

NEWS RELEASE

Borough Council of
King's Lynn &
West Norfolk



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Lots of things to do while staying at home

As the Covid-19 outbreak changes the lives of everyone in west Norfolk the borough council is providing a range of activities this Easter that people can do while at home.

The team at Stories of Lynn have created 'The Reprocessors' Challenge' and are encouraging children to reduce, reuse and recycle rubbish and upcycle it in creative ways.

Alive West Norfolk have new videos on their Facebook page of free classes that residents can try at home to stay in shape during the lock-down. Already posted are videos on body combat in 4 minutes, a yoga session, fat burning exercises, pilates and live streaming of a cardio class. More videos and live streams will be added over the next few weeks.

The Love West Norfolk campaign is encouraging people to enjoy a 'virtual West Norfolk' by sharing pictures and films that have been taken previously in the area. These will be shared on social media channels.

Cllr Elizabeth Nockolds, Deputy Leader of the borough council and cabinet member for Culture, Heritage and Health said: "In these exceptional times it is great to see the community coming together and staff at the borough council coming up with innovative ways to keep people fit, busy and creative while they are staying at home."

"The Reprocessors' Challenge came from the borough council's single use plastics informal working group. Stories of Lynn and Kick The Dust young volunteers have put a lot of work into this project and I'm pleased to see it not go to waste. I'm looking forward to seeing the home videos and pictures that people share on social media."

"Also we may not be able to get out and enjoy the beauty of west Norfolk at the moment but some of the pictures and videos being sent in to the Love West Norfolk social media channels are breath-taking, I urge people to send in more and follow the channels. You may even discover some places that you can visit once the lock-down has finished."

“I know there’s also a list of activities on the asklily.org.uk website that people can search through to find things to do on their own or with the families at home. A quick internet search will bring up loads of other ideas. If you have any great ideas please tell us on social media and we will share them. This sort of interaction can really help people’s personal wellbeing.”

Details of activities will be shared on the borough council’s social media channels.

Neil Gromett, Managing Director of Alive West Norfolk said: “Once again I have to thank the Alive team, especially the personal trainers and staff at Alive Lynnsport, for coming up with this inventive way of keeping people fit and healthy during the lock-down.”

“This is just one of the things Alive is doing to help the community at this time. This also gives members, whose regular membership payments have been frozen, the chance to stay in touch with their personal trainers as well as introduce new people to our team.”

The Borough Council of King's Lynn & West Norfolk can be found on the following social media channels:

Facebook: facebook.com/BCKLWNnewsandevents/

Twitter: twitter.com/WestNorfolkBC

Instagram: instagram.com/bcklwn/

The Reprocessors’ Challenge can be found at storiesoflynn.co.uk/learning-during-isolation/

Cllr Stuart Dark, cabinet member for Emergency Planning / Response to Covid 19 said: “These activities, aimed at giving people something to do while staying at home, are also meant to help with the positive wellbeing of our residents at this challenging time. And by staying at home, people are doing their bit to help the overall effort to put a halt to the spread of this virus. We thank everyone who can help in this way.

“Remember the advice is 'act like you've got it. Stay home, protect the NHS and save lives.”

Stay at home

- Only go outside for food, health reasons or work (but only if you cannot work from home)
- If you go out, stay 2 metres (6ft) away from other people at all times
- Wash your hands as soon as you get home

- Do not meet others, even friends or family.

You can spread the virus even if you don't have symptoms.