

Coronavirus resources for social prescribing Wychavon

Social prescribers will be supporting communities through this pandemic by maintaining phone contact with vulnerable clients and promoting local initiatives. One of them being the 'Here to Help' website at: <http://www.worcestershire.gov.uk/here2help>

For the latest on information and local response: <https://www.wychavon.gov.uk>

HERE 2 HELP
WORCESTERSHIRE

COVID-19: Five steps to look after yourself and others



Take care of yourself and stay healthy

One of the best ways to protect others is to protect yourself.

Wash your hands regularly and thoroughly with soap and water for 20 seconds and dry thoroughly.

Isolate yourself from others as much as possible. Stay away from places where people gather, like bars, clubs and cinemas.



Call, chat, check

Swap phone numbers with your immediate neighbours.

Check on your neighbours and loved ones, particularly if they are elderly or vulnerable.

Help to provide them with food and other essential supplies if you can.

Alert relevant organisations if you are concerned about the wellbeing of others.



Be kind. Think of others

Please shop considerately. Don't bulk-buy essential items like toilet paper, long-life foods or baby supplies.

Use local community social media groups to share information and advice.

If you have surplus supplies of essential items, consider offering them to people in need.

Avoid wasting food – you could even sow fast growing seeds like cress or lettuce.



Get online to stay in touch

Being in self-isolation doesn't mean cutting yourself off from others.

Consider using methods like video calling on your phone or computer to speak to friends and loved ones.

For those who are not online, a telephone call is the ideal way to stay connected.



Share accurate advice and information

We live in a world of rumour and misinformation – make sure you're accessing and sharing accurate news.

Use reputable and verified news sources – if you hear something that doesn't sound right, do some research on websites you trust.

Our website is being updated regularly with all the latest news about the ongoing situation.

Get all the latest updates at:
www.worcestershire.gov.uk/here2help

 **worcestershire**
county council

There are five ways you can help your community:

- Take care of yourself and stay healthy – wash your hands and follow advice on self-isolation or social distancing
- Call, chat and check – swap phone numbers with your immediate neighbours, check on neighbours and loved ones - particularly if they are vulnerable - help provide them with food and other essentials, alert relevant organisations if you are concerned about their welfare
- Be kind and think of others – Don't bulk buy. There are plenty of supplies for everyone if people just buy what they need. Use local community information groups on social media to share information, offer surplus supplies of essentials to those in need and avoid wasting food.
- Get online to stay in touch – use your phone, video calling and social media to stay in touch with people, especially if you are self isolating
- Share accurate advice and information – do not speculate or scaremonger. It only heightens people's anxiety. Use reputable news sources as a source of information, the Government website or the NHS website.
- For more help and advice visit the [Here 2 Help](#) website.

Elderly or Vulnerable and needing assistance:

- [Get coronavirus support as an extremely vulnerable person](#) to register for additional support with daily living tasks such as shopping and social care
- To be contacted by a volunteer fill in the Here 2 Help form on the Worcestershire County Council website: [RequestForHelp](#)
- Ring Community Action on 01684 892381 and leave a message with a phone number and what the need is, or email info@communityaction.org.uk and someone will be in touch.

Phone befriending:

- Silverline [Welcome - The Silver Line | The free, 24 hour, confidential helpline for older people](#) - 0800 4 70 80 90
- Independent Age <https://www.independentage.org/get-support/receive-regular-phone-calls> - 800 319 6789
- Age UK – Local numbers
 - Droitwich - 01905 772126
 - Evesham - 01386 422700
 - Worcester - 01905 740950
- Age UK Hereford & Worcestershire - 0800 008 6077
- Age UK Call in Time - 0800 678 1602

- Citizens Advice South Worcestershire <http://www.citizensadvicesw.org.uk/>
- 01386 712100
- [Step-by-step guide: How to video call your family](#)

Communities (Physical and Virtual):

- Worcestershire County Council coordination of offers of help, support & donations [Here2Help](#)
- NHS volunteers can sign up at <https://www.goodsamapp.org/NHS> to help with running errands for people, patient transport and phone befriending
- Good Neighbour Network Card. Use to let neighbours know you are available to help if needed [Good neighbour network card](#)
- Social media for local communities www.nextdoor.co.uk
- Plate one up and pass it on Worcestershire (Facebook group to organise help in response to Coronavirus) <https://www.facebook.com/groups/220767262534593>

Activities:

