



## Coach's guide to delivering the SCENE intervention during Covid-19: update

### SCENE: Enhancing Social Networks, Improving Quality of Life

#### 1. Why are we releasing this bulletin?

We understand that there has been a sharp increase in coronavirus cases recently, with the R number firmly above 1, and the alert level has been moved back up to 4.

#### 2. What recent measures have been put in place?

On a national level, many group activities have been impacted due to the rule of 6 which means that people are not allowed to meet in groups of 7 or more. However there are some activities which have been exempt (e.g. educational) and whilst indoor team sports not permitted, fitness classes are still can still take place as well as outdoor sports. Additional local restrictions have also been put in place in some areas with outbreaks, so please continue to check what restrictions apply locally.

#### 3. What does this mean for the intervention?

It is important to emphasise that the intervention has to be more person-centred now than ever. Not only do we have to be flexible to adapt the intervention to individual needs and circumstances but also to what is possible at a given time in a given area. Ahead of meeting please check what local restrictions apply. In terms of delivering the intervention, please continue to conduct sessions via video or phone call where possible. Face-to-face interaction is discouraged, although it may be considered in special cases and if it does not contravene your Trust's policies. If in doubt please contact a member of the service user's clinical team and/or your local PI.

#### 4. One final thought...

We urge coaches and coach co-ordinators to get in touch with us, and to join the Tuesday afternoon SCENE surgery where we can discuss such issues and reflect together as a team. We very much welcome communication at this uncertain time, as we try to find ways to continue the intervention and adapt in the circumstances.