

Step into Solihull Newsletter

COVID-19

It is incredibly important to follow the latest Public Health advice for protecting yourself and others from Coronavirus COVID 19; this can be found at [Gov.UK](https://www.gov.uk). Information and advice is also available from the [NHS](https://www.nhs.uk).

Stay safe, Stay Well, Stay Active

#RoamSweetHome



Whilst we can't all walk in the way we would like to during the covid-19 lockdown, we can still roam for leisure, health and happiness at home and locally, together with people from our household.

We know that one of the joys of Ramblers Walking for Health and group walking is keeping active – physically and socially, that's why the new **#RoamSweetHome** campaign aims to help people stay connected and active by roaming close to home and connecting with walking friends from afar. You can see what everyone is up to on the **#RoamSweetHome** campaign [page](#).

If you'd like a challenge for the coming weeks, you might be interested in the **#RoamSweetHome steps challenge**. Can you climb Ben Nevis in the comfort of your home? Can you walk the Coast to Coast path in your living room? Can you walk one million steps in three months? (10,000 steps a day).

Example challenges are below but see the [challenge webpage](#) for more information and even create your own challenges!

Long distance trails

- o Coast to Coast path in 30 days (13,000 steps a day)
- o South Downs Way in 30 days (7,000 steps a day)

Every Mind Matters: The coronavirus (COVID-19) outbreak means that life is changing for all of us for a while. It's not surprising that at times we may feel anxious, stressed, worried, sad, bored, lonely or frustrated. It's important to remember it is OK to feel this way and that everyone reacts differently.

Remember, this situation is temporary and, for most of us, these difficult feelings will pass. Don't forget that everyone can access the NHS website Every Mind Matters for tips and tactics to look after your mental health. <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>



#StayInWorkout

We're all now spending more time at home than we might like, which is why staying as physically active as possible is more important than ever.

Organisation	Description
10 Today - exercise older people	10 Today' to help older people stay active Sessions will be broadcast on Radio 5 Live Sports Extra and via BBC Sounds.
Chartered Society of Physio	The CSP has adapted a simple set of exercises designed for older people to help prevent deconditioning whilst living in isolation.
Action Arthritis	A selection of gentle activity exercises.
Age UK	Seated Exercise
Later Life Training	Make Movement Your Mission: Later Life Training has devised a series of short online regular movement sessions called Make Movement your Mission.

Here2Help

Whether you need help with getting food because you're self-isolating or some financial advice, the [Here2Help page](#) has some useful information and contact details for you.

Stay Connected

A [free email alert service](#) to help keep you connected to and informed about the services that matter most to you.