- Duet with an online choir
<https://m.facebook.com/groups/560884704783731/?ref=share>
- Gareth Malone's online choir – singing and playing instruments – register here [Gareth Malone's National Choir](#)
- Are you stuck at home? Use this time to improve your garden for wildlife. Download a FREE plant guide as part of our #InsectAandE campaign butfli.es/GardenDoctor
Spring is a good time to sow a mini herb garden for butterflies, moths and bumblebees to enjoy while providing herbs for cooking with. This will get you outside and active. Chives, Oregano (Marjoram), Rosemary, Thyme and Lavender are all great for pollinators and can be planted in window boxes and planters close to the kitchen.
- [List of Zoos with Webcams |](#)
- [12 Museums From Around the World That You Can Visit Virtually | Travel + Leisure](#)
- [The Royal Opera House launches a programme of free online content for the](#)
- [Looking after yourself, and nature](#)

Entertainment:

There are a number of websites and resources available with free and low-cost activities that you can take part in when staying at home including:

- Free Online books / audio books - can be accessed via the online library service http://www.worcestershire.gov.uk/info/20303/eresources_and_online_information/1221/ebooks_and_eaudiobooks
- You tube - offers a range of videos and opportunities for learning such as online music lessons, arts and crafts or workout routines <https://www.youtube.com/?gl=GB>
- Online courses - free and low cost courses are available in a range of different topic areas such as history, languages, health, money, nature etc
 - <https://www.futurelearn.com/courses>
 - <https://www.mooc.org/>
 - <https://www.open.edu/openlearn/free-courses/full-catalogue>
- Photography courses – various courses can be found when searching google including <https://ayearwithmycamera.com/>
- Watching films and TV- there are various programmes and channels available to watch although it is a good idea to break up watching films and TV with other activities throughout the day. You could organise to coincide watching a film with friends and chat on the phone about it afterwards.
- Weather watchers - take photos of the weather from your window for BBC Weather Watchers <https://www.bbc.co.uk/weatherwatchers/>
- Grow your own food - options could include herbs, radish, salad, tomatoes etc <https://www.rhs.org.uk/advice/grow-your-own>
- Garden Bird Watch - various schemes can be found when searching google including <https://bto.org/our-science/projects/gbw> <https://www.rspb.org.uk/get-involved/activities/birdwatch/>
- Design your own Garden - find inspiration and gain some practical insights for designing your garden <https://www.rhs.org.uk/advice/design>
- Mindfulness – there are videos and courses available too <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- Listening to music and podcast
- Board games

Keeping active:

- Sport England have provided some useful ideas about how to stay active if you are at home. They can be accessed from their website on <https://www.sportengland.org/news/how-stay-active-while-youre-home>
- [Stay Active at Home](#)
- How to exercise at home from the BBC [Coronavirus: How to exercise while staying at home](#)
- [Take notice walk](#)
- PE with Joe Wicks Monday to Friday at 9am on YouTube [PE With Joe](#)
- Move more (including home exercise videos) [Move More | For Your Body | One You](#)
- Get Active for those with a long term health condition [We Are Undefeatable: Home](#)

- Lose weight [Lose Weight | For Your Body | One You](#)
- Eat better [Eat Better | For Your Body | One You](#)

Recruitment:

- Many supermarkets, stores and delivery companies are recruiting additional staff on fixed term contracts – see their websites for further info or a round up can be found here: <https://www.bbc.co.uk/news/business-52040539>

Volunteering info from Wychavon:

Are you spending a lot of time at home at the moment, during this difficult time and perhaps looking for things to do to keep busy?

- [Microvolunteering](#) - This is a convenient and easy way to get involved if you have a computer. It can be done anytime, anywhere. The idea is that many people doing small actions can make a big impact. There are a wide range of activities involved including citizen science, letter writing, proof reading, photo-tagging, surveys etc. The causes supported are wide ranging and include the environment, communities, science and fighting poverty. Go to 'Do Something Great' www.bbc.co.uk/programmes/articles/3KWxHVN6nTGjKLNWt4qW0v/microvolunteering
- Help from Home www.helpfromhome.org is also worth checking out. This group initiated 'Microvolunteering Day', which is on 15th April 2020. This group has been promoting microvolunteering since late 2008 and has been slowly building up a database of actions that anybody, anywhere can participate in.
- If you enjoy knitting and have a stock of wool at hand you could consider doing some knitting for the Queen Mother's Clothing Guild. You can read about the Guild at www.qmcg.org.uk There are local groups in Malvern, Upton and Ledbury. Items made include scarves for homeless people and items for premature babies The local contact is Sheilagh Daughtree – s.daughtree@hotmail.co.uk (01684 561872) Sheilagh would be delighted to hear from you if you would like to get involved.
- If you want to help volunteer to deliver food and supplies to elderly and vulnerable people then please complete the [Offer of Help form](#) on the Worcestershire County Council website.
- South Worcestershire Citizens Advice Service will be continuing to offer support to those in need in the coming weeks, but due to the Covid-19 virus and until restrictions are over, their offices will not be accessible in person. Access to their services and support will be offered via the telephone or e-mail. For further information please visit www.citizensadvice.org.uk or call 01684 563611

