

Sources of advice and information relating to COVID-19

GOODSAM referrals/ NHS Volunteer Responder Scheme

<https://www.goodsamapp.org/NHSreferral>

Tel: 0808 196 3382 (for professionals)

Tel: 0808 196 3646 (for self-referrals)

FINANCIAL

UNIVERSAL CREDIT –

Citizens Advice have a national UC helpline available from 8am-6pm Mon-Fri

England: 0800 144 8 444

England textphone: 18001 0800 144 8 444

National Debt Line

<https://www.nationaldebtline.org/EW/factsheets/Pages/coronavirus-advice-and-support/help-and-advice.aspx>

Information re accessing cash whilst staying at home, including **Ask-a-friend** scheme:

<https://www.bbc.co.uk/news/business-52229698>

MENTAL WELLBEING

Anxiety UK – Self-isolation Activities

<https://www.anxietyuk.org.uk/blog/covid-19-and-anxiety-part2/>

[Anxiety UK](#), a charity that helps people suffering with anxiety, has produced a list of self-isolation activities to diversify what you do at home in the coming weeks.

It suggests downloading podcasts, watching box sets, doing arts and crafts, knitting, trying meditation, baking new foods, learning a new hobby like origami, skyping friends, FaceTime calls, cooking, writing, reading a book, doing DIY or gardening.

Bracknell Forest Public Health Portal - <https://health.bracknell-forest.gov.uk/health-at-home/>

Drug and Alcohol Dependency - <https://recoveryplaces.org/listing/towards-recovery-cic/>
Support for those wanting to initiate and sustain Recovery from drug and alcohol addiction, **including supporting families, friends and any professionals in contact with them.**

Talking Therapies – Silver Cloud: <https://berkshire.silvercloudhealth.com/signup/>. Silver cloud is a free online NHS service supporting age 17+ within Berkshire who may be struggling with stress, sleep issues and low mood and anxiety.

East Berks CCG – Guide to Coping - <https://www.eastberkshireccg.nhs.uk/our-work/coping-guides/>



Coping-family-life-during-the-lockdown-fin

Every Mind Matters - <https://www.nhs.uk/oneyou/every-mind-matters/>
Mental Wellbeing While Staying at Home

Change 4 Life – support and advice on a wide range of topics for families at home. <https://www.nhs.uk/change4life>

Young Minds <https://youngminds.org.uk/find-help/for-parents/>

Advice for parents - Supporting Your Child During The Coronavirus Pandemic

MIND's relaxation exercises

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

MIND OCD

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/obsessive-compulsive-disorder-ocd/self-care-for-ocd/>

East Berks CCG – Guide to Coping - <https://www.eastberkshireccg.nhs.uk/our-work/coping-guides/>



Coping-family-life-during-the-lockdown-fin

PeerTalk is a national charity that normally provides face-to-face peer support groups for people living with depression and anxiety. We have 12 groups around the country. (All of our groups are listed [here](#).) However, not surprisingly at the moment we cannot hold our groups. Instead Peertalk is circulating a weekly email with useful information. Anyone can subscribe to the email which has a focus on mental health and coping during this stressful time. I attach last week's and this week's edition for you here.

You can sign up to receive this weekly by emailing enquiries@peertalk.org.uk

USEFUL NHS SITES

NHS -exercises at home

<https://www.nhs.uk/live-well/exercise/easy-low-impact-exercises/>

NHS resources

Link to websites for supporting mental health including groups for men/younger men.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

NHS 10 minute exercises

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/> .

Fitness studio videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Every Mind Matters – Advice on sleep

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>

Every Mind Matters – Advice on anxiety

<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>

NHS Mental Wellbeing Audio Guides

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

NHS Mindfulness Information

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

NHS Breathing Exercises

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

NHS Advice – dealing with a mental health crisis

<https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/dealing-with-a-mental-health-crisis-or-emergency/>

AGE UK – Advice Line

<https://www.ageuk.org.uk/services/age-uk-advice-line/>

SUPERMARKET INFORMATION

Morrisons home deliveries (with Deliveroo) <https://www.morrisons-corporate.com/media-centre/corporate-news/morrisons-and-deliveroo-join-up-to-offer-grocery-home-delivery/> Tel: 0345 611 6111 and option 5

Sainsbury's helpline for shopping advice for vulnerable 0800 636262, and also 0800 917 8557 option 1

Link to information about supermarket deliveries for those in receipt of shielding letter:

<https://www.thegrocer.co.uk/online/how-to-get-an-online-supermarket-delivery-slot-if-you-are-shielding/604081.article>

Suggestions for things for children to do at home:

Exercise and wellbeing

[Everyone Active \(link is external\)](#)

[PE with Joe Wicks \(link is external\)](#)

[Cosmic kids yoga \(link is external\)](#)

[Les Mills Avenger workout \(link is external\)](#)

[Andy's Wild Workout \(link is external\)](#)

[Gymnastics with Max Whitlock \(link is external\)](#)

[Jay Shetty mediation \(link is external\)](#)

[Dance with Oti Mabuse \(link is external\)](#)

Entertainment and learning

[Captain Fantastic Children's Entertainment \(link is external\)](#)

[National Marine Aquarium \(link is external\)](#)

[Winchester Science Centre \(link is external\)](#)

[Western Approaches HQ \(link is external\)](#) (History)

[Chester Zoo \(link is external\)](#)

[Wildlife with Steve Backshall \(link is external\)](#)

[Big Fish Little Fish \(link is external\)](#) (family parties)

[Keep Cooking and carry on with Jamie Oliver \(link is external\)](#)

[Music with Myleene Klass \(link is external\)](#)

Educational resources

[Twinkl online learning resources \(link is external\)](#)

[Twinkl Parents Group \(link is external\)](#)

[Horrible Histories \(link is external\)](#)

[Story time with David Walliams \(link is external\)](#)

[Science with Maddie Moate \(link is external\)](#)

[Maths with Carol Vorderman \(link is external\)](#)

Physical activities at home.

<https://getberkshireactive.org/activities-for-women-and-girls>

https://www.sportengland.org/stayinworkout#get_active_at_home

Online resources

If you or a family member needs help and support during this difficult time, please look at the useful resources below:

For younger people:

<https://youngminds.org.uk/>

<https://www.annafreud.org/media/11160/supporting-schools-and-colleges.pdf>

<https://www.youtube.com/watch?v=ME5lZn4-BAk&feature=youtu.be>

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

General mental health and wellbeing:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



LIBRARY HOME DELIVERY SERVICES

Communication



E-mail and phone contacts during library closure

[Bracknell Library](#) 01344 423149

[Sandhurst Library](#) 01252 870161

[Whitegrove Library](#) 01344 424211

Other including befriending

Call Companions (from Contact the Elderly)

A volunteer call companion calls the same older person between two and four times a month at a mutually agreed time for an informal chat. Calls will last for around 30 minutes.

Just like our social gatherings, the call companions programme is aimed at people who are

- 75 or older
- living alone or in sheltered housing with little or no contact with family or friends
- struggle to leave their house in normal times

In addition, they need to have sufficiently good hearing to take on regular phone conversations.

The volunteer is linked with the older person to help spark conversation.

If you know anyone who would benefit from call companions, please refer them using our simple online form. Don't forget to get the older person's consent first. You can find the form on our website at <https://www.reengage.org.uk/refer>

Age UK – Call in Time <https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/> Silver Line telephone befriending service is now being managed by Age UK.

Wellbeing Apps Library – from Frimley Health

<https://www.frimleyhealthandcare.org.uk/our-work/helping-you-to-stay-well/>