

Covid-19 Information and Well-Being Support Guide

Looking after ourselves and each other is really important right now. Physically, mentally and emotionally, we can do a lot to protect and support our own health. LifeLink has compiled this guide of great resources and virtual support out there....



LIFELINK

Linking Lives Together

PRACTICAL SUPPORT

the **VOLUNTARY NETWORK**

The Voluntary Network Transport Team are open **01638 664304**.

citizens advice West Suffolk

Citizens Advice Bureau Suffolk Adviceline **0300 330 1151**
(Monday to Friday 9.30am to 3.30pm)

Universal Credit Help to Claim **0800 144 8 444**
(Freephone Monday to Friday 8am to 6pm)

West Suffolk Council Customer Service **01284 763233**
Out of hours emergency service **01284 763252**

British Red Cross **0344 871 11 11**

Diabetes UK **0345 123 2399** www.diabetes.org.uk

British Heart Foundation **0300 330 3311** www.bhf.org.uk

Asthma UK **0300 222 5800** www.asthma.org.uk

Domestic Violence Support

www.Angliacaretrust.org.uk **08009 775 690**

Lighthouse www.Lighthousewa.org.uk **01473 228 270**

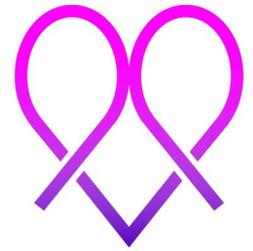
www.Leewaysupport.org **0300 561 0077**

Suffolk Family Carers www.suffolkfamilycarers.org **01473 735477**

West Suffolk Council

For more information about LifeLink visit
www.westsuffolk.gov.uk/community/lifelink/index.cfm

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PRACTICAL SUPPORT



Suffolk Parent Carer Network 07341 126455



Anglian Care Trust DAROS support for those sleeping rough & using drugs/alcohol on the streets of Suffolk



Turning Point Offering support for clients over the phone & accepting new referrals over the phone **0300 123 0872**

www.alison.com/courses/core-it-skills- In this day and age, everything revolves around computers. With our Microsoft digital literacy classes, you will learn IT basics and how the Internet works as well as study productivity programs which will be very useful in developing your social and professional skills. We also offer training courses in digital lifestyles where you will look into useful technologies including MP3 players, digital cameras, smartphones, and more.



www.onlinecentresnetwork.org Online Centres Network is made up of over 5,000 grassroots organisations, all working to tackle digital and social exclusion by providing people with the skills and confidence they need to access digital technology.



For Elderly People:

The Voluntary Network

Operating their befriending service but are making more phone calls than visits. **01638 808022**

www.TheSilverline.org.uk A charity for the elderly who offer advice and phone befriending for free. The helpline is open 24/7.
0800 4 70 80 90



Age UK www.ageuk.org.uk **0800 678 1602**



Alzheimer's Association

www.alzheimers.org.uk/coronavirus-covid-19
0300 222 11 22



For more information about LifeLink visit

www.westsuffolk.gov.uk/community/lifeline/index.cfm

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ONLINE RESOURCES



www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public



www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/



www.wellbeingnands.co.uk/suffolk/get-support/courses/

Wellbeing Suffolk offer lots of online resources and online courses and a whole range of wellbeing support.

www.elefriends.org.uk/ Suffolk Mind's online moderated chat rooms for M/H support.



www.nhs.uk/oneyou/every-mind-matters/ There are two "quizzes" available, one for physical health and one for mental health, both are easy to complete and give advice and options for exercise/meal plans/sleep/wellbeing etc



www.nhs.uk/conditions/nhs-fitness-studio/ Online fitness videos suitable for home workouts for all abilities.



www.kidsactivitiesblog.com/ A whole range of options for parents who have kids at home including activities and educational resources.



www.menshealthforum.org.uk Men's Health Forum, 24/7 stress support for men by text, chat and email.



www.rethink.org Rethink mental illness. Support and advice for people living with mental illness. **0300 5000 927** (Mon – Fri 9am-5pm)



www.mentalhealth.org.uk Information and advice.



Night Owls (Fill out the registration Form and someone will contact you)

www.suffolkmind.org.uk/services/suffolk-night-owls-telephone-support-line/

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ONLINE RESOURCES



www.qwell.io Online Mental Health Support.



www.xenzone.com Online Mental Health Support for Children.



www.kooth.com Online Mental Health Support for young people.



www.onelifesuffolk.co.uk Physical and mental well being support.



www.recoverycollegeonline.co.uk/ Recovery College courses online.



www.stories.audible.com/start-listen Audio books for all ages, FREE with no sign up required. Suitable for all devices.



www.samaritans.org 116 123 (freephone 24/hrs a day)



www.epicdad.co.uk Online and phone support just for Dads and Dads to be!

Sharing



Parenting

www.sharingparenting.com Online and phone support for parents.



www.calm.com Free calming, mindful exercises.



nextdoor.co.uk The easiest way to keep up with everything in your neighbourhood.



Looking after ourselves and each other is really important right now. Physically, mentally and emotionally, we can do a lot to protect and support our own health. LifeLink has compiled this guide of well-being tips and guidelines, just for you...

Top 10 Tips For Looking after your wellbeing when self-isolating: (Onelifesuffolk.co.uk)

1. Make plans to phone, instant message or video chat with people or groups you'd normally see in person. Run out of things to talk about? Why not set up a virtual book or film club?
2. **If it's possible try to think of this time as an opportunity to get something done. We often complain that we don't have enough time to read, take a bath, focus on our hobbies etc. Now is a great time to do all of those things.**
3. Try having a clear out. Sort through all of your cupboards and storage spaces and donate what you don't need to charity or sell it online. Make that a digital clear out too! Delete any old files and apps you don't use, update all your passwords or clear out your inboxes.
4. **If you're not sick, and you're able to work from home, that can be really helpful. Try to keep a sense of normality as far as possible.**
5. Try to stick to your usual sleep patterns. It is easy to start going to bed later and then sleeping later but a regular sleep pattern is important for stress levels and physical health.
6. **Same with eating patterns. Be aware that insecurity about food can trigger disordered eating such as bingeing so ensure you have adequate food in and try not to worry, our food supplies will not run out.**
7. Just because you can't make it to the gym or exercise class it doesn't mean you can't still be active. Exercise will reduce stress so try to keep active by trying one of the following: cleaning your home, dancing to music, going up and down stairs, seated exercises or online exercise workouts.
8. **Get as much sunlight, fresh air and nature as you can. Spending time in your garden or bringing nature into your everyday life can benefit both your mental and physical wellbeing. Open the window to let in some fresh air. Take a seat next to the window and just look at out the trees, birds, flowers.**
9. You can find ways to comfort yourself if you're feeling anxious. There are lots of different ways that you can relax including: Arts and crafts, such as drawing, painting, collage, sewing, craft kits or upcycling. DIY, Mindfulness, Playing musical instruments, singing or listening to music, Writing, Yoga and meditation.
10. **Never ignore your mental health. If your mental health is getting worse contact your GP, they should be able to offer you a telephone appointment to discuss ways to cope.**

