

Helping you



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Care with courage

Here are some helpful tips on how to stay safe and healthy while we all practise social distancing:

- Stick to a routine. Try and get up at the same time each day and plan the tasks that you're going to do. These could include household chores, but do make time to relax and for hobbies too.
- Reach out to family & friends. A simple text or email could make a major difference. You could even write a letter to someone you haven't spoken to in a while (as long as you can get to a post box safely)
- Get active indoors. Exercise can lift your mood, reduce stress and encourage the release of the body's feel-good chemicals called endorphins. Visit www.nhs.uk/oneyou for some simple workouts at home.
- Ask for help. Don't suffer in silence if you're experiencing loneliness. There are friendly volunteers you can have a chat with if you're feeling isolated.
 - For a cheerful chat, try Silver Line: 0800 470 80 90
 - For practical information and advice, call Age UK: 0800 169 65 65

Helping others



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Here are some simple tips on what you might want to consider when trying to support an older relative or someone in your local community:

- Find out what medication they are on and ensure you know how to help them access prescriptions. You could offer to pick these up where possible.
- Make sure that they are connected – even if it's just by a landline.
- Be active and stay connected to them, ideally through technology like Facetime and Skype, but a simple regular call or a letter can make the world of difference.
- Find out what support might be available to them locally including online hubs or groups and ensure they get registered for this. NHS volunteers are being organised through these routes and there are lots of other support groups springing up.
- For more of this, you can also visit www.agespace.org who have also set up a virtual support group for anyone looking after someone elderly with coronavirus.