

NEWSLETTER

26th JUNE 2020



AN UPDATE FROM CLARE

I can't tell you how incredibly disappointed I was to hear that swimming pools and gyms weren't in the latest phase of easing lock down. There seems to be little logic to it and I have discussed our concerns with our MP, Bob Seely who is campaigning on behalf of the whole industry to get us open as soon as possible.

You can be assured we will be ready to go just as soon as we are allowed and we are working hard to get things in place to welcome you all back. Our priority is everyone's safety and to be 100% compliant with rules and guidance. The Centre will therefore be very different to

when you last visited. We have erected screens at reception and there is likely to be a one way system in place around the building. Not everything will open immediately and numbers will be limited and opening times will not be exactly as they used to be. Staff who haven't been in the building for months will be returning to a very different working environment so please bear with us. We will appreciate your patience as we find our feet.

The team can't wait to get back to some sort of normality and we are excited as that day approaches! Fingers crossed for mid-July!

IOW FESTIVAL OF RUNNING VIRTUAL EVENTS

Just a reminder there is still the opportunity for you to take part in the IOW Festival of Running and earn yourself one of the fantastic bespoke medals!

All you have to do is run, walk, cycle (in fact we don't really mind how!) one of the distances and then pop into the Centre or give us a call and for £5 a medal is yours.

ISLE OF WIGHT FESTIVAL OF RUNNING
VIRTUAL RUNS

- Needles Half Marathon
- Tapnell 10k
- Freshwater 5k
- Duver Dash 5k
- Junior Fun Run

Complete any of the distances whenever/however you like - walk or run, fancy dress optional!

Get in touch when you've completed your distance, pay your £5 entry fee and collect your medal from the centre. Send us your pics!

West Wight
Sports & Community Centre www.iowfor.co.uk

Thank You!



West Wight®
Sports & Community Centre

A MESSAGE TO OUR HUB VOLUNTEERS

“Thank you so much for all your help during lockdown. The need has been great and you have risen to the challenge! West Wight is amazing. With an ever changing situation, we have a few things to run by you:

- Firstly, if your circumstances have changed and you would rather not continue with your volunteering role, please let us know rather than struggling on. We can arrange alternative support for your requestor. N.B. Please return your Hi-Vis jacket to the centre when you stop volunteering - thanks!
- We'd love some feedback on your volunteering - we know that some of you have made new friends through this - please let us know your experiences! We'd also love some photos as a record of what's been going on - socially distanced selfies? With the requestor's permission of course! Then email to us at help@westwight.org.uk

- As the people on the ground, are there any other services that you think would be useful for us to provide?
- If you are continuing with your volunteering and would like a reminder of our procedures, we now have accessible versions (audio files). Please let us know if you would find these helpful.
- We still have leaflets! If you know of someone who would benefit from our help please consider picking some up when you are next in the centre. N.B. You will need to amend the opening times as we are not now opening at weekends.

With much appreciation from Hazel and all at the Hub - YOU have made this happen!”



SUPPORT US WHILE YOU SHOP

Do you shop at Amazon?

Did you know you can raise funds for us here at the West Wight Sports and Community Centre whilst you shop online and it won't cost you an extra penny?

From a web browser visit:

smile.amazon.co.uk

search and choose

West Wight Sports Centre Trust Ltd

OR

or from your iOS or Android device, download the app



Click AmazonSmile in the app settings to get started



Settings



Shop as normal and we get a small donation from Amazon for each purchase.

Thank you! ☺

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www.westwight.org.uk
E-mail: info@westwight.org.uk

Reg. Charity No. 273334





OUTDOOR FITNESS CLASSES & PERSONAL TRAINING

Following the Government update earlier this week, and the disappointing news that we are unable to open the Centre still at this point, we continue to offer Small Group Outdoor Fitness Classes and Personal Training Sessions on the playing field at the Centre.

All classes/ sessions are run in line with the latest government guidance, with social distancing and strict cleaning and hygiene procedures in place. You will need to enter the field via the gate from the car park, where you will be met by the instructor. You will not be able to enter the building or use the Centre indoor facilities, including toilets and changing facilities.

