



**CONNECT
for health**
Being Well Together

Social Prescribing for Self-Isolation and Social Distancing

If you would like support to access any of the below resources please contact your Community Connector.

Support Organizations

NHS

Coronavirus

- If you have symptoms associated with coronavirus, including a new continuous cough and/or a high temperature, you are advised to stay at home for 7 days. Do **NOT** book a GP appointment or attend your GP practice
- If you live with other people, they should also stay at home for at least 14 days, to avoid spreading the infection outside the home.
- If your symptoms are serious, or get worse, NHS 111 has an [online coronavirus service](#) that can tell you if you need further medical help and advise you what to do

Link: 111.nhs.uk/covid-19

-Only call 111 direct if you are advised to do so by the online service or cannot go online.

www.nhs.uk/conditions/coronavirus-covid-19

Samaritans

116 123

Shout

24/7 text service. Text 85258

Silver Line

Free 24-hour confidential helpline for older people. 0800 470 80 90

Age UK

Information & Advice 01473 351234

Help Hub

Free 20-minute online therapy

www.thehelpub.co.uk

Medication Delivery

Contact local pharmacy or visit [Pharmacy2u.co.uk](https://www.pharmacy2u.co.uk)

Nextdoor.co.uk

Neighbourhood hub for trusted connections and the exchange of helpful information, goods, and services

Mid & West Suffolk Community Helpers and Requests

Facebook group

Gov.uk

Guidance on Social Distancing

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

Staying at Home

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Looking after your Mental Health

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults#how-do-you-look-after-your-mental-wellbeing>

Benefits

Coronavirus support for employees, benefit claimants and businesses

<https://www.gov.uk/government/news/coronavirus-support-for-employees-benefit-claimants-and-businesses>

Citizens Advice

Suffolk Adviceline: **0300 3301151**

Help to Claim (Universal Credit): **0800 1448 444**

<https://www.citizensadvice.org.uk/>

General Activities

Suffolk Libraries

Access e-books, e-audio books, films, documentaries and courses with your library card

<https://www.suffolklibraries.co.uk/elibrary/overdrive/>

List of free online boredom-busting resources: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

National Trust

Many National Trust outdoor spaces are open for free public use.

Volunteer

See how you can offer your support to others during the pandemic.

volunteersuffolk.org.uk

Litter Pick

Email suffolkefw.uk@suez.com to borrow litter pickers free of charge.

Learn a New Language

Download the Duolingo app

Bird Watch

You could input your finds on the BTO Bird Track website or APP www.bto.org/our-science/projects/birdtrack

Free Online Courses

Future Learn <https://www.futurelearn.com/organisations/hm-government>

Positive News

- Positive News UK
- The Happy Newspaper
- Goodnews.org

Activities to try with friends

- Decide on a film you are all going to watch in your own homes and make telephone calls afterwards to discuss it.
- Use FaceTime, skype or other video chat services to have a coffee with a friend from home.

Quarantine Bingo

<https://www.eventbrite.com/e/quarantine-music-bingo-supporting-final-gravity-tickets-100312371002>

<https://www.youtube.com/watch?v=qyGiPJGANCO>

Creative Activities

Draw, colour, write your memoirs, write poetry, write a book, word searches, write a play, read physical & kindle/ebooks, knit, crochet, make gifts such as jewellery making kit, bake, play board games, games, puzzles, play cards, sing, cook, paint, do a photoshoot, organize your cupboards, de-clutter,

Draw with Rob

Draw-along videos: <http://www.robbiddulph.com/draw-with-rob>

Create to Connect

Daily creative challenges starting on 23rd March

Sign up here: <http://dothinkshare.com/creative-inspiration/create-to-connect/>

Origami: <https://www.paperkawaii.com/>

Online book Clubs

- 365 Days of Compassion Book Club: www.the365daysofcompassionbookclub.wordpress.com
- Reading Groups for Everyone: www.readinggroups.org/groups/virtual-groups

Write a letter

You could write a letter to someone you know, send a letter to a local care home or to an individual in need using these organizations:

- www.lovefortheelderly.org
- www.lettersagainst.org/volunteer
- www.friendindeed.org.uk

