

Dear All,

Coronavirus Update for Enable Health and Wellbeing Participants

COVID-19 (Coronavirus) is a current public health matter and we wanted to contact you detailing our future plans.

Effective from Monday 16 March 2020, Enable Leisure and Culture will be cancelling all Active Wellbeing activities for two weeks. This includes all 1:1 exercise sessions, the Tooting Bec Athletics Track drop in, and any assessments.

We plan to restart these activities after two weeks. If the guidance from Public Health England and/ or NHS changes, we will update you. We apologise for any inconvenience and disappointment this may cause.

Below are a couple of useful resources highlighting what physical activity you could do at home. We would encourage you to look at the recommended physical activity guidelines and where possible ensure you are keeping active during this time. There are several alternative resources for home-based activity including exercise videos that can be accessed through YouTube and another channels.

NHS physical activity guidelines for adults aged 19 - 64

<https://www.nhs.uk/live-well/exercise/>

NHS physical activity guidelines for older adults aged over 65

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/>

10 Today - 10 Today involves short ten-minute routines to get you stretching and moving and will be broadcast on the radio and online.

<https://10today.co.uk/>

We are currently following Public Health England and NHS guidance to help contain the virus and stop it spreading. This is best done by practicing good hand hygiene by washing your hands for 20 seconds with hot water and soap or using sanitising gel.

We will also update our website www.enablelc.org/healthandwellbeing and social media channels @enablehw (Twitter, Facebook, and Instagram).

If you would like to know further information about Coronavirus please visit:

www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response

www.nhs.uk/conditions/coronavirus-covid-19/common-questions/