink.
- We ask that you try to limit your movement throughout the premises, only moving around to use the toilet or to leave the premises.

When you leave

- You will leave through the side exit near the toilets, through the garden and then follow the alleyway round to Silver Lane.
- If you have mobility difficulties, please speak to a volunteer and they will make sure you can safely leave the premises through the front door.