

Covid 19 / Coronavirus Health and Wellbeing Guide



A guide of resources and support to
keep you healthy and well during
COVID-19

Prevent the spread of Covid-19

7 Simple Steps

- 01 Wash your hands for 20 seconds with soap and water**
- 02 Avoid touching your face including your eyes, nose and mouth**
- 03 Catch all coughs in a tissue or your elbow**
- 04 Avoided crowded places and use social distancing measures**
- 05 Stay at home if you feel unwell**
- 06 If your symptoms worsen and you become really unwell contact 111**

07 Use reputable sources to keep update with guidance

Public Health England:

<https://www.gov.uk/government/organisations/public-health-england>

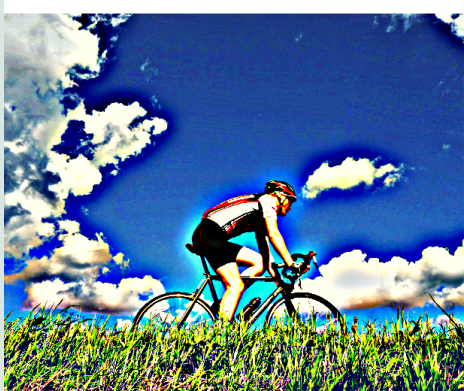
NHS:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Social Distancing

Safe to Do Activities

The following activities are still considered safe to do during social distancing



- Going for a walk, jog or run
- Watch a film
- Bike Riding
- Working from Home
- Baking or Cooking healthy meals
- DIY in and around the house
- Reading a book, magazine or newspaper
- Going for a drive
- Phone Calls or Video Calls such as Skype or Facetime
- Board Games or Puzzles
- Fitness Videos website
- Spring cleaning
- Gardening
- Playing a musical instrument
- Listening to music or podcasts
- Studying or learning new skills
- Yoga or Meditation
- Painting, Writing, Sewing, Knitting, Photography
- Updating your CV
- Complete outstanding to do lists



Physical Activity



Its important to keep the body active if you are unable to get out and be active try one of these in your own home.



Move it or loose it support for elderly

Website:
<https://www.moveitorloseit.co.uk/coronavirus-support-for-older-people-exercise-at-home/>



NHS Fitness Studio

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

50 Best free online workouts

Website:
<https://makeyourbodywork.com/how-to-exercise-at-home/>



Yoga Routines

Website:
<https://yogawithadriene.com/free-yoga-videos/>



Custom made workout programmes

Website:
<https://www.freetrainers.com/>

Physical Activity Apps

Downloadable on your mobile device from the app store



Daily Workouts

Website:
<https://dailyworkoutapps.com/>



7 minute workout

Website:
<http://7minworkoutapp.net/>



Track Yoga

Website:
<https://trackyoga.app/>

Food Support

There are a range of services available to ensure you have food and can eat during these times



Foodbanks offering food to those in a crisis

Website:
<https://www.trusselltrust.org/get-help/find-a-foodbank/>



Community Fridges

Website:
<https://www.zerowastenear.me/community-fridges-surplus-food>

Cornwall: Cafe Chaos

Website:
<http://chaosgroupcornwall.co.uk/>

Many local businesses and restaurants are offering delivery and take away services. Call them or check out their websites to find out whats available look to you.

Financial Advice & Support

Financial support remains available below are links to find more support on financing and budgeting.



General Advice:
Text ADVICE to 78866
Financial Advice:
Text DEBT to 78866

An advisor will aim to call you back within 48 hours excluding weekends.

Helpline available Monday to Friday 10:00am to 4:00pm: **03444 111 444**

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



Providing financial support to help people get back on track

Website: <https://www.turn2us.org.uk/>



Specific advice for financial support during Covid-19

Website: https://www.entitledto.co.uk/help/coronavirus_help



Budget Planner to manage your finances

Website: <https://www.moneyadviceservice.org.uk/en/tools/budget-planner>

Mental Health Support

There are a range of resources available to support your mental health during this time.
Helplines for mental health support remain in service



Mental Health charity have a wealth of information and resources available.

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

Cornwall Mental Health Team - Help in a crisis

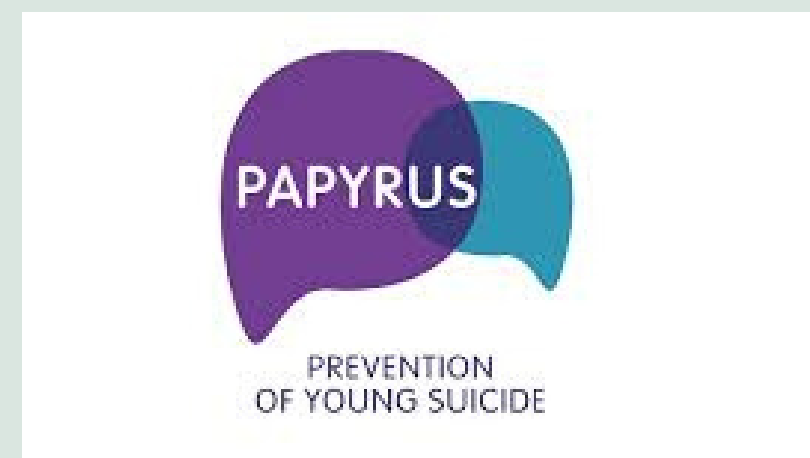
Website:
<https://www.cornwallft.nhs.uk/i-need-help-now/>



