

May Update

Advice for Members

Continuing safety with self-distancing & self-isolating measures.

Stay at home

Only go outside for food, health reasons or work (where this cannot be done from home).

If you have to go out, keep a distance of at least 2 metres from others.

Clients & Patients

Keep in touch with your Clients & Patients, ensuring their wellbeing as well during this time.

Self-Employment Business Support

Take a look at the government website regarding Self-Employment Business Support if you haven't already.

<https://www.gov.uk/coronavirus/business-support>

Wellbeing

Support your own & your families wellbeing, mental & physical.

Physical wellbeing by keeping active:

NHS.uk have put together a Fitness Studio with exercise videos, take a look here:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

There are a lot of fitness teachers that have put together virtual classes. Take a look for teachers in your areas.

Mental wellbeing:

Take a look at this created by Mind.org.uk regarding supporting Mental wellbeing during this difficult time. [https://www.mind.org.uk/information-](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)

[support/coronavirus/coronavirus-and-your-wellbeing/](https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/)

Citizens Advice

If you can't pay your bills because of Coronavirus please see their information page here: <https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/>

Advertising Guidance

If you are producing advertising or marketing materials with respect to coronavirus, please ensure this complies with current advertising standards.

Link to Advertising Responsibly on the ASA (Advertising Standards Authority)

<https://www.asa.org.uk/news/coronavirus-covid-19-advertising-responsibly.html>

Other Advertising/Marketing material should always comply with ASA & CAP: Here is the link for more information <https://www.asa.org.uk/codes-and-rulings/advertising-codes/non-broadcast-code.html>