

## Coronavirus resources for social prescribing Malvern & the Rurals

Social prescribers will be supporting communities through this difficult time by maintaining phone contact with vulnerable clients and promoting local initiatives.

**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](http://www.worcestershire.gov.uk/here2help)



For the latest on the local response: <https://www.malvernhillsgov.uk/community/coronavirus-covid-19-update>

**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](mailto: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 [Receive regular phone calls](#) 0800 319 6789
- Age UK Malvern 01684 560666
- Age UK Hereford & Worcester 0800 008 6077
- Age UK Call in Time 0800 678 1602
- [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](http://www.nextdoor.co.uk)
- The Witley Good Neighbour Scheme is being set up right now to help people self isolating in and around Great Witley. Volunteers will collect shopping, prescriptions, chat on the phone if people are feeling lonely etc.
- Contact Julia & Peter Van Tongeren on 07914 644401 or [witleygoodneighbour@gmail.com](mailto:witleygoodneighbour@gmail.com)
- Plate one up and pass it on Worcestershire (Facebook group to organise help in response to Coronavirus) <https://www.facebook.com/groups/220767262534593>
- Pickersleigh Community Together – search Facebook or visit [www.pickersleigh-together.org.uk](http://www.pickersleigh-together.org.uk)

## 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](http://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 culturally curious at home](#)
- [Looking after yourself, and nature](#)

## 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 MHDC:

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/3KWxHVHN6nTGjKLNWt4qW0v/microvolunteering](http://www.bbc.co.uk/programmes/articles/3KWxHVHN6nTGjKLNWt4qW0v/microvolunteering)
- Help from Home [www.helpfromhome.org](http://www.helpfromhome.org) is also worth checking out. This group initiated 'Microvolunteering Day', which is on 15<sup>th</sup> 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](http://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](mailto:s.daughtree@hotmail.co.uk) (01684 561872) Sheilagh would be delighted to hear from you if you would like to get involved.
- **Age UK, Malvern & District are seeking volunteers who can shop for elderly people 'self isolating' at home and also to contact people. Anyone who can help, please ring Age UK on 01684 560666**
- 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](http://www.citizensadvice.org.uk) or call 01684 563611
- Malvern Hills Volunteering will no longer be offering the Wednesday morning 'drop-in' sessions in Malvern Library. Any volunteer enquiries received will be answered by email or telephone – [malvernhillsvolunteering@gmail.com](mailto:malvernhillsvolunteering@gmail.com) 075100012092
- Any new volunteering roles received to help with the present situation will be put on the national volunteering website, [www.do-it.org](http://www.do-it.org) and on the MHV website [www.malvernhillsvolunteering.org](http://www.malvernhillsvolunteering.org)

## 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 [butrfli.es/TacklingAnxietywithButterflies](http://butrfli.es/TacklingAnxietywithButterflies)
- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

## COVID-19: How to respond constructively

12 Mar 2020 | Action for Happiness

**The COVID-19 pandemic is putting the wellbeing of millions of people at risk. At this difficult time for the global community we can each play a vital role in helping to reduce the impact and look after ourselves and each other.**

### The Action for Happiness response to COVID-19

Having researched thoroughly and had much discussion, our recommended response in brief is:

#### 1. Listen to the experts

Leading health authorities tell us that our actions now can reduce the burden on the healthcare systems and help save lives. We all need to respond.

#### 2. Keep calm (but don't carry on)

In light of the latest expert advice, our recommendation is to avoid non-essential face-to-face gatherings for the time being to help slow the spread of the virus.

#### 3. Make wise & kind choices

We can all help to reduce the impact of this virus by looking after our own health, washing our hands, self-isolating if needed and being kind and considerate to others.



