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PRACTICE AND DISTRICT NURSES
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# Removal of government restrictions March 2022

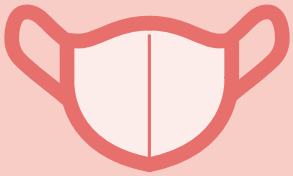
Leg Clubs are, in essence, a face-to-face service where social relationships are formed between persons in physical proximity to one another. The global coronavirus crisis had an impact on how healthcare was delivered in an effort to curb the spread of Covid-19, through imposed social distancing regulations on public venues and many Leg Clubs were suspended.

Since Covid-19 impacted on our lives in March 2020 it has been a worrying time for many people. Hence, the of restrictions easing can feel like a dramatic change to your way of life and may cause you to feel anxious or stressed. Many people have been worried about the virus for a long time, so it's hard to switch off that feeling overnight. Hence, it's a positive move that government easing of restrictions has allowed us to get back to treatment and care within the Leg Clubs. Even though getting back out and about seeing people and doing things we enjoy will bring some challenges too.

Whilst this is good news, the lifting of restrictions can lead to anxiety for some people and it can take time to readjust to things we have not done for a while. For example, you might be worried about the speed of lifting restrictions and the changes or what the future may bring, this may make you apprehensive to return as a volunteer or Leg Club member (patient). However, hopefully feelings of anxiety are likely to pass with time as we get used to the "new normal" but it's important to do what we can to take care of our physical health and general wellbeing. Hence, for some people the news of Covid-19 restrictions finally being lifted in the UK will be met with mixed feelings as changes are coming into effect for anyone volunteering or socialising.

The Leg Club Foundation is very aware that returning to your Leg Club may feel more difficult because your risk of catching the virus is affected not just by what you do, but what people around you do, and we know you may have concerns over rising cases or new variants. Also, we have Leg Clubs in England, Wales, and Scotland and each have specific rules in place around face masks, and different arrangements around when and where they will no longer be required by law.

Face masks have played an important role in reducing the spread of coronavirus. As they become voluntary in different parts of the UK, it will be up to each of us to consider the risks and benefits of wearing them, for us and those around us.



Choosing to wear a face covering, especially in your Leg Club and enclosed or crowded spaces, will continue to limit the spread of coronavirus. Face masks are particularly useful at reducing the spread of the virus from people who don't have coronavirus symptoms and don't realise they may be infected. They are most effective at protecting those around you but wearing one may help protect you as well.

Most importantly as a member or volunteer you don't have to do anything you don't feel comfortable to. But for confidence, mental health, and overall wellbeing it is important to try and reintegrate back into your local Leg Club to begin socialising again. Rather than rush into anything you may find it helpful to ease back gradually and start small and think about what you do and don't want to do socially, and to set some goals for yourself.





Some things may be different in future – like whether people shake hands or hug each other and remember other Leg Club volunteers/ members may well be feeling as unsure as you are. Trying to focus on putting the other person at ease can be a good way of managing your own social anxiety, as well as being helpful to them.

Explain to fellow volunteers and Leg Club members if you would feel more comfortable practicing social distancing for now. Ultimately, you don't need to feel under pressure to do anything you don't feel comfortable with. Being open with other people about how you feel, while being aware that other people may feel differently, can be helpful.

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Due to potential changes by the UK government, covid restriction can take place with little warning so always monitor the government website/news and NHS apps: **www.gov.uk/coronavirus**

There is an excellent NHS website that provides tips on how to cope with the new Corvid-19 lifting of restrictions: **www.nhs.uk/every-mind-matters/coronavirus/tips-to-cope-with-anxiety-lockdown-lifting/**

NHS

mind
for better mental health

Also, the NVCO and Mind websites:
**www.knowhow.ncvo.org.uk/coronavirus/volunteers**
**www.mind.org.uk/news-campaigns/campaigns/you-and-your-gp/**

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