

Hastings family keep their neighbours moving with some community spirit

The Hastings family is very strongly related to Scottish sporting success. During the Covid-19 lockdown rugby legend Scott Hastings, his wife Jenny and daughter Kerry-Anne, fostered community spirit to help neighbours of all ages get active.

When the Covid-19 pandemic hit in March, Scott, Jenny and their daughter Kerry-Anne, who is a Scottish international hockey player, decided they were going to help their neighbours get some exercise and stay connected during lockdown.

The family started a socially distanced aerobics class in their street in Warriston area. The classes were so well attended, by residents young and old, that they continued throughout the pandemic and are still taking place six months later.

The idea for the class came about when one of the neighbours asked Jenny how to do a stretch. Jenny showed her in the street drawing the attention of another neighbour and they then talked about getting together to do some stretches and dancing there.

Scott said: "That was early into lockdown, we tried it and more and more people have joined in, we've had more than 30 people at times.

"We had a stretch of 100 consecutive days, when we did the aerobics Monday to Saturday with a Sunday being a chat with a cup of tea and some cake and now we've moved to three days per week.

"It's been great for the mental health of the community, we have all age groups attending and it has been great for their fitness and health. As soon as it starts everyone is smiling and having fun, all your worries lift and it just puts you in a better mood. It's really brought the community together."

Jenny added: "There's no words to express how much enjoyment I get out of it, it's great for my mental and physical health too. To be able to do it with my family and all our neighbours, it just lifts your spirits."

Bob Rickard, an 88-year-old neighbour, has felt an incredible benefit from staying active in the aerobics class. A knee problem he had for months has now eased after regularly taking part.

He said: "Just getting together and getting out of the house, I have something to look forward to. I had problems with my knee for some months, it is now more or less cured because of the exercises.

"We've been meeting people we wouldn't normally have seen, people in the street and further afield as well. It's a mark on the calendar and something I look forward to."

Chief Executive for **sportscotland**, Stewart Harris, said: "This has clearly been an extremely difficult time for people across Scotland.

"The Hastings family and their neighbours have shown how

beneficial it is for us all to stay connected and active during these times, it is heartening to see the community spirit they have created.”



Bob Rickard takes part in the community keep fit session