

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 January 4<sup>th</sup>, 2021, Active Wellbeing are now offering virtual or outdoor sessions for all participants and new referrals. Virtual 1:1 sessions take place over video chat or phone call. Our outdoor 1:1 exercise sessions are socially distanced and in local parks and green spaces around Wandsworth. Existing participants to agree with their instructors to engage in either virtual or outdoor sessions, or to be put on hold for the duration of the third lockdown until gyms re-open.

Initial and follow-up assessments are taking place over zoom or telephone call depending on the needs of the individual.

We will continue to support people with 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 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](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/)