



**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 Organisations

#### **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.thehelphub.co.uk](http://www.thehelphub.co.uk)

#### **NHS**

[www.nhs.uk/conditions/coronavirus-covid-19](http://www.nhs.uk/conditions/coronavirus-covid-19)

Call 111 if you have symptoms. Do not go to a GP surgery, pharmacy or hospital

#### **Medication Delivery**

Contact local pharmacy or visit [Pharmacy2u.co.uk](http://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>

<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](http://volunteersuffolk.org.uk)

### **Litter Pick**

Email [suffolkefw.uk@suez.com](mailto: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](http://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=gyGiPJGANCO>

## 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 23<sup>rd</sup> 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](http://www.the365daysofcompassionbookclub.wordpress.com)
- Reading Groups for Everyone: [www.readinggroups.org/groups/virtual-groups](http://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](http://www.lovefortheelderly.org)
- [www.lettersagainst.org/volunteer](http://www.lettersagainst.org/volunteer)
- [www.friendindeed.org.uk](http://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/](http://www.thesofasingers.net/)
- Singing for better breathing on Youtube: [https://www.youtube.com/playlist?list=PL-IiTbuZ7zr1F4jZYockQ5pALmBH\\_1FEg](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](http://www.louvre.fr/en/visites-en-ligne)
- The British Museum: [www.britishmuseum.withgoogle.com](http://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](http://www.nationaltrust.org.uk/lists/walking-in-suffolk)

[www.visitsuffolk.com/see-and-do/walk-and-tours.aspx](http://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](http://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](https://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/](http://www.nhs.uk/live-well/exercise/sitting-exercises/)
- [www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises](http://www.bhf.org.uk/information-support/heart-matters-magazine/activity/chair-based-exercises)
- [https://www.youtube.com/watch?v=G\\_o4CnisSe4&feature=emb\\_title](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](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/](http://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](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](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/](http://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/](http://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/)

Elefriends – online community

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

## Bildeston - Useful Links

### **Bildeston Community Group**

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

[https://www.facebook.com/BildestonCommunity/?\\_tn=%2Cd%2CP-R&eid=ARBklyyqgCAcTw83sjNmcGYywH1FjZza5mmtdn69ce6jekPpQPJZUNENS2jGahzA4Im4hTeDnEai-6\\_a](https://www.facebook.com/BildestonCommunity/?_tn=%2Cd%2CP-R&eid=ARBklyyqgCAcTw83sjNmcGYywH1FjZza5mmtdn69ce6jekPpQPJZUNENS2jGahzA4Im4hTeDnEai-6_a)

### **Bildeston Parish Council**

<https://www.bildeston.org/parish-council/335-coronavirus>