

## **Coronavirus (Covid-19): Sharing your experience with the Truth Project in England**

This factsheet explains the steps we are taking to help protect the health of Truth Project participants and staff during the current coronavirus pandemic. It may also help you decide which is the best way for you to share your experience.

We will continue to manage our work in line with Government guidelines. These may vary at short notice. If we can't proceed with your session, or have to make changes to it, we will contact you as soon as possible.

### **To help you decide which way to share your experience**

We understand it is not easy to share your experience of child sexual abuse, and that the changes we have to make to sessions in person may seem a bit daunting.

Please know that we are doing this to help protect the health of Truth Project participants and staff. If you prefer, you can share your experience by phone, video call, or in writing.

Whichever way you choose to share, your account is equally important and we will treat the information you give us in exactly the same way.

**Please do NOT request a session in person, but consider sharing by phone, video call or in writing:**

- If you, or someone you live with or have contact with, is at higher risk from coronavirus. Check who is at higher risk at [www.nhs.uk/conditions/coronavirus](http://www.nhs.uk/conditions/coronavirus)

### **Reasons not to attend a booked session in person**

Please be assured that the same requirements will be followed by all Truth Project staff you may meet on the day of your session. They must also be followed by any companion you are bringing with you.

**If you have a session in person booked, you should NOT attend:**

- If you have tested positive for coronavirus in the 10 days before the session date.
- If someone you live with has tested positive for coronavirus in the 14 days before the session date.
- If you are told by the NHS Test and Trace service in the 14 days before your session date that you've been in contact with a person who has coronavirus. Find out more about Test and Trace at [www.nhs.uk/conditions/coronavirus](http://www.nhs.uk/conditions/coronavirus)
- If you, or someone you live with, or have been in contact with, in the 14 days before the session date, have any of the main symptoms of coronavirus. These are currently a high temperature; a new, continuous cough; loss or change to your sense of smell or taste, but guidance may change. Check the symptoms at [www.nhs.uk/conditions/coronavirus](http://www.nhs.uk/conditions/coronavirus)

- If you, or someone you live with or have contact with, is at higher risk from coronavirus. Check who is at higher risk at [www.nhs.uk/conditions/coronavirus](http://www.nhs.uk/conditions/coronavirus)
- If you will be arriving in England, in the 14 days before your session, from a country on the Government's self-isolation requirement list. Check the countries at [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)

**If any of the above apply to you, please get in touch using the details on your booking letter, or call us on 0800 917 1000.**

We will talk through the options with you to share your experience by phone, video call or in writing, or try to arrange another session in person for you.

## Preparing for your session in person

- **Travel** – we encourage you to travel to your session by car, ideally to the location nearest for you. If this is difficult for you, please contact us to talk through the options. We will tell you where you can park and refund reasonable expenses for fuel, parking and congestion charges. If you have to use public transport, we will make the arrangements for you to travel at an off-peak time, if possible. We will send you a pack containing face masks and gloves for the journey, unless you tell us you don't want this.
- **Expenses** – we will refund your reasonable expenses for travel and refreshments or meals, but we can only do this by sending you a cheque after your session. If you have any concerns about this, please contact us.
- **Accommodation** – we are unable to arrange overnight accommodation. Please choose a location that you can travel to and from in a day. We will arrange the time of your session to make this as easy as possible.
- **Companions** – you can bring one companion, aged 18 or over, to your session. They can be in the room with you, or wait somewhere nearby, such as a cafe.
- **Refreshments** – we will provide light refreshments for your session.
- **Face coverings** – you and any companion who may come with you will need to wear a face mask, but don't worry if you forget; we can supply them, along with hand sanitiser.
- **Documents** – please don't bring any paperwork to your session. This is not needed to support your account.

## What to expect on the day of your session

- **Arriving** – please arrive no earlier than 15 minutes before the start time of your session. You will be met by a support worker, who will be wearing a face mask. They will talk you through what will happen at the session, and answer any questions or concerns you have.
- **Face coverings** – unless you are exempt from wearing one, we will ask you to wear a mask while you are with us. Don't worry if you don't have one, we will supply it.

