

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 postponing all Active Workplace activities for two weeks. This includes the below activities:

- Boxercise – Monday 5.40-6.40pm @ Penfold Centre
- Pilates – Tuesday 11.55am-12.55pm @ Robing Room
- Yoga – Tuesday 5.30-6.30pm @ Robing Room
- Chi Gung – Wednesday 12.30-1.30pm @ Robing Room
- Zumba – Wednesday 5.30-6.30pm @ Penfold Centre
- Beginner Yoga – Thursday 12.30-1.30pm @ Robing Room

We plan to restart these activities after two weeks. If the guidance from Public Health England and/ or NHS changes, we will update you. If you have made an advance payment, you will not lose any sessions, we will issue you credit for any postponed activities. We apologise for any inconvenience and disappointment this may cause.

Please ensure we have up to date contact details for you, including a mobile number and an email address (if possible). If you've completed a registration form with us recently, we will have your details. You can check the details we hold for you by contacting the office on 0203 959 0041 or email [lashworth@enablelc.org](mailto:lashworth@enablelc.org) – when contacting us please state the name of the class/ programme you attend.

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](http://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](http://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response)  
[www.nhs.uk/conditions/coronavirus-covid-19/common-questions/](http://www.nhs.uk/conditions/coronavirus-covid-19/common-questions/)