Samaritans - 24 hours a day free helpline

Telephone: 116 123

Website:
<https://www.samaritans.org/>



Papyrus - Support for under 35's

Hopeline UK: 0800 068 4141

Website:
<https://papyrus-uk.org/>



Valued Lives- changing mental health care

Telephone: 01209 901438

Website:
<https://www.valuedlives.co.uk/>

Mental Health Apps

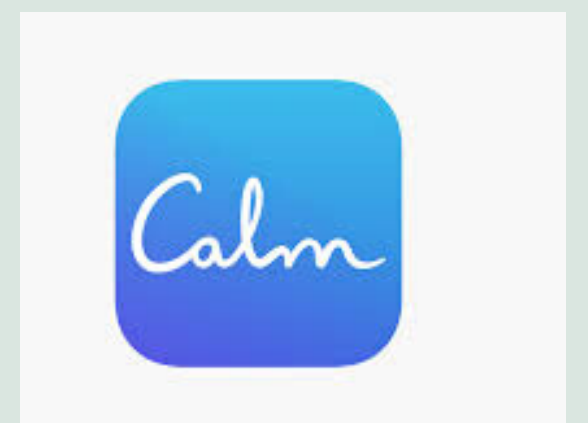
Downloadable on your mobile device from the app store



Website:
<https://www.silvercloudhealth.com/uk>



Website:
<https://www.headspace.com/>



Sleep more.
Stress less.
Live better

Website:
<https://www.calm.com/>



Long- Term Health Conditions

Remaining healthy and well is important. Advice for those with long term health conditions is available



Asthma UK: Advice for people living with Asthma

Website:
<https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>



British Heart Foundation: Advice for people living with Heart of Circulatory diseases

Website:
<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health>



Diabetes UK: Advice for people living with Diabetes

Website:
https://www.diabetes.org.uk/about_us/news/coronavirus



Age UK: Advice for the ageing and elderly

Website:
<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/>



Scope: Advice for those with a disability

Website:
<https://www.scope.org.uk/coronavirus-information/>



Cancer Research: Advice for those with Cancer

Website:
<https://www.cancerresearchuk.org/about-cancer/cancer-in-general/coronavirus-and-cancer>



Royal College of Obstetricians and Gynaecologists: Advice for Expectant mothers

Website:
<https://www.rcog.org.uk/coronavirus-pregnancy>



Mind UK: Advice for Mental Health

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

Working from Home

Many people will be working remotely, here are some tips to the best way to stay efficient and keep your spirits up.



Get Dressed

For some people, the prospect of staying in their pyjamas all day is the most tantalising aspect of working from home. But washing and getting dressed will not only improve your state of mind, it will psychologically prepare you to start work.

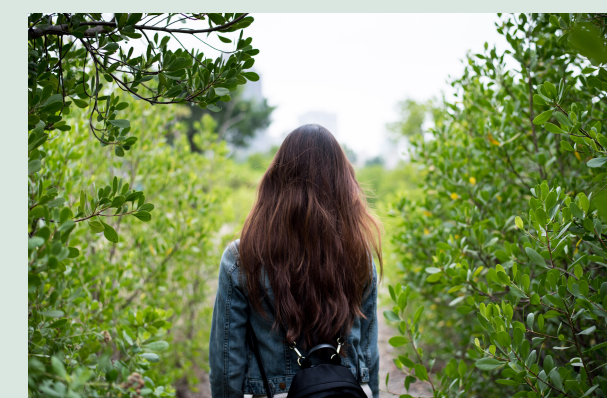
Set working times



If you're employed by a company, you'll probably have set hours of work, and it's important to stick to these when you're working from home. Be ready to start your day at the same time as you would normally arrive in your office or workplace, and finish your day at the same time.

At the end of a working day, it's best to switch off your computer and tidy away papers and other items. Space allowing, set aside a specific, separate area in your home where you can set yourself up - ideally with a properly adjusted desk and chair, similar to your workplace

Fresh Air, Fresh Eyes



Working from home shouldn't mean you stay cooped up indoors all day. While you might not miss your daily commute, it does guarantee that you leave the house at least once during the day. So get your shoes on, get outside and enjoy that fresh air. A different perspective will also help undo mental blocks and give you a fresh pair of eyes for any tasks you're struggling with.

