

25th March 2020: Viewpoint Centre CIO and Covid-19 Update

Our gates may be temporarily closed but our lines of communication remain well and truly OPEN...

Due to the Covid-19 outbreak and current government restrictions, we have taken the difficult decision to put our courses on hold until further notice. The issue of non-essential travel aside, the safeguarding of our clients is paramount and we cannot guarantee a safe 2m distance where horses are involved.

If you have a course booked within the next three months, we will be in touch to re-schedule. In the meantime, our phone lines are open, our voicemail is active and Katie is on hand to offer telephone support on the usual telephone number: **0300 772 9692**

We take the mental health and wellbeing of our clients extremely seriously. It's a frightening time with levels of stress and financial anxiety at an unprecedented high. Luckily there are some fantastic resources out there to help us all manage our anxiety at the moment.

Don't forget regular exercise and movement is essential to physical and mental health and there are some brilliant online workout classes that you can join from home.

Here are a few ideas** to get you started:

<https://paracise.com/>

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

<https://www.independent.co.uk/life-style/health-and-families/coronavirus-home-workout-exercise-class-yoga-dance-kids-elderly-joe-wicks-a9421126.html>

<https://moodgym.com.au/>

<https://www.nhs.uk/apps-library/category/mental-health/>

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

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