

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 have started a phased return to Active Lifestyles activities and will be operating a temporary timetable of classes. At the moment we are only restarting a handful of classes outdoors, with additional classes due to start over the upcoming weeks. Due to social distancing, we are restricting the amount of people in each class and will be operating a booking system. Please see below for the temporary programme of activities that have restarted:

Active Lifestyles temporary timetable

	Class	Time	Venue	Price
Monday				
Tuesday	Keep on Moving (50+) with Annamaria	10.30-11.30am	King Georges Park (next to the old bowling green, near the All Star Tennis office), SW18 2GJ	£4 per session (payable in advance online or by phone)
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

How to book:

- Email activelifestyles@enablelc.org with your full name, date of birth, address, contact number and email to register your interest (this email account is monitored Monday – Friday 9am-5pm). *You only need to register interest once, after that you should receive a link allowing you to book onto any Active Lifestyle class.
- You will then be added onto our booking system and will receive a link via email to book classes online.
- Participants can book onto a class up to 7 days in advance
- All classes are on a pay as you go basis
- All bookings are taken in advance
- Bookings can be cancelled no later than 2 hours before the class. The amount paid will be credited to your account.
- The Battersea Park Millennium Arena Team along with the Active Lifestyles Team are managing bookings and payments for this class.
- If you have any queries about the class, please contact activelifestyles@enablelc.org

Important information

- Equipment will be cleaned and put in place before the class by staff members.
- All classes are outdoors.
- If you or a member of your household are showing COVID-19 symptoms, please do not attend classes.
- Always stay 2 metres apart.
- Please use the hand sanitizer provided before and after the class.
- All participants need to book prior to attending.
- Enable reserves the right to stop classes if these measures are not adhered to.

We plan to restart activities inside once it is deemed safe to do so by Public Health England and the NHS and our halls and centres start to reopen for bookings. We apologise for any inconvenience this may cause.

We would also 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 and social media channels @enablehw (Twitter, Facebook, and Instagram).

We look forward to welcoming you back to classes over the next few weeks. If you have any questions, please do get in touch.

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/