

Helping Each Other

Hello fellow walkers,

Regrettably, as our regular walks have been stopped for the foreseeable future due to the Coronavirus outbreak, there is a significant risk of increasing problems for many related to the social isolation that is necessary to protect our precious NHS resources. If you can take short walks around your garden, or other location while remaining isolated, please continue to do so.

There's plenty of advice out there, however we believe the best and most appropriate support can be offered and provided locally by people you know and care for – ***such as your fellow walkers.***

So we can keep as fit and healthy as possible, your committee would like to help share your ideas and actions with other walking groups in our local scheme and help keep you all connected during this difficult time.

Therefore, please share with us what you are doing to help your friends and neighbours, especially those deemed to be the most vulnerable. You can send your information to me at chair@walkingforhealthtelfordandwrekin.org.uk and we'll make sure it's distributed across the scheme so that the benefit of your experience is maximised.

Some initial ideas:

- **KEEP FIT WITH EILEEN FOWLER 1961 (UK)**



Eileen Fowler was already in her late 40s when she became one of the most famous faces on British television as queen of the tummy-tighteners.

After her first keep-fit programme in 1954, the BBC was swamped with no fewer than 10,000 letters as women tried to work off the extra food they were able to eat following the end of rationing.

If you can access **BBC Sounds**, then do have a listen [here](#) too. It's only 3 minutes but it will bring a smile to your face!!

- **Do you need help learning how to video call others with Skype, What's App or Face Time?**

If these things are all a mystery to you, or if you already perhaps use one or more to chat with friends and family but need help adding more people to your contacts list, just let me know and depending on how many respond, we'll organise some remote training to help you get the most out of these potentially very useful tools for keeping in touch.

- **The Great Toilet Roll Mystery**

I have personally found evidence in my local supermarket as to why toilet rolls have suddenly become so popular.....



Joking aside...

Let's do our best at this testing time to help the neediest people. I look forward to seeing some of the creative ideas you have had to support each other.

Keep well and safe

Steve

Steve Shaw
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