- **Hand hygiene** – we will provide hand sanitiser and you will also be able to wash your hands.
- **Toilets** – you will be able to use the toilets – the support worker will show you where they are when you arrive.
- **Social distancing** – there will be signs and markings to help you and Truth Project staff keep two metres distance from each other.
- **NHS Test and Trace** – the Truth Project is taking part in this NHS service to help protect participants and staff. The support worker will ask for your consent to share your contact details with the NHS, if we are asked to within 21 days of your session taking place. If you agree to provide information for our Test and Trace records it will be kept separately from your Truth Project records, and will be deleted after 21 days.
- **Sharing your experience** – there will be a maximum of four people in the room while you are sharing – you, your companion (if you choose this), your support worker (if you choose this) and a facilitator. The facilitator has been trained to listen to victims and survivors with respect and empathy. Find out more at [www.truthproject.org.uk/shareyourexperience](http://www.truthproject.org.uk/shareyourexperience)
- **Handshakes and hugs** – some people don't want physical contact – others do. For now, to keep you and our staff safe we all have to keep our distance. But please know that we will support you with empathy and care while you are sharing your experience.

## **Coronavirus (Covid-19): Sharing your experience with the Truth Project in Wales**

This factsheet explains the steps we are taking to help protect the health of Truth Project participants and staff during the current coronavirus pandemic. It may also help you decide which is the best way for you to share your experience.

We will continue to manage our work in line with Government guidelines. These may vary at short notice. If we can't proceed with your session, or have to make changes to it, we will contact you as soon as possible.

### **To help you decide which way to share your experience**

We understand it is not easy to share your experience of child sexual abuse, and that the changes we have to make to sessions in person may seem daunting.

Please know that we are doing this to help protect the health of Truth Project participants and staff. If you prefer, you can share your experience by phone, video call, or in writing.

Whichever way you choose to share, your account is equally important and we will treat the information you give us in exactly the same way.

**Please do NOT request a session in person, but consider sharing by phone, video call or in writing:**

- If you, or someone you live with or have contact with, is at increased risk from coronavirus. Check who is at increased risk at [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)

### **Reasons not to attend a booked session in person**

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**If you have a session in person booked, you should NOT attend:**

- If you have tested positive for coronavirus in the 10 days before the session date.
- If someone you live with has tested positive for coronavirus in the 14 days before the session date.
- If you are told by the NHS Wales Test, Trace, Protect service in the 14 days before your session date that you've been in contact with a person who has coronavirus. Find out more about Test, Trace, Protect at [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)
- If you, or someone you live with, or have been in contact with, in the 14 days before the session date, have any of the main symptoms of coronavirus. These are currently a high temperature; a new, continuous cough; loss or change to your sense of smell or taste, but guidance may change. Check the symptoms at [www.phw.nhs.wales](http://www.phw.nhs.wales)

- If you, or someone you live with or have contact with, is at increased risk from coronavirus. Check who is at increased risk at [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)
- If you will be arriving in Wales, in the 14 days before your session, from a country on the Government's self-isolation requirements list. Check the countries at [www.gov.wales/coronavirus](http://www.gov.wales/coronavirus)

**If any of the above apply to you, please get in touch using the details on your booking letter, or call us on 0800 917 1000.**

We will talk through the options with you of sharing your experience by phone, video call or in writing, or try to arrange another session in person for you.

### **Preparing for your session in person**

- **Travel** – we encourage you to travel to your session by car, ideally to the location nearest for you. If this is difficult for you, please contact us to talk through the options. We will tell you where you can park and refund reasonable expenses for fuel, parking and congestion charges. If you have to use public transport, we will make the arrangements for you to travel at an off-peak time, if possible. We will send you a pack containing face masks and gloves for the journey, unless you tell us you don't want this.
- **Expenses** – we will refund your reasonable expenses for travel and refreshments or meals, but we can only do this by sending you a cheque after your session. If you have any concerns about this, please contact us.
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- **Documents** – please don't bring any paperwork to your session. This is not needed to support your account.

### **What to expect on the day of your session**

- **Arriving** – please arrive no earlier than 15 minutes before the start time of your session. You will be met by a support worker, who will be wearing a face mask. They will talk you through what will happen at the session, and answer any questions or concerns you have.
- **Face coverings** – unless you are exempt from wearing one, we will ask you to wear a mask while you are with us. Don't worry if you don't have one, we will supply it.

- **Hand hygiene** – we will provide hand sanitiser and you will also be able to wash your hands.
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- **Social distancing** – there will be signs and markings to help you and Truth Project staff keep two metres distance from each other.
- **NHS Test and Trace** – the Truth Project is taking part in this NHS service to help protect participants and staff. The support worker will ask for your consent to share your contact details with the NHS, if we are asked to within 21 days of your session taking place. If you agree to provide information for our Test and Trace records it will be kept separately from your Truth Project records, and will be deleted after 21 days.
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