



## **Berkshire Keep Fit Association**

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[www.keepfit.community/whats-on/southern-counties/](http://www.keepfit.community/whats-on/southern-counties/)

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### KFA Events and the Coronavirus

Dear Berkshire KFA members and teachers

I hope you are all keeping safe and well during this difficult time.

Like many of us, I expect you are missing your regular keep fit classes and were also looking forward to enjoying various KFA events over the coming months. In the light of advice from Public Health England and EMD UK (Exercise, Movement and Dance UK) regarding Covid-19, our plans, sadly, have had to change.

As you know from Janet's email of 19 March, the Berkshire AGM due to be held on 2 May has been cancelled. However, the Committee is keen to make alternative arrangements and we will let you have further details as soon as possible.

I'm also sorry to tell you that our ever-popular summer classes will not be going ahead this year, due to the uncertain availability of halls and the requirements for social distancing over the summer.

Both the National KFA Festival in Birmingham on 13 June and the Southern Counties Regional AGM on 17 October will not be going ahead. However, these events will be carried over to 2021. As soon as confirmed dates are available, we will let you know.

#### Coping with Coronavirus

We all know that the KFA means more to us than just exercise; its about being socially connected to our friends, enjoying a common interest together and keeping ourselves mentally healthy. With that in mind, here are some ideas for keeping us physically and mentally healthy whilst keeping safe at home.

**Keep active.** Why not try out one of the many exercise classes online and then have a chat about it with a keep fit friend, either over the phone or online. Here are just a couple of examples: [NHS Home Workout videos](#); [PE with Joe Wicks](#); <https://10today.co.uk/> and of course not forgetting our very own Jeanette Hughes who takes you through one of her classes over several sessions. Great work Jeanette! Here's the link:- <https://www.youtube.com/channel/UCHBTIGeJarNDXWn484pFhew> (remember to unmute the volume icon at the bottom of the video!) or you can follow via the KFA Moves Wokingham and Woodley Facebook page.

**Set aside some time to relax, take notice of the present moment and use your creative side** (yes I'm sure you have one!). How about trying yoga; mindfulness; craft kits, DIY, colouring, singing or writing?

**Keep your brain occupied. Learn something new.** Reading and listening to podcasts and catching up on all those TV programmes you didn't have time to watch. Perhaps you and a friend could watch the same programme or read the same book then have a chat over the phone or online about it afterwards? Also, did you know that [Future Learn](#) and [Open Learn](#) have a huge range of free, online courses covering topics such as history, arts, languages, nature, psychology and many more.

**Get as much sunlight, nature and fresh air as you can.** When you are at home, bring nature in – open the window, sit in your garden if you have one, look at photos of your favourite nature spots, listen to birdsong, try using items from your garden in a creative project.

**Find ways to occupy your time.** Hopefully that won't be too hard if you take up some of the suggestions above. You could even try some spring cleaning!

**Stay connected to people and events but switch off if you need to.** Its really important, of course, to stay connected to our friends and family. However, if you feel yourself getting anxious or overwhelmed by everything that's going on with the coronavirus epidemic, try switching off your phone, laptop or the TV for a while and refocussing on another activity.

Finally, I just wanted to share this photo of the current Berkshire County Team ("Ladies of Arwen"), with their producer Lesley Wyman. The team performed for the first time at the Southern Counties Spring Rally, held on Saturday 14 March in Marlow; just before the lockdown. Bucks KFA gave us a fantastic day out and are to be congratulated for organising an event under such difficult circumstances. Sessions of Fosse and ballet provided a considerable challenge to many! The County Team's performance was very well received and the team can't wait to show the item to our members and guests later in the year.



Until we can all meet up again, please stay safe.

Best wishes

Chris Stannard  
Chair, on behalf of the Berkshire KFA Committee