

**Boundaries and Confidentiality during Covid 19 Lockdown**

	<p>During lockdown you may want to chat to people online more than usual.</p>
	<p>It is important to stay safe online. Please read our other easy read guide about staying safe online.</p>
	<p>You may want to talk to your Gig Buddy or the Gig Buddies team more than you normally do.</p>
	<p>We understand this might be because you are stuck at home cannot see them every month like you would normally.</p>



Your daily routine will be different to other people you may want to talk to.

They might not be free at the same time as you.



Please remember your Gig Buddy may be a keyworker and working longer hours to help during the coronavirus crisis.



Your Gig Buddy may be a parent or carer for a relative and be busy looking after them.



The Gig Buddies staff are still working from home and are able to talk to you on the phone.

We will be calling each gig buddy every 2 weeks during lockdown to check in with them.



We will call people between Monday and Friday.



We will call in our working hours between 9am and 5pm.



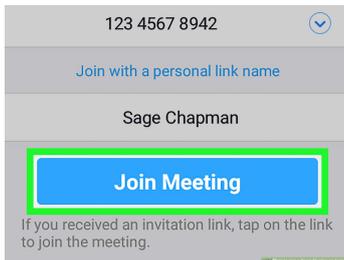
We have also set up online socials at set times in the evening each week.

This is a time to chat in a group over video call.



We are using Zoom for the evening group chats.

This is a free app you can use on your phone or laptop.



You will be sent an invite to different zoom chats. We cannot all chat on the same call. There are too many gig buddies!

For more info on using Zoom read this brilliant guide by Learning Disability Wales

<https://www.ldw.org.uk/wp-content/uploads/2020/04/How-to-use-Zoom.pdf>



We hope this will help to keep gig buddies connected as much as possible virtually during the social distancing time.



Please remember if you live with other people or your gig buddy does that your phone calls may not be confidential.

Please do not share any personal information on group chats and keep it confidential.



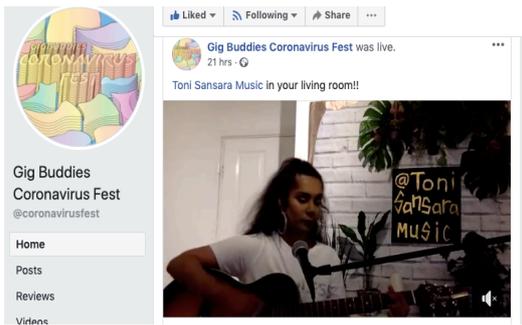
Please do not call or text your Gig Buddy or the staff late at night.

The Gig Buddies team will also not answer their phones at weekends.



Although our routines have changed, please remember your Gig Buddy volunteer agreed to keep in touch once or twice a month.

They may not be free more regularly than that.



Remember between socials and chatting to your gig buddy you can also log on to facebook and watch gig buddies @coronavirusfest – a live stream at least 3 times a week at 8pm or 9pm.



Please tell your support if you are struggling during lockdown and need more help.