To Volunteer, you could go to the volunteer centres websites in Wychavon:

- [Evesham Volunteer Centre](#)
- [Droitwich Volunteer Centre](#)

- [Pershore Volunteer Centre](#)

Keeping on top of your mental health:

- Tips on how to stay mentally healthy while working at home: [Supporting your mental health while working from home](#)
- Looking after your mental health during the outbreak (BBC): [Coronavirus: How to protect your mental health](#)
- Tackling anxiety and isolation at home with Butterfly Conservation: find comfort in nature and help conserve butterflies. Look after your mental health this spring by spending time in your garden or outdoor green spaces. Discover more butfli.es/TacklingAnxietywithButterflies
- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



Websites & Online Tools to support mental health:

- [Every Mind Matters | One You](#)
- www.mind.org.uk
- [Action for Happiness](#)
- [Happiful Magazine](#)
- Wellbeing Podcasts - <https://drchatterjee.com/blog/category/podcast/>
- NHS Mood Self Assessment Tool - [Mood self-assessment](#)
- NHS Audio Guides to boost mood (guides for: Low mood & depression, Panic attacks, Anxiety, Sleep problems etc) - [Mental wellbeing audio guides](#)
- Moodscope (Free online service enabling you to describe, measure, track, share and thereby manage your mood) - www.moodscope.com
- The Little Book of Mental Health - [Mental health support for adults | Mental health support for adults](#)
- Self help guides (for abuse, alcohol, anxiety, bereavement, stress, depression etc) - <https://www.selfhelpguides.ntw.nhs.uk/hacw/>
- Breathing exercises for stress [Breathing exercise for stress](#)

- Mind website, relaxation - <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/#.XRXpkz9Ki70>
- YouTube for guided Meditation / Mindfulness

Advice for people affected by dementia:

We have created advice and practical tips for people living with dementia and those supporting them – either in the same household or from a distance, to help during the coronavirus pandemic. These include:

- Helping prevent the virus from spreading by washing your hands often with soap and water (or if this isn't possible, a hand sanitiser). And cleaning things you handle a lot such as remote controls and taps.
- Arranging getting essentials like medicine and food, by speaking to your GP or local pharmacy, using online delivery services, or asking a friend, family member or community volunteer for help.
- Making a plan of what to do if you or the person you care for become unwell, such as leaving the number(s) to call prominently displayed.
- Staying active with gentle exercises and activities like reading, jigsaw puzzles, listening to music, knitting, watching or listening to the TV and radio.
- Keeping connected with family and friends by phone, post, email or Skype.

Call our Dementia Connect support line on [0333 150 3456](tel:03331503456)

Visit our [website](#) for the most up to date information and advice

Join our [online community Talking Point](#) where you can connect with others affected by dementia in a similar situation.

Facebook groups around Wychavon that have regular updates from local businesses and Community Groups:

Pershore:

- Pershore Noticeboard – <https://www.facebook.com/groups/1569371250020963/>
- Pershore and District Watch - <https://www.facebook.com/groups/622185011185891/>

Evesham:

- Evesham Questions - <https://www.facebook.com/groups/evesham.questions/>
- Evesham Noticeboard - <https://www.facebook.com/groups/599383603497307/>

Droitwich:

- Spotted Droitwich - <https://www.facebook.com/pg/droitwichspotted/posts/>

Broadway:

- Broadway Noticeboard - <https://www.facebook.com/groups/182077205686288/>

- Broadway Coronavirus Support Network–
<https://www.facebook.com/broadwaycoronavirussupportnetwork/>

 World Health Organization

Coping with stress during the 2019-nCoV outbreak

 It is normal to feel sad, stressed, confused, scared or angry during a crisis.
Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.

 Don't use smoking, alcohol or other drugs to deal with your emotions.
If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.

 Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

