

Dear All,

## Coronavirus Update for Enable Health and Wellbeing Participants

COVID-19 (Coronavirus) is a current public health matter and we wanted to update you following our previous communication.

Enable Leisure and Culture will be postponing all Active Workplace activities for the foreseeable future. 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 once it is deemed safe to do so by Public Health England and the NHS. We apologise for any inconvenience and disappointment this may cause. 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.

We are currently looking into alternative ways to provide activity and support for our groups such as virtual classes and WhatsApp groups. We will be in contact you soon once we have this information for you. In the meantime, 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.

We will also continue to 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/)