

Dear AMH Member

We hope you've had a wonderful Solstice and New Year break and are welcoming 2021 no matter the challenges we face.

You will have no doubt heard the recent government announcement of a national lockdown yesterday. Please find below the guidance for you to follow accordingly.

1. Where possible you should carry out consultations remotely. There is guidance on our website on managing remote consultations.
2. If it is necessary, you are permitted to carry out face-to-face consultations for medical or health reasons. You should have a clear record of what those reasons are.
3. If you do see clients face-to-face, you should follow the guidance on working safely. There are links to relevant guidance on the Coronavirus section of our website.
4. You should also follow the guidance concerning track and trace. There is information on this on our website.
5. You can no longer offer therapies purely for relaxation purposes, but if you carry out hands-on therapies for medical reasons, these may continue.
6. For insurance information check Balens here  
<https://www.balens.co.uk/news/further-lockdown-measures.aspx>

With regards  
Rumana

Rumana Zahn  
Chair to the AMH