

April 2021

## **Re-opening of the Thistle Gym on 26<sup>th</sup> April 2021**

I'm so looking forward to welcoming you back to the Thistle Gym at the Centre of Wellbeing when we reopen on 26<sup>th</sup> April.

We will be reopening for **independent gym and supported gym sessions only** and these must be booked in advance. In order to keep everyone safe, we won't be able to let you in if you haven't booked in advance. Details of how to book are enclosed.

If there are any changes in Scottish Government advice and guidelines between now and our reopening that impact our plans we will contact you as soon as we can. Any changes will also be announced on our Facebook page ([www.facebook.com/ThistleFoundation](http://www.facebook.com/ThistleFoundation))

## **Staying Safe**

The Thistle facilities team are working hard to ensure you'll still receive our usual warm Thistle welcome while ensuring we keep everyone safe.

If you visited us when we were open in November and December, you will be familiar with the changes put in place to keep people safe. I've enclosed some information about these changes that I hope you find helpful. We do ask that you wear a face covering when in the building, unless of course you are exempt. Please read the attached information before your first visit and don't worry if the changes feel a little strange – we'll be available throughout your visit if you have any questions.

## **Classes**

In accordance with Scottish Government Guidelines, we are not yet able to restart indoor exercise groups.

However, we are currently running online Tai Chi and Qi Gong classes on Zoom. These are listed on the enclosed timetable and are open to all.

## **If you're not ready to return...**

We appreciate that the pandemic has been different for everyone and that some people might not feel ready to come back just yet. We completely understand and we will keep your gym membership frozen until you feel it's the right time for you. We look forward to welcoming you then.

## **Our 20201 Clan Thistle Kiltwalkers**

I also wanted to share with you that four Thistle employees are taking part in this year's Virtual Kiltwalk for Thistle, helping to raise much needed funds to ensure our doors can stay open to everyone. I've enclosed some information about the various challenges, and how you can support them if you would like to.

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

With best wishes,

Janette Harvey  
Facilities Manager