

Dear Volunteer,

Hope you are well. So many of you have been in touch about your wonderful stories and how you have maintained your relationships during this period. We are truly thankful for everything you have done.

The Government recently shared their reopening plans for phase two for the next few weeks regarding COVID-19. Using these guidelines, ALONE are now delighted to share our own plan for the return of Support and Befriending visits to help support older people.

From Monday 8th June all befriending visits can begin again once people are travelling anywhere within their own county or 20km cross county. Please contact the older person you support to ensure they are happy for visits to resume.

Small numbers of people are now allowed visit the homes of those over 70, or medically vulnerable. During your visits please adhere to the health and safety guidelines:

- Remember to practice social distancing, keeping a space of 2 metres between you and the older person
- Follow guidelines around hand washing, sneezing and coughing into your arm or a tissue
- At this time please keep all visits within an hour time frame
- Face coverings are advised to be worn. Please see attached the HSE guidelines
- If you have a concern for the older person you support please ring 0818 222 024

Befriending visits to nursing homes may begin again in certain circumstances. If the older person you support is in a nursing home we advise you to contact the nursing home directly to check if you are permitted to visit at this stage.

Please do not go back visiting unless you are happy to do so and you feel it is a safe thing for you to do. You can contact the volunteer department at any time for support, advice or guidance. Please contact us at [volunteer@alone.ie](mailto:volunteer@alone.ie) or ring 01 6791032.

This is a very positive step for all the older people we support. Thank you again for your patience and support over the last three months.

Kind regards,

**Cian Galvin**

**Volunteer Manager**

Direct Line – 01 567 5671 Office - 01 679 1032

**ALONE**

Olympic House, Pleasant's Street, Dublin 8

[www.alone.ie](http://www.alone.ie)

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