**Welcome to Wellness Centre Dumfries**

**We are operating a limited service if you feel that you could be treated with Chinese Herbal Medicine via a Zoom or Telephone consultation instead of a face to face appointment please call Lynda on 07753571212**

This is some information for you so that you know how we are running the clinic now that we must follow Government Guidelines imposed due to the Covid Pandemic.

The centre can be accessed by walking along **George St Meuse** from George St. The entrance to **George St Meuse** is across from **Moat Brae** under the archway right next to **St Georges Church**. The centre is right at the end of the Meuse. If you have difficulty with walking you can get dropped off at the door but unfortunately there is no parking.(Please note google maps sends you to the wrong Mews)

The acupuncture treatment rooms are on the first floor of the building. (if you need a downstairs room please let us know in advance)

Come in the outer door, **use the sanitiser and ring the doorbell** which is next to the white door on your right. It is clearly labelled.

It is best not to be early for your appointment as we do not have a reception area you will be shown directly to a sanitised treatment room.

**Please fill in your Covid Triage form before every visit and bring it with you.**

**The form is on the home page of** [**www.wellnessdumfries.org**](http://www.wellnessdumfries.org) **or we have spare ones in the clinic.**

**You must wear a well-fitting mask. We can provide one if you do not have one with you.**

You will have your temperature checked at the door.

Please do not bring friends or family with you as we cannot admit them to the building.

We do have toilet facilities which are cleaned after each use.

If you wish to bring loose fitting leggings etc to put on during a treatment, please do so as well as bringing you own towel or blanket. We have small blankets which are washed after use but it is important that you feel warm and comfortable. The rooms are warm but perhaps less warm than usual as we must open windows to circulate fresh air.

It is all a bit different from how we used to run the centre, but you will still feel comfortable and relaxed whilst we do our best to keep everyone as safe as they can be.

If you have any questions, please call 07753571212 or email [contact@wellnessdumfries.org](mailto:contact@wellnessdumfries.org)

Best Wishes

Lynda Sharp