

Covid-19

August 2020



A regular newsletter providing local help and support to promote self-care and better health. For advertising enquiries, contact rbccg.winyateshc@nhs.net. The Nightingales team are Winyates, Crabbs Cross Medical Centre, Crabbs Cross Surgery, The Ridgeway, Hollyoaks & Hollywood.

Shops and supermarkets across Worcestershire have been working hard to make sure we can all shop safely. As our county's high streets re-open for business, new guidelines are in place to help stop the spread of Covid-19. Going shopping? Please adhere to the following:

- ⇒ Keep two metres apart.
- ⇒ Wash your hands regularly and use hand gel – this is provided in stores.
- ⇒ Wear a face mask or covering.

www.gov.uk/government/publications/face-coverings-when-to-wear-one-and-how-to-make-your-own/face-coverings-when-to-wear-one-and-how-to-make-your-own



Active Hereford and Worcestershire strive to help people in the area become healthier through activities, sports, and movement. Due to the pandemic, they are now offering online exercise classes and videos. Visit www.activehw.co.uk where you can see a range of virtual classes to join. Staying home and staying safe doesn't need to cost you your physical health.



Daily Exercise, Strength, and Balance Online Classes.

Fun exercises aimed at over 50's. Starts with 30 minutes of exercises to music, followed by strengthening and balancing exercises.

Finishes with stretching and relaxation.

Monday to Thursday at 10 am.

www.activehw.co.uk/activities/activity/daily-exercise-strength-and-balance-online



Introduction to Boxercise.

The instructor will lead participants through a series of shadow boxing moves and bodyweight exercises to provide a fun, stress-busting workout. Aged 15+.

Thursday 30th July 4pm.

www.activehw.co.uk/activities/activity/move-more-introduction-to-boxercise



You can have your say about local health and social care services with the support of independent body, Healthwatch

Worcestershire. Their annual report 2019/2020 is available to view at: <https://www.healthwatchworcestershire.co.uk/wp-content/uploads/2020/06/>

Have coronavirus symptoms? **Book your free test now online. Be tested at a drive-through centre or using a home kit.**

www.nhs.uk/conditions/coronavirus-covid-19