

Director of Public Health Office

Sheffield Town Hall, Room 214, Pinstone Street, Sheffield, S1 2HH

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20th April 2020

Dear Sir/Madam,

Re: Active at Home booklet

The attached booklets have been created to support older, vulnerable people to stay active during lockdown.

We know that since lockdown began many people in Sheffield have become far less active; this could have major implications for people who have health conditions (both mental and physical) and also for older people who will decondition rapidly and whose mobility and safety could be compromised.

Whilst many excellent digital resources are available to support people to stay active and healthy at home, there is little for people who do not use the internet.

I would be very grateful if you could help us to distribute the attached Active at Home booklets in any of the following ways:

- Include a booklet in the bag with medication for people who have medicines delivered to their home.
- Ask carers to give a booklet to people that they visit.
- Include a booklet when food or other essentials are delivered to people in the community.
- Or any other creative means of getting these booklets to the right people.

An electronic version of the booklet is available here <https://www.movemoresheffield.com/>
If you would like any additional copies of the booklet, please email NCSEM@shu.ac.uk

Thank you for helping us to get these booklets to people who will benefit from them.

Yours Sincerely,

A handwritten signature in black ink, appearing to read "Greg Fell".

Greg Fell
Director of Public Health
Sheffield City Council