

## Working through Coronavirus

Due to the Coronavirus Pandemic, I am sadly not able to offer face-to-face consultations and Acupuncture treatment at the moment.

However, given that a large part of how I work is about **listening, advising, sharing knowledge and supporting**, I am still happily able to offer these aspects of care via **video consultations** for both new and existing clients.

### For existing clients (attended treatment in the past 6 months):

- **FREE 15-minute video meeting follow-ups** if you want to ask any questions about your treatment to date, report back on how you're doing now or discuss something new, talk through any further lifestyle advice or get personalised Acupressure recommendations. (Maximum once per week).

### For new clients:

- **FREE 15-minute video meeting or phone call** for an informal chat about what you want from treatment, whether what I offer is appropriate for you and how we might work together.
- If we decide to work together, there are 2 possible courses of action:
  - 1) **Join my waiting list** – you will be contacted as soon as government restrictions are lifted so that we can get your first consultation scheduled as quickly as possible.
  - 2) **60-minute first consultation via video meeting (£60)** – at our first meeting, we always talk through your main reason(s) for coming, your full health and lifestyle history and goals for working together. This allows me to formulate a Chinese Medicine diagnosis and treatment plan, suggest any lifestyle advice (e.g. nutrition, exercise, mind work), sign-post to other services or tests that I think are necessary or get you started with some Acupressure at home. The only thing we can't do is start with Acupuncture, but doing all the other preparatory work via video meeting means that just as soon as government restrictions are lifted we can move forward quickly with Acupuncture, safe in the knowledge that some great foundations have already been laid and time hasn't been completely wasted.
    - Following on from that, **one free 15-min follow-up video meeting per week** if required. If we both feel you would benefit from a longer follow-up consultation, the following payment structure will apply:
      - Additional 15 mins (30 mins total): £15
      - Additional 30 mins (45 mins total): £30
      - Additional 45 mins (1 hour total): £45

## Payment

All consultation fess should be paid at least 24 hours in advance by bank transfer, bank details will be provided once your appointment is scheduled.

## Technology

For video consultations an appointment will be scheduled, and you will be sent instructions via email on how to join the appointment online. You will need a phone, tablet or computer with camera and audio. An App or software is likely to need to be downloaded. Full instructions will be provided.

In the meantime, please explore and enjoy the rest of the website and don't hesitate to get in touch by phone or email. Stay safe and healthy!

Warm wishes,

A handwritten signature in blue and green ink, appearing to be 'Judy'.

Judy

(31<sup>st</sup> March 2020)