Concert Live Streams

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

Virtual Choirs

- The Sofa Singers www.thesofasingers.net/
- Singing for better breathing on Youtube: https://www.youtube.com/playlist?list=PL-IiTbuZ7zr1F4jZYockQ5pALmBH_1FEg

Virtual Tours

Museums:

- Collection of museums on Google Arts & Culture site: <https://artsandculture.google.com/partner?hl=en>
- The Louvre: www.louvre.fr/en/visites-en-ligne
- The British Museum: www.britishmuseum.withgoogle.com

Adventures:

- Dives: <https://sanctuaries.noaa.gov/vr/>
- National Parks: <https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome>
- Nature: <http://www.3dmekanlar.com/en/3d-nature.html>

Have a Dance Party

- Have a dance party at home – dancing is a great way to exercise, and all you need is some music to dance. You can always dance by yourself, but some people have been using social platforms and even Zoom video conferencing software to have remote dance parties on the weekend while they are stuck at home.

Karaoke including online

<http://www.singsnap.com/>

<https://www.karafun.co.uk/karaoke/>

<https://www.luckyvoicekaraoke.com/>

Physical Activities

Walking

www.nationaltrust.org.uk/lists/walking-in-suffolk

www.visitsuffolk.com/see-and-do/walk-and-tours.aspx

Also, try forest bathing

Sport England

Advice on staying active while at home

www.sportengland.org/news/how-stay-active-while-youre-home

BBC Breakfast – The Green Goddess

BBC One 6:55am and 8:55am Monday, Wednesday and Friday.

Yoga

Take time to perfect poses such as the tree, downward dog, warrior II and bridge pose.

Youtube classes: www.youtube.com/user/yogawithadriene

Chair Based Exercise

E.g. lifting tins of beans or stomping your feet while seated.

Ask your Community Connector to send out a booklet.

- www.nhs.uk/live-well/exercise/sitting-exercises/
- www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises
- https://www.youtube.com/watch?v=G_o4CnisSe4&feature=emb_title
- Falls Prevention exercises – Get up and Go –
- <https://www.youtube.com/watch?v=n8s-8KtfgFM&feature=youtu.be>

Move It or Lose It

- 5 Minute Balance routine: <https://www.youtube.com/watch?v=ujoD1l4fnP4>
- The Cuppa exercise routine: https://www.youtube.com/watch?v=w3VICljvWsY&list=PLmc-9Le5L6AJ4QqImUPNzS_TymBV-HLNH
- Free exercise at home pack: www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/

30 minute Exercise at Home for the Over 50's

https://www.youtube.com/watch?v=76Np7Xb_8Z0&feature=emb_title

Fitness – aerobic and dancing exercises

<https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=aerobic-exercise>

Fitbit Challenge

If you enjoy a challenge and own a fitbit – you can connect with your friends via the app and start a challenge.

https://help.fitbit.com/articles/en_US/Help_article/1531

Emotional Wellbeing

Meditation and Mindfulness

Practice being fully present in the moment and observing thoughts without judgement. Start by sitting in a comfortable position with your eyes closed and bringing your attention the breath and how your body moves with each inhale and exhale.

Breathing Techniques

Diaphragmatic Breathing

4-5-6 Breathing

360 Guided Mindfulness Practice

<https://www.youtube.com/watch?v=TKterwanr1Y>

Meditation apps

<https://www.reviewgeek.com/4976/the-best-meditation-and-mindfulness-apps-for-soothing-your-mind/>

Journaling

Get your thoughts on paper to release them from your mind and allow worries and problems to seem more manageable. Try bullet journaling.

Practice Gratitude

When we feel grateful the brain releases dopamine, a feel good chemical.

Studies show that by simply writing down three things you are grateful for every day for 21 days can rewire your brain to be more positive.

Mind UK

Coronavirus and your wellbeing

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

Suffolk Mind

How to get your emotional needs met while isolating

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

Elefriends – online community

<https://www.mind.org.uk/information-support/support-community-elfriends/>

Hadleigh - Useful Links

Hadleigh Assist Community Group

This community group was created to assist people self-isolating with access to support.

<https://hadleighassist.co.uk/>

<https://www.facebook.com/groups/191693498794729/>

Hadleigh Foodbank

<https://www.facebook.com/groups/851348395264736/>