

Dear All,

Coronavirus Update for Enable Health and Wellbeing Participants – Active Wellbeing

COVID-19 (Coronavirus) is a current public health matter and we wanted to contact you and update you on our programme developments.

Effective from June 2020, Active Wellbeing have begun outdoor sessions, and our gyms and leisure facilities are beginning to open with instructors and clients now optionally booking gym sessions where there is availability. Our 1:1 exercise sessions are social distanced and in outdoor spaces around Wandsworth. Existing participants have been contacted and given the opportunity to join these sessions with their exercise instructor. We are still offering a virtual programme to a small amount of people on the programme.

Initial assessments are taking place over zoom or telephone call depending on the needs of the individual, with the option of face-to-face assessments at the Tooting Hub on Thursdays and Fridays from 1 September 2020 for those new to the programme.

3-month follow-up assessments are happening over zoom or phone-call with the intention to offer face-to-face meetings at these clients 6-month reviews.

We are still supporting people with useful resources highlighting what physical activity you could do at home. We are also encouraging people to exercise outside and begin to engage in classes where safe to do so. There are several alternative resources for home-based activity including exercise videos that can be accessed through YouTube and other 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/