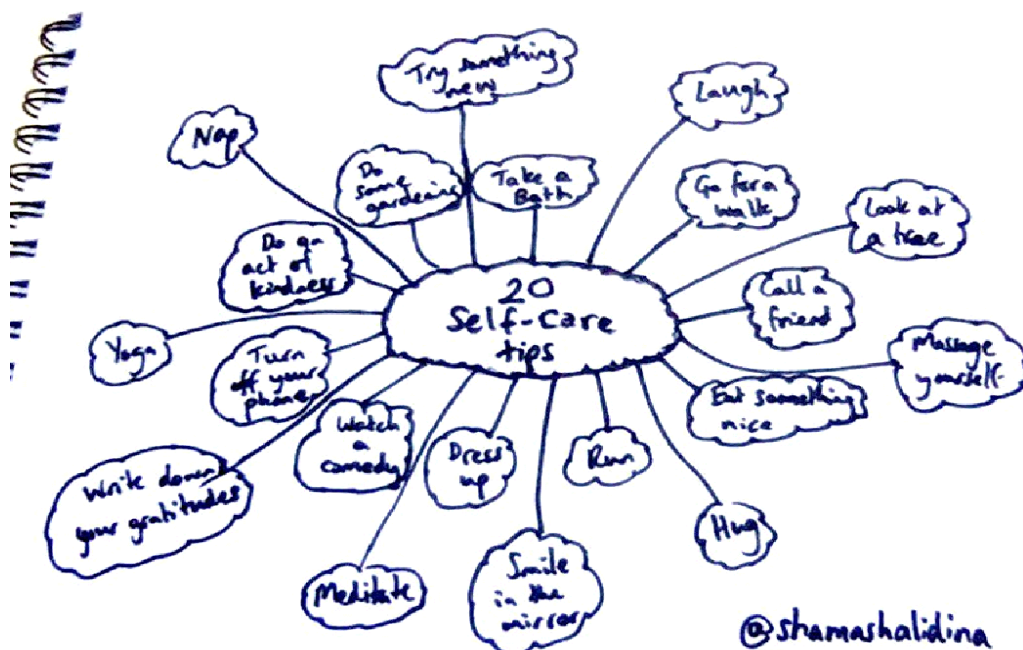
> Find out more about each of these in our full [Response to COVID-19](#).

## Websites & Online Tools to support mental health

- [Every Mind Matters | One You](#)
- [www.mind.org.uk](http://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, Anxiety control training, Sleep problems, Practical problem solving, Low confidence, Unhelpful thinking) [Mental wellbeing audio guides](#)
- Moodscope (Free online service enabling you to describe, measure, track, share and thereby manage your mood) [www.moodscope.com](http://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, Controlling Anger, Depression, Depression & low mood, Domestic Violence, Eating Disorders, Food for Thought, Health Anxiety, Hearing Voices, Obsessions & Compulsions, Panic, Post Traumatic Stress, Postnatal Depression, Self Harm, Shyness & Social Anxiety, Sleeping Problems, Stress) <https://www.selfhelpguides.nth.nhs.uk/hacw/>
- Breathing exercises for stress [Breathing exercise for stress](#)  
<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/#.XRXpkz9Ki70>
- Youtube for guided Meditation / Mindfulness

## Self Care

Try not to get overwhelmed with too much information. Take a break from the news and try some self care activities:



**Be grateful for the small things**

Try to increase feelings of positivity by acknowledging the small things that help us feel better – good food, hearing from a friend, watching a good film or crossing something off your to-do list. Try to write down three things to be grateful for every day.

**Get organised**

Put some time aside each day to get through your to-do list and enjoy having the time to complete tasks you've been meaning to do for a while.

**Connect**

Call your friends or family member, try talking to someone who can't get out and you will help both of you feel better. As well as voice calls you could try whatsapp video/ facetime/ skype.

**Learn something new**

Try a new recipe, learn a few words in a different language, research something online, teach yourself a skill (first aid, photography etc).

**Look after your houseplants or garden**

Being within nature can help us feel physically and mentally happier. If you don't have a garden you can tend your houseplants or plant some seeds on a windowsill.

**Get more sleep**

Try to make time to relax in the evenings and stick to a routine to help you get better sleep. Find more info here [Sleep Problems | Every Mind Matters | One You](#)

**Get creative**

You could try writing, colouring, drawing or even decorating your house. Make gifts for people and wrap them in pretty paper.

Try some of the suggestions from Action for Happiness calendars to help with these ideas <https://www.actionforhappiness.org/calendars>