

## **Guidance to follow for attending Sunday services at Forest Gate Church**

We are starting to open up the groups again and extend what we have been doing on a Sunday morning. Therefore, the trustees of the building have looked at the recent government guidelines and have made these updated decisions on how we can operate best as a church at this time.

-We recommend that you wear a mask, especially when moving around the building, but it is individual choice.

- You are no longer required to do track and trace when you enter the building, however the QR code will stay in place if you want to register in with the NHS track and trace.

- If you have a positive Covid result from a PCR test, please contact Louise to inform the church of any cases. Then each individual can make their own assessment if they were a contact.

- If someone you live with tests positive from Covid, please ensure that you obtain a PCR test to confirm if you also have Covid or not.

Following the government guidelines here :

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#exempt>

Even if you are double vaccinated and don't have to self-isolate, when living with someone who has covid. The church have concluded that you do not attend Sunday morning worship, any groups connected with Forest Gate (Little Sprouts, senior citizens coffee mornings) home groups, etc for a 10 day period. This way it ensures that you will be clear of contracting Covid yourself and in turn passing it unknowingly onto others.

- Please be aware that over the coming weeks that we are still required to ventilate the building even though the temperature outside will be reducing. The trustees have come up with a few measures that should ensure we are not cold but that there is good air flow. These range from opening the office door and window to bring air down into the main room on colder days and getting a carbon dioxide monitor for the main room.

- We have now introduced a green bucket on the bookshelf at the front of the main room by the door to the coffee room, for anyone wanting to give a financial offering. Please only put your offering in before and after the service to reduce people moving around.

- We will return to having communion once a month (usually on third Sunday) however, this will not be done in the traditional way but with individual cups and chocolate wrapped celebrations.