

1. It is very important that you take your own health and needs into consideration first, before offering to help others. Please follow government guidance and do not put yourself, your family and others at risk. For the latest advice, go to www.nhs.uk and www.gov.uk.
2. If you offer to help but later develop the COVID 19 symptoms, please telephone the **GNS mobile 07561 890 100** to remove yourself from the volunteer list immediately. Do not hesitate to call the GNS mobile yourself if you need help in any way.
3. The COVID-19 situation is changing all the time and the UK and Local government guidelines change accordingly. The services that the GNS offers are kept under review by the Steering Group following government guidelines. The services we offer at any one time will be indicated on a traffic light list publicised on the GNS web site and on our Facebook page. Telephone coordinators will be kept informed. All the services we are currently offering require **FULL VOLUNTEERS ONLY** (i.e. DBS checked).
4. As from October 1st 2020, the following services will be offered (depending on the traffic light list mentioned above):
 - Driving to all medical appointments and social appointments (e.g. hairdressers). If you have volunteered to be a driver, please read the Covid-19 guidance notes in section 14.2. You will be provided with free face masks and hand gel for yourself and passengers.
 - Telephone befriending. This is organised by the Befriending team. If you have volunteered for this, a member of the team will be in touch.
 - Mini errands e.g. collection and delivery of prescriptions and prepaid shopping, posting letters etc.
 - Delivery from village stores where a rota is in place.
 - Small gardening jobs, where social distancing allows.
 - Small DIY jobs, where social distancing allows.
 - Pet assistance and dog walking, where social distancing allows
5. When making deliveries, items should be placed on doorsteps. You, the volunteer, do not handle money.
6. In all circumstances please minimise face to face contact and wear a mask according to government guidelines. Please try to maintain 2 metres distance when talking to others. Always wash your hands thoroughly when you return home.
7. Please remember to wear your GNS badge. Thank you.