

Emmanuel Baptist Church 'Bumps and Babies' Support Group

National Lockdown mitigation:

Under the guidance new and expectant mum support groups have been listed as exempt from closing, as long as we are Covid Secure under section 3.2: <https://www.gov.uk/guidance/new-national-restrictions-from-5-november#where-and-when-you-can-meet-in-larger-groups>

Clinically vulnerable

Pregnant women and pregnant women with heart disease have been listed as clinically vulnerable or clinically extremely vulnerable. We strongly advise pregnant women to speak to their midwife before attending.

<https://www.gov.uk/government/news/clinically-extremely-vulnerable-receive-updated-guidance-in-line-with-new-national-restrictions>

Eventbrite

- Visitors will be asked to book onto the block of sessions, to encourage the same 15 visitors to attend each week for a period of X weeks*. This will enhance our ability to offer support and develop trust and friendships within the support group whilst minimising household mixing.
- Visitors will be advised of the risk assessment.

Before the session

- Visitors will be limited to 15 adults and chairs will be arranged in 3 groups of 5.
- All toilets will be wiped down by a member of staff/volunteer before the session, using antibacterial spray and disposable gloves.
- All toilets will be made unisex for the session and each will be supplied with a baby change table.
- Signs will ask visitors to wipe down with the antibacterial spray after use.
- Staff/volunteers will wipe down door handles and switches in the Hall and corridor.

How the session will run

- We will open and keep open the main door to allow staggered arrival time, start time of the session TBC.
- Pushchairs will be stored in the corridors and foyer.
- Visitors will be asked to sanitise their hands when entering the building.
- Visitors will be directed to the Side Hall by staff/volunteer and show to their seat. Visitors will be asked to limit their movement.
- Registration will be conducted by staff/volunteers using the Eventbrite spreadsheet.
- Staff/volunteers with child(ren) in attendance will be allocated a seat.
- Staff/volunteers without child(ren) in attendance will move around the hall but maintaining social distance where possible.
- Each session will have a theme and the speaker will deliver this from the steps leading to the garden exit. We have sought guidance from a NCT Practitioner on themes, specifics TBC.
- At the end of the session staff/volunteers will guide visitors to the exit, asking those closest to the door to leave first. They will be asked to sanitise their hands then exit via the main entrance.

After the session

- Staff/volunteers will tidy away any toys using disposable gloves, they will remain in quarantine in the storage area until the following week.
- Staff/volunteers will move chairs as necessary using disposable gloves. Small red children/s chairs will be moved to the Old Creche Room for quarantine.

- The baby change table in the Gents toilets will be moved to the Old Creche Room for quarantine.
- All toilets will be wiped down by a member of staff/volunteer after the session, using antibacterial spray and disposable gloves.
- Staff/volunteers will wipe down door handles and switches in the main hall and corridor.

*length of time will be per half term