In order to comply with government guidance, our Outdoor Fitness classes are limited to a maximum of five participants. **Sessions must be booked in advance online.** If you don't have your PIN for

online bookings then please call the Centre on 752168 during hub hours (Monday-Friday 9.00-17.00) to get this. The Classes are free of charge to Diamond Plus and Diamond Class members and £5 per class to all others. There is a limit of two classes per person per week. The schedule can be found on our website and is ever evolving – we shall be introducing some early morning classes from the start of July.

If you are interested in Personal Training, please call the Centre to book. Sessions are available Monday-Friday during Hub hours. Sessions are free of charge to Diamond Plus members and £30/ hour for 1:1 and £40/ hour for 2:1 to all others.

We are constantly reviewing our fitness programme based on government updates and bookings, so keep an eye on our social media pages and website for updates.

IOW TOMATOES AVAILABLE AT HUB

We have been very grateful to continue to receive donations of tomatoes from Isle of Wight Tomatoes.

We are currently getting deliveries on Mondays and Wednesdays.

These tomatoes are available to members of the public and can be found outside the hub entrance. Please bring a container or bag with you.

Minimum suggested donation is £1 to support the work of the West Wight Coronavirus Support Hub.



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West Wight

Coronavirus Support

UPDATE FROM THE CORONAVIRUS SUPPORT SERVICE AT WEST WIGHT SPORTS & COMMUNITY CENTRE

Thank you to everyone who continues to support others in the community with practical support, making scrubs for our care homes, delivering prescriptions, hot food and those offering phone contact.

As of the 25th June, these are the figures for the hub:

497 people are still registered for help or support.

312 people have volunteered their support with tasks including shopping, phone contact and prescription delivery.

446 people have been assisted with prescription collection and delivery on at least one occasion.

497 hot meals have been cooked and delivered in conjunction with West Wight Men in Sheds since the hub opened.

1,700+ cloth face masks made by our fantastic sewing volunteers so far. Contact the hub to order yours.

If you would like to make a donation to support us in continuing with the running of the coronavirus support hub and contribute towards the sustainability of the Centre, please go to:

<https://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre>



West  Wight
Coronavirus Support Hub
PHONELINE OPENING HOURS
01983 752 168

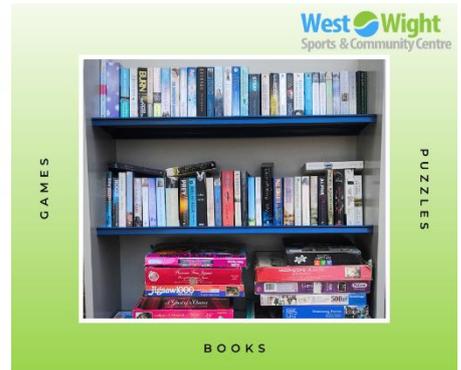
Monday - Friday 9am - 5pm
Saturday Closed *
Sunday Closed *

*contact the council's help hub on 01983 823 600 for urgent support on weekends.



BOOKS & PUZZLES

We are very pleased to announce we now have books and puzzles available outside the centre for donations towards West Wight Sports and Community Centre and the Coronavirus Support Hub.



FACE MASKS AVAILABLE

We still have volunteers producing face masks for use out in public. Contact the centre on 752168 to order yours. Masks are available in packs of 5 in small, medium and large sizes for a minimum donation of £5 per pack.



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ONLINE CLASSES AND WORKSHOPS

Following the Government update earlier this week, as well as offering Outdoor Small Group Classes, we continue to offer a full programme of classes online.

Thank you to everyone that continues to join us on screen for our fitness classes and workshops. We really do enjoy seeing you all!

Staying active during these times is important and will have both physical and mental health benefits. I'm sure you'll all agree that seeing/interacting with others in classes and workshops is also very beneficial.

Whilst the Centre remains closed, we will continue with our online programme.

Our online schedule for next week can be seen below.

If you have not participated in an Online Class or Workshop yet, but would like to do so, please request to join our private Facebook group – 'West Wight Sports & Community Centre – Online Classes'.

Alternatively, please email us at gym@westwight.org.uk and include a contact number, so we can get in touch with you.

HOT MEAL DELIVERY SERVICE

Michèle of Four Seasons Cookery Academy continues to work hard in the kitchen at the hub, producing tasty, nutritious lunches. These are available hot or chilled, for collection or delivery.

