

Dear Friends,

This morning the Premier and Chief Health Officer has announced that the greater Brisbane lockdown will end at 6pm tonight however some restrictions will continue.

These ongoing restrictions will continue for the next 10 days, ending on January 22 at 1am (or unless otherwise advised).

It is important to note that your health and wellbeing is our priority and we confirm the following: -

- Wellness and STRC services will continue
- Staff will continue to carry out the doorstep screening prior to entering your home.
- Staff will wear a face mask whenever they are with you, this includes transporting, accompanying to appointments and while in your home
- group exercise classes – will continue however the wearing of a mask is compulsory.
- individual exercise sessions – continue but with masks worn by therapists and client/member
- Aqua classes – group based aqua at Scarborough is suspended until further notice.
- Individual Hydrotherapy – our Wellness team are currently liaising with the various facilities to determine their COVID Safe arrangements and will discuss these with relevant clients
- Health Clinic – at Scarborough & Woolloowin – will operate under strict social distancing guidelines and both client and provider must be wearing a mask.

As directed by Queensland Health, you are required to carry a mask on you whenever you leave home as you will need to wear a mask when entering communal spaces including shopping centres and supermarkets, gyms, places of worship, libraries, taxis and rideshares.

We ask that you continue to abide by these requirements at all times and we will be sure to keep you updated with any changes that may occur. Please contact our Wellness and STRC team if you wish to discuss further your services or any other matters.

Thank you for your ongoing support with these restrictions.

Kind regards,



Kate Newton  
Service Quality Direct