



COVID-19 update

The health and safety of staff and clients is our top priority

Thursday 29 October 2020

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Need guidance completing a risk assessment?

Take a look at this great [example](#) to get an idea of how to approach risk assessment documentation. You should also watch the [ELMO training](#) before you get started.

Stay tuned for some risk assessment FAQs, coming soon.

Take care Thursdays

This month we've been encouraging you to try three calming activities or actions.

Here are some final ideas to try:

- Move: Mindfulness doesn't have to mean staying still! Try a [walking meditation](#).
- Soothe: Could you try taking ten minutes at sunrise? Take a look at [this video from Jen Barron](#) (who also happens to be Linda Barron's sister!).
- Share: Do you have a great idea to share? [Head to Yammer](#) and tell us all about it.

Vicki