

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 starting a return to some of our Walk Wandsworth activities. We are working closely with our volunteers to get our walks restarted safely so please continue to check back for the most up to date information.

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 us on 0203 959 0033 or email activelifestyles@enablelc.org – when contacting us please state the name of the class/ programme you attend.

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).

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/