

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 Macmillan Move More activities for two weeks. This includes all 1:1 assessments and all our exercise sessions.

We plan to review 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.

If you feel well enough, we encourage you to keep as active as possible during this time. The Macmillan Move More DVD is a great way to keep active at home. Let us know if you don't have one and we can send one out to you.

Below are a couple of useful resources highlighting what physical activity you could do at home. There are several alternative resources for home-based activity including exercise videos that can be accessed through YouTube and another channels.

Move More: Your guide to becoming more active

<https://be.macmillan.org.uk/be/p-24948-move-more-your-guide-to-becoming-more-active.aspx>

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/>

We will continue to offer support over phone and email. If you have any questions or would like some advice about keeping active during this time please call 02039590031 or email waccg.movemorewandsworth@nhs.net

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/