Keep Contact



If you're working from home, the chances are you'll be alone, so you won't get distracted by colleagues' conversations and other office noise. When you're at work, you're more likely to engage with colleagues but when you're working from home, you could spend the whole day without speaking to anyone which can be isolating. Keep in touch with Colleagues and friends over the phone or video conferencing.

Break Away



It's good to have a routine when you're working from home, but work shouldn't become monotonous. And you shouldn't stay glued to your screen all day. It's important to take regular screen breaks and get up from your desk and move around just as you would in an office. Keep hydrated and refuelled.



Online Learning Adult Education

To keep the mind active why not try a new course and learn a new skill.

There are a range of free or low cost courses available to you online



Hundreds of online courses from top universities and specialist organisations.

Website:
<https://www.futurelearn.com/courses>



OpenLearn works with other organisations by providing free courses and resources

Website:
<https://www.open.edu/openlearn/free-courses/full-catalogue>



Empower Yourself Free online courses

Website:
<https://alison.com/certificate-courses>



Empowering you with the skills you need today, for a better tomorrow

Website:
<https://www.bt.com/skillsfortomorrow/index.html>



Wide range of Free courses, including classroom based courses, online courses and distance Learning courses.

Website:
<https://www.reed.co.uk/courses/free>



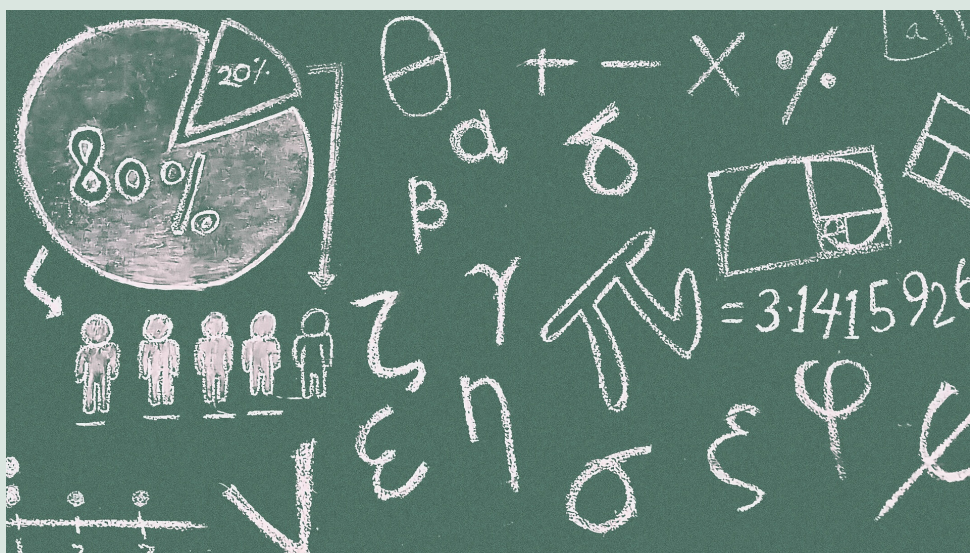
Broad and exciting range of qualifications online.

Website:
<https://www.vision2learn.net/courses>



Home Education

There are a range of resources available to support children and young peoples learning



Khan Academy: good for maths and computing for all ages but other subjects at Secondary level.

Website:

<https://www.khanacademy.org>

BBC Learning

Website:

<http://www.bbc.co.uk/learning/coursesearch/>

Cbeebies Radio: Listening activities for the younger ones.

Website:

<https://www.bbc.co.uk/cbeebies/radio>

Funbrain: Resources for a range of ages

Website:

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

The Imagination Tree: Creative art and craft activities for the very youngest

Website:

<https://theimaginationtree.com>

Toy Theater: Educational Games

Website:

<https://toytheater.com/>

Twinkl: Printouts usually at a fee offering a month of free access to parents in the event of school closures.

Website:

<https://www.twinkl.co.uk>

Chatterpack: Home Education for all ages and subject extensive list of sources

Website:

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

Seneca: For those revising at GCSE or A level.

Website:

<https://www.senecalearning.com>

Ted Ed: Engaging educational videos

Website:

<https://ed.ted.com>

National Geographic Kids: Activities and quizzes for younger kids.

Website:

<https://www.natgeokids.com/uk/>

Duolingo: Learn languages for free

Website:

<https://www.duolingo.com>

Mystery Science: Free Science lessons

Website:

<https://mysteryscience.com>

Crest Awards: Science awards you can complete from home.

Website:

<https://www.crestawards.org>

iDEA Awards: Digital enterprise award scheme you can complete online.

Website:

<https://idea.org.uk>

Tinkercad: All kinds of making.

Website:

<https://www.tinkercad.com>