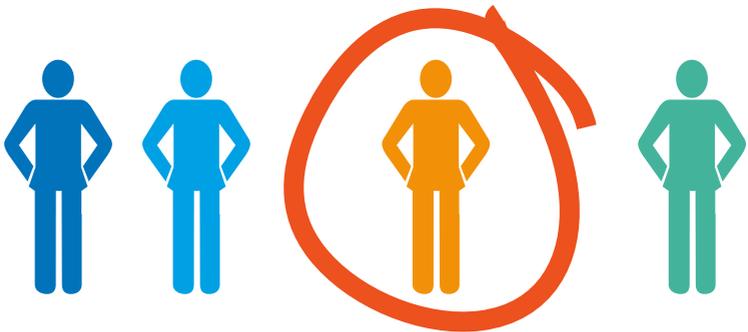


Looking after yourself during coronavirus

Advice and help for people who are 'shielding' or staying at home because they are vulnerable to coronavirus.



Looking after yourself during coronavirus

Many people are staying at home or limiting their contact with other people in order to protect themselves, or people they live with, from coronavirus (Covid-19).

You may have received a letter from the NHS or been advised by a doctor to 'shield' yourself. Or you may have decided to take extra precautions because your age or pre-existing health conditions mean that you are at greater risk of becoming seriously ill from the virus.

We know that this can be a very difficult time for you. You may feel restless, frustrated or lonely, particularly as lockdown restrictions are eased more quickly for other people. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

Taking care of your mind as well as your body is really important if you need to stay at home because of coronavirus.

The tips and advice on the following pages are all things you can do now to help you keep on top of your health and wellbeing if you're staying at home. Also included are the contact details of various local organisations that are there for you and ready to help you with a range of different issues. Make sure you get further support if you feel you need it.



Get free, confidential expert help

It's normal to feel a bit worried, scared or helpless about the current situation.

Some people are worried about their health or their loved ones. Some are anxious about employment or finances. Others are dealing with loss or loneliness. Many people are finding it hard to cope with new routines and all the uncertainty.

If you're having constant thoughts or feelings that are overwhelming or making it hard to cope, the services listed below are there for you.

Talk Changes

Stressed? Worried? Feeling down? Talk Changes is a free NHS talking therapies service for adults registered with a City & Hackney GP
Email: huh-tr.talkingtherapy@nhs.net
www.talkchanges.org.uk

Mind in City and Hackney

For access to online talking therapies
Email: spoe@mindchwf.org.uk
www.mindchwf.org.uk

Derman

Provides talking therapies for the Turkish-speaking community

Email: talkingtherapies@derman.org.uk

Tel: 020 7613 5944

<http://derman.org.uk>

Bikur Cholim

Provides talking therapies for the Charedi community

Email: ehreferrals@bikurcholim.co.uk

Tel: 020 8800 7575

www.bikurcholim.co.uk

Get help in a crisis

If you need urgent help because you are worried that you might harm yourself or someone else, call the 24-hour City & Hackney crisis helpline on 020 8432 8020.

You can also text Shout (www.giveusashout.org), a 24/7 UK crisis text service for people who need immediate support. Text the word 'SHOUT' to '85258'.

What is the latest advice for people 'shielding' or at greater risk from coronavirus?

The government is regularly reviewing and updating the guidance. Please check the website or ask someone to check for you:

<https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

This guidance is advisory. You will not be fined or sanctioned if you prefer to follow the advice for the general public on social distancing. You may also choose to remain in your own home at all times if you do not feel comfortable with any form of contact with others. However, careful time outside in the fresh air is likely to make you feel better in yourself.

You can also go to **www.gov.uk** and search **'coronavirus'**

Five ways to wellbeing

There are five simple steps that we can all take to look after our health and wellbeing.

1 Connect

Stay in touch with the people you usually saw or take the opportunity to reconnect with old friends. Think about how you can stay in touch - by phone, text messaging and video calls. The guidance has also recently changed so that you can meet one person outdoors if you stay at least 2m apart, if you wish.

Healthy mind, healthy body, positive mood

There are lots of things you can do for yourself to help stay active and positive. There's a list of links at the end of this section that you may find useful. If you're finding it hard to cope, see the next section for information on the help and support that is available.

