



Date: 17/03/2020

PRESS RELEASE - Immediate Use

Response to the COVID-19 pandemic

Four Pillars' trustees and the Grampian Pride committee are dedicated to the wellbeing of its volunteers and community. To that end we have been following the COVID-19 virus very closely listening to advice from experts and the government. The following contingency plan will be put into effect immediately.

Following current Scottish Government advice, and guidance from Four Pillars trustees, *appendix 1* Grampian Pride 2020, scheduled for 30th May 2020 will be postponed until further notice. The event will be rescheduled for the earliest possible date, once the restrictions are lifted. Further guidance on this date will be issued as soon as possible. The Grampian Pride committee, a sub-group of Four Pillars, the Board of Trustees and key operational staff will stay updated and endeavour to ensure Grampian Pride 2020 goes ahead safely, securely and in line with guidance from the local authority. We know the importance of Grampian Pride to the local community and our sponsors and now more than ever want to confirm our commitment to bringing Grampian Pride to the community in the future. It is vital that we have a future to look forward to and that includes looking forward to events that allow us to celebrate being who we are and will become in the aftermath of COVID-19.

Grampian Pride committee have already spoken with the local authority to obtain a new date, once this is confirmed we will inform all ticket holders, sponsors and contractors. We ask that if you have obtained a ticket that you keep hold of it, as it will allow us to update you directly on events as they unfold. Tickets will automatically be valid on the new date once it is set. Please also keep an eye on our social media platforms as this will be updated as we go forward.

Charities and stall holders, we ask that you bear with us during this period. Once a new date is set you will be contacted and informed, any applications or commitments will be honoured for the new date, there will not be any need to re-submit applications etc.

If you would like any more advice or guidance at this time please contact deejay@grampianpride.org directly.

ENDS

Contact

Deejay Bullock

Event Manager

Telephone: 01224 211963

Mobile: 07583 484435

Web: www.grampianpride.org

Email: deejay@grampianpride.org

 @4pillarsuk

 /4pillarsuk

www.4pillarsuk.org

Telephone: 01224 211963

Mobile: 07583 484435

Web: www.4pillarsuk.org

Email: deejay@fourpillarsuk.org

Date: 16/03/2020

PRESS RELEASE - Immediate Use

Response to the COVID-19 pandemic

Four Pillars' are dedicated to the wellbeing of its staff, volunteers and service users. To that end we have been following the COVID-19 virus very closely listening to advice from experts and the government. Our current stance on this situation is, as always, don't panic. Whilst this virus is new to the world and people fear for the unknown, causing panic, we will do our best to support those in need. The following 3-part contingency plan will be put into effect immediately.

Response 1

We will endeavour to keep services and support open to those that need it. We feel as an organisation that "day to day" activities are going to be vital for service users to reduce fear, panic and isolation.

- Our LGBT+ hub, Four Unity, will remain open as normal, for as long as possible; with extra measures put in place to protect those that use the service.
 - This includes running on skeleton staff at all times. Volunteers will be relieved of duty and not expected to attend shifts, minimum agreement hours will be waived.
 - Extra cleaning, infection control and prevention methods will be put in place, such as hand sanitizers, surface wipes and reduction in direct contact with others.
 - Anyone feeling unwell or are close to someone who is unwell, may have been infected with COVID-19, *Appendix 1* are asked to follow the WHO *Appendix 3* & Government advice *Appendix 2* by self-isolating. This advice will change with government guidance.
for example, if they choose to close public areas such as the Market Village, where we are based, or educational facilities where we carry out awareness events.
- All groups, and meetings will continue, unless stated otherwise, to ensure those that need our support and those that may need additional support, to cope with this outbreak, receive that service.
- Services such as the community fridge will continue for as long as there is food and/or the hub shuts.
- All awareness, PR and fundraisers will be postponed until further notice. This is to reduce the number of staff needed per day and potential contact with others. It also ensures key staff are present in the main office if/when needed.
- Following current Scottish Government advice *Appendix 2*; Grampian Pride 2020, scheduled for 30th May 2020 will be postponed until further notice. The event will be rescheduled for the earliest possible date once the restrictions are lifted. Further guidance on this date will be issued on or before 30th March 2020. The Grampian Pride committee, a sub group of Four Pillars, the Board of Trustees and key operational staff will meet regularly to update and endeavour to ensure Grampian Pride 2020 goes ahead, safely and securely.
- Finance will be a big issue during this period as very few people will visit Four Unity and sponsorships will be put on hold. Therefore, spending is limited to crucial services i.e. rent & bills until further notice.

Response 2

It is inevitable that the Government will put restrictions on non-essential services, this will include Four Unity going into what is being described as “lock down”. There is also the possibility of key staff being isolated, this will result in the temporary closure of Four Unity.

In both instances;

- Key staff will notify all those effected by the closure, volunteers, service users and partners. Contact details for the CRM will be issued along with this announcement and people encouraged to contact direct by phone or email if needed.
- 1-2-1 work and/or additional support will be done over the phone.
- Admin work, such as day to day documents & emails will continue from home during this period.
- The CRM will keep board members updated regularly of any changes in circumstance through this time.
- ALL spending will be suspended, this includes rent & regular bills.

Return

Once it is safe to do so Four Unity and main operational duties as well as groups and 1-2-1 work will commence. A phased “back to work” plan will be implemented where volunteers will be supported in returning to work. Service users will be notified when activities will recommence, and extra support will be in place for those that need it.

If you would like more advice & information on what Four Pillars are doing in the light of this situation, such as details around infection control, or any other information please feel free to call, email or drop-in to Four Unity.

ENDS

Contact

Deejay Bullock
Founder, Community Relations Manager
Tel: 01224211963
Mob: 07583484435
Email: deejay@fourpillarsuk.org
Web: www.4pillarsuk.org

Appendix 1

Symptoms

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Appendix 2

Local guidance

Following local guidelines <https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/>

It has been announced by the Scottish Government that as of 13 March anyone developing symptoms consistent with COVID-19, however mild should self-isolate for 7 days.

The most common symptoms of COVID-19 are recent onset of:

new continuous cough and/or

high temperature

If symptoms worsen during home isolation or are no better after 7 days then people should be advised to phone their GP or NHS24 (111). Public Health England (PHE) have produced advice for people who have symptoms and are self-isolating which can be [viewed on their website](#).

Nicola Sturgeon has announced that All gatherings of 500 or more will be suspended. This is to free up emergency services and volunteers to assist with the pandemic not to prevent any spread of the virus.

Appendix 3

Protection measures for everyone (<https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>)

Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Many countries around the world have seen cases of COVID-19 and several have seen outbreaks. Authorities in China and some other countries have succeeded in slowing or stopping their outbreaks. However, the situation is unpredictable so check regularly for the latest news.

You can reduce your chances of being infected or spreading COVID-19 by taking some simple precautions: Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.

Why? When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

Avoid touching eyes, nose and mouth.

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Why? Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

Why? National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.

Why? You have a higher chance of catching COVID-19 in one of these areas