Dear Members, Volunteers and Colleagues,

**Coronavirus (COVID-19)**

Following the advice issued by the government today for everyone to avoid groups, clubs and social contact we have decided to close all sessions with immediate effect.

We will continue to monitor the advice from government and Public Health England and issue updates as appropriate.

In the meantime we plan various things to help maintain the sense of an MKCCG community. We will be putting material and information on the website [www.mkccg.org](http://www.mkccg.org) to encourage members to keep exercising - Home Exercise sheet, link to BHF exercise video. We will also, as quickly as possible, record a video of some of our own exercise teachers running an exercise session which members can follow on the website. We plan to reinstate the cascade list so that Blue Shirts can make regular calls (say, once a fortnight) as a Key Worker to their list of members.

For the time being we expect our staff to keep coming in as normal as there are many things they can do including catching up on various administrative tasks. We will continue to pay staff for their normal hours at least until the end of April and possibly beyond depending on the length of closure.

This closure will have an effect on the group’s finances as running costs such as wages and utilities will remain. We would hope that members will continue with their membership fees to ensure that MKCCG has a secure future beyond the Coronavirus.

Please follow the advice provided on the Public Health England website ([PHE](https://www.gov.uk/coronavirus)):  

- If you are experiencing any of the symptoms such as a high temperature or persistent cough you should stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access you should call NHS 111. For a medical emergency dial 999.
- Wash hands with soap and water, for at least 20 seconds – use hand sanitiser gel if soap and water are not available. Handwashing is key to preventing the spread of virus.
- Try to avoid close contact with people who are unwell
- Clean and disinfect frequently touched objects and surfaces
- Do not touch your eyes, nose or mouth if your hands are not clean.
Further information can be found at:


Clearly, this is a rapidly changing situation and whilst what we write is appropriate today it may change at any time as we will continue to monitor the situation on a daily basis. As ever, the health and safety of our membership, staff and volunteers remains our top priority.

Thank you again for your continued support. Keep checking the website for updates.

Kind regards,

Officers, President and Managers MKCCG