

5<sup>th</sup> November 2020

## **Re-opening of the Centre of Wellbeing on 16<sup>th</sup> November 2020**

We are so looking forward to welcoming you back to the Centre of Wellbeing when our gym re-opens for pre-booked sessions on 16<sup>th</sup> November.

At the moment, we are reopening for **independent gym and supported gym sessions only** and these must be booked in advance.

To keep everyone safe, we won't be able to let anyone in who has not booked in advance and details of how to book are enclosed.

We will continue to closely monitor any changes in Scottish Government advice and guidelines between now and the 16<sup>th</sup>, and will contact you if there is any change to our circumstances.

### **Staying Safe**

Our facilities team has been working hard to ensure we'll be able to give you our usual warm Thistle welcome while adhering to Scottish Government and Health and Safety Executive guidelines to keep everyone safe. As with other public places you may have visited recently, we do ask that everyone (unless exempt) wears a face covering when in the building.

I've enclosed some important information about changes we've made to the Centre that I hope you find helpful. Please read these before your first visit. I realise that the changes may feel a little strange at first, and so I'd like to reassure you that our friendly facilities team will be on hand to explain the changes and answer any questions you might have.

### **Classes and courses**

Current Scottish Government restrictions mean that we are unable to restart our groups or classes at this time. We will keep you updated as the situation changes. In the meantime, we are running some of our classes and courses online. You can find out more by contacting Emma Hollands (07552 277 416 or [emma.hollands@thistle.org.uk](mailto:emma.hollands@thistle.org.uk))

### **And if you're not ready to return...**

These continue to be difficult times and I appreciate that some people may not feel ready to come back just yet. We completely understand, and your gym membership will remain frozen until you feel it's the right time for you. We look forward to welcoming you then.

Thank you so much for your patience and ongoing support, we look forward to seeing you soon.

Best wishes and stay safe.



Mark Hoolahan  
CEO