Think about your new daily routine

Life is changing for a while and it's likely your normal routine has been disrupted. Think about how you can adapt and create positive new routines and set yourself goals.

You might find it helpful to write a plan for your day or your

week. Even if you're not leaving the house try to get up and get ready in the same way as normal, keeping to the same hours you would normally.

You could set a new time for a daily home workout, and pick a regular time to clean, read, watch a TV programme or film, or cook.

Carry on doing things you enjoy

If we are feeling worried, anxious, lonely or low, we may stop doing things we usually enjoy.

Make an effort to focus on your favourite hobby if it is something you can still do at home.

2 Stay active

Even a small amount of activity will have a positive impact on your physical and mental health. There's plenty you can do at home. Put on some music and have a dance, walk up and down the stairs, even housework counts towards your activity levels. If you feel comfortable going outside, take a walk in the fresh air.

3 Keep learning

Try new things or rediscover an old interest. You could sign up for an online course, learn an instrument, take up drawing or painting or do simple things like cooking a new recipe. Developing new skills keeps your mind active, is fun, and can help you feel more confident.

For information on support available for children's mental health visit:

<https://cityandhackney.camhs.org.uk>

If not, picking something new to learn at home might help. There are lots of free tutorials and courses online, and people are coming up with inventive ways to do things, like hosting online pub quizzes and music concerts. Keep your mind active - read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting. Whatever it is, find something that works for you.

Kooth.com

An online mental health community for young people, 11- 18 years

Helping to shield a young person with a health condition? Or is there a young person in your household isolating with you?

www.kooth.com offers free, anonymous support, 365 days a year.

Look after your body

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water, avoid smoking or drugs and try not to drink too much alcohol.

4 Give

Even if you're at home, you can still contribute to your community. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time or expertise for something you can do from home.

5 Take notice

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are sitting peacefully or talking to friends.

Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Staying active is important. There's lots you can do at home if you're not leaving the house for fresh air and exercise, and you can try the home workout routines at

www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos

Take time to relax

This can help with difficult emotions and worries and improve your wellbeing. Relaxation techniques can also help deal with feelings of anxiety.

Don't stay glued to the news

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.

You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day.

Use trustworthy sources – such as **GOV.UK** or the **NHS website** – and fact-

check information from the news, social media or other people.

Look after your sleep

Good-quality sleep makes a big difference to how we feel, so it's important to get enough.

Try to maintain your regular sleeping pattern and stick to good sleep practices.

Tips and advice to look after your mental health

You can find lots of practical guides and advice, including relaxation techniques and how to get a good night's sleep, at www.nhs.uk/oneyou/every-mind-matters

Good Thinking

Good Thinking provides digital mental wellbeing support for Londoners, including free NHS-approved apps to help you deal with stress, anxiety, low mood and poor sleep. New resources are being added regularly to help people through the pandemic.

www.good-thinking.uk/coronavirus

Get help with food and other essentials

Hackney Council Coronavirus helpline supports with:

- prescription deliveries, including emergencies
- access essential items eg food, nappies and sanitary products

**Please call 020 8356 3111,
8am - 5pm, Monday-Friday.**

Find support services map

Find out about voluntary and community organisations that are offering help to Hackney's diverse community, especially to those affected by coronavirus. Whether you need someone to talk to, a class to keep you fit at home, advice about employment or finances, plus much more! Visit <https://hackney.gov.uk/find-support-services> or just Google it.

If you live in City of London and need help getting food and medication or if you have financial or other worries call us on 020 7606 3030 or email col-covid-19@cityoflondon.gov.uk. Visit www.cityoflondon.gov.uk/covid19 for more information.

If you need advice on your medication, call your local community pharmacy or GP to make arrangements so that your medication doesn't run out.

Looking after your health

The NHS is still here for you. If you feel unwell or have any concerns about your existing medical condition, please contact your GP. It is important you do not wait if you need medical help.

Most appointments with a GP or other healthcare professional will now be by phone call, and if you are advised that you do need to see a clinician in person, measures will be put in place so you can be seen safely. You should also continue to attend appointments for ongoing treatment, unless you have been told not to.

Help for carers

Many shielding people are carers themselves. Carers First provide practical, emotional and social need support for unpaid carers. Self referrals accepted. Visit www.carersfirst.org.uk/hackney or by calling 0300 303 1555.