



Prevention Advice Exercising Covid19

There's been some confusion around whether people can visit and exercise in the Staffordshire countryside, including Cannock Chase, the Roaches and other country parks.

We're asking you not to visit these areas and to stay close to home to exercise for the daily exercise, as per the government guidelines on social distancing.

We understand that there's a small number of people who live within these immediate areas who may continue to walk dogs and exercise, but cars should ...only be used for essential journeys and not to travel somewhere to exercise.

We all need to work together to prevent the spread of Covid-19, protect the NHS and save lives.

Thank you for your support in staying at home and avoiding unnecessary travel.

The beautiful Staffordshire countryside will still be there in a few weeks for us all to enjoy 🍷

Message Sent By

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