

**WINCHESTER BRANCH NEWSLETTER  
NOVEMBER 2020**

Firstly I hope you are all coping with yet another Lockdown, let's hope we can all break out in December!

Changes to tell you:

**Committee:**

We thank David Mason for all his hard work and help as Treasurer for the past 17 years, and welcome Bob Lane who has now taken over the Post.

As you know sadly Wini Meikle has recently died, but her husband Alan has very kindly offered to send out messages to you all, for which I am most grateful.

**Coronavirus**

Group exercises are now permitted, except during lockdown.

We are hoping to resume the Alexander Technique in January, Jacki Bond has agreed, so please let me know if you are interested - thank you.

Exercise classes have resumed via The Hobbs centre.

Speech Therapy sessions are continuing via zoom with Celia Bacon, on the first Tuesday of the month at 11:30am. Please let me know if anyone else is interested.

Unfortunately Physiotherapy is still not permitted in your own homes.

**Do contact me on 02380 261996 if you want a chat**

**With Best Wishes.**

**Jean Gowland**

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