

The Gateway Award



How can I continue my Gateway Award?



It is important to stay healthy and active during this time.



Continuing with your Gateway Award activities can help with this.



It is important to follow Government guidance about the Coronavirus.



Please only continue with activities if you are well enough to do.



Government advice about the Coronavirus is always being updated.

You can keep up to date on advice by clicking on this link [here](#)



Your usual sessions and activities are likely to be cancelled at the moment.

But there are lots of things you can do at home.



You can find some activities you can do at home for each section of your Gateway Award by clicking this link [here](#)



If possible speak with your Gateway Award Coordinator to find out if you can email or text them with evidence of your activities.



You may also like to keep a diary of your activities, make videos or take photographs.



Your Network Online is a great place to share activity ideas or find links to ideas to help you keep active.

You can find our Gateway Award discussion group by clicking the link [here](#)



Social media is a fun and easy way to keep in contact with other people doing the Gateway Award.



Due to the closure of our office we are unable to send out folders, certificates or medals.



If you complete a section or your level we will make sure that you will receive your certificate and medal when the office reopens.



If you have any questions or concerns please email

gateway.award@menacap.org.uk