Meals cost £5 (free to those in financial hardship) and each dish is accompanied by a delicious cake donated by our loyal supporters – PO41 Coffee House. You can order these hot meals in advance for delivery to your home.

Next week's menu can be found below. Check it out and don't forget to call 01983 752168 to put your order in.

It would be appreciated if orders could be placed at least a day in advance wherever possible. Dishes may be subject to change due to ingredient availability.



ONLINE CLASSES, WORKSHOPS & EVENTS
Week Commencing 29th June 2020

<p>Monday 29th June 8.00-8.45 'Valentis OTG' 10.00-10.45 Pilates 11.00-11.30 Sit & Stay Active 14.00-15.00 Yoga Progression</p>	<p>Thursday 2nd July 8.00-8.45 'Valentis OTG' 9.00-9.45 Yoga Foundation 10.30-11.30 Kids Cookery Workshop 12.00-12.45 Dance Fit 19.00-19.45 Yoga Relaxed Foundation</p>
<p>Tuesday 30th June 7.45-8.15 Meditation 10.00-11.15 Yoga Progression 16.45-17.30 Yoga Relaxed Foundation</p>	<p>Friday 3rd July 8.00-8.45 'Valentis OTG' 10.00-10.45 Total Abs 14.00-15.30 Yoga Practitioner</p>
<p>Wednesday 1st July 8.00-8.45 'Valentis OTG' 10.00-10.45 Pilates 11.00-11.30 Sit & Stay Active 14.00-15.30 Yoga Practitioner 17.00-17.45 Yoga Relaxed Foundation</p>	<p>Saturday 4th July 10.00-10.45 Pilates 11.00-12.00 Yoga Progression</p>

PLEASE EMAIL
GYM@WESTWIGHT.ORG.UK
FOR LOGIN INFORMATION



West Wight
Coronavirus Support Hub
HOT MEAL DELIVERY

WEEK COMMENCING 29 JUNE

MONDAY
Sausage, mash and peas with onion gravy
TUESDAY
Spaghetti Bolognese served with side salad
WEDNESDAY
Chicken Korma on a bed of rice with a poppadum and mango chutney
THURSDAY
Gammon Ham, sauteed potatoes and side salad served with wholegrain mustard
FRIDAY
Tuna and Potato Pie served with seasonal vegetables

Each dish accompanied by a delicious cake donated by our loyal supporters - PO41 coffee house.

£5 PER MEAL OR FREE TO THOSE IN HARDSHIP
To order, call 01983 752 168
*menu choices are subject to change dependent on availability of produce

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West Wight

Coronavirus Support **HELP REQUEST FORM**

**AREAS COVERED: TOTLAND, FRESHWATER,
YARMOUTH, SHALFLEET, THORLEY AND WELLOW**

We are providing local assistance and support through a team of volunteers to those who are isolating. Use this leaflet as a guide and get in touch to let us know if you need help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> Phone chat / contact | <input type="checkbox"/> Urgent supplies |
| <input type="checkbox"/> Collecting medication | <input type="checkbox"/> Hot meal delivery * |
| <input type="checkbox"/> Other _____ | |

We will need your name, address, postcode, telephone number and email.

Call **01983 752168** or fill in the form online at **www.westwight.org.uk/coronavirus** to let us know your details.

Phone line open 9am-5pm Mon-Fri

You will be asked to consent to your information being shared with the West Wight Coronavirus Support Team.

* Our lunchtime hot meal delivery service is available weekdays for £5 per meal. Call us to book.

 www.westwightsportscentre

If you can offer help please see reverse side.

Coronavirus is contagious. Avoid physical contact (keep 2m distance) and wash your hands regularly. Items should be left on your doorstep.

West Wight

Coronavirus Support

VOLUNTEER APPLICATION

AREAS COVERED: TOTLAND, FRESHWATER, YARMOUTH, SHALFLEET, THORLEY AND WELLOW

We are providing local assistance and support through a team of volunteers to those who are isolating. Use this leaflet as a guide and let us know if you can help with:

- Practical Support
- Phone Support
- Financial Contribution
- Other (please specify) _____

We will need your name, address, postcode, telephone number and email.

Call **01983 752168** or fill in the form online at **www.westwight.org.uk/coronavirus** to let us know your details.

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