

Coronavirus Factsheet: Support and Information

Local Support (for Oxfordshire)

Oxfordshire Mind

Oxfordshire Mind Information Line: 01865 247 788 (09:30 – 16:30 Mondays to Thursdays, 09:30 – 16:00 Fridays).

Text: 07451 277 973 / email: info@oxfordshiremind.org.uk

Oxfordshire Mind's information on Coronavirus and your wellbeing:

<https://www.oxfordshiremind.org.uk/coronavirus-and-your-wellbeing/>

- **Keeping physically active with Oxfordshire Mind:**

Discounted street dance classes in your own home:

<https://www.oxfordshiremind.org.uk/online-adult-street-dance-class/>

Our Physical Activity & Wellbeing team has prepared exercises for you to follow, should you like: <https://www.oxfordshiremind.org.uk/home-working-wellbeing-challenge/>

- **7K in 7 Days Challenge:**

See <https://www.oxfordshiremind.org.uk/7k-in-7-days/>

- **Walking for wellbeing goes virtual:**

If you cannot get outside, we can bring the outside to you:

<https://mailchi.mp/oxfordshiremind/walking-for-wellbeing-goes-virtual?e=f753f81a1b>

TalkingSpace Plus

This is a free local service offered via the NHS. It arranges talking therapies for common mental health conditions such as anxiety and depression, as well as specialist support for diabetes, cardiac disease, COPD and Chronic Fatigue. It also offers employment support, including help with CVs.

You can self-refer to TalkingSpace Plus on 01865 901 222.

See <https://www.oxfordhealth.nhs.uk/talkingspaceplus/>

Oxfordshire All In

Find help and support within the local Oxfordshire community:

<https://www.oxfordshireallin.org/>

See also <https://www.oxfordshireallin.org/support-group-resources>

Jack FM Radio

<https://www.jackfm.co.uk/news/>

This Oxfordshire-based radio station is a great source of current local news and information, including Coronavirus updates, for which see <https://www.jackfm.co.uk/coronavirus-updates/>

Food Bank Information

The link below takes you to a list of food banks within Oxfordshire, which you can contact if you're struggling to obtain food due to financial hardship.

<https://livewell.oxfordshire.gov.uk/Search?keywords=food+banks&udg=false&dis tance=&Lat=52.0668556&Lon=-1.3462151&location=OX16>

Oxford City Council

The City Council has set up a single point of contact for vulnerable people to ask for the extra help they may need because of the Coronavirus outbreak.

To get help for yourself, or someone you are concerned about, you can either:

- Call the Contact Centre on 01865 249 811;
- Complete the form here: <https://occ.oxfordtogether.org/support-form>.

Other essential support is available in the directory here:

<https://www.oxford.gov.uk/essentialsupport>.

Many of the services in this directory will not be offering face-to-face support, but are still providing help by phone, email or online. As the ongoing impact of Coronavirus means these services may change, this directory provides links to websites, where possible, so you can get the most up-to-date information about what is available.

National support

GOV.UK

For all the latest guidance and information around Coronavirus, including keeping safe and looking after yourself, particularly if self-isolating, see <https://www.gov.uk/coronavirus>

See also <https://www.nhs.uk/oneyou/>

NHS Mental Health Support Lines

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

NHS 111

You can call NHS 111 if you, or someone you know, needs urgent care, but it's not life-threatening. This includes if you have an existing mental health problem and your symptoms get worse, or if you experience a serious mental health problem for the first time.

Age UK

Age UK is offering a new, free telephone support service. They can offer a friendly, weekly call to see how you are, to chat and to problem-solve, if you're facing practical problems.

If you feel that you might benefit from this service, please call **01865 411 288**. This will connect straight to an answerphone where you can leave your name and number. A member of their team will then ring you back as soon as they are able, during normal working hours.

For more information, see <https://ocva.org.uk/2020/03/16/age-uk-oxfordshire-advice-information-and-support-for-older-people-about-coronavirus/>

Anxiety UK

This charity offers a broad range of support for adults, families and teens suffering from anxiety.

Helpline: 03444 775 774 / text service: 07537 416 905 / website:

<https://www.anxietyuk.org.uk/>

Ideas and Activities while Self-Isolating

Libby

An app/virtual library to borrow audio and digital books for free:
<https://www.overdrive.com/apps/libby/>

Chatter Pack

A list of free, online, boredom-busting resources: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

ZSL Instant Wild

A way of staying in touch with the natural world. The app sends you pictures of animals captured on motion sensing cameras and asks you to identify them to contribute to the ZSL's conservation work: <https://instantwild.zsl.org/intro>

UK Hand knitting for Charity

Charities which look for people to knit/crochet things to donate:
<https://www.ukhandknitting.com/knitting-for-charity/charity-list>

Mindfulness

- Breathworks are offering an online, self-paced course which is specifically designed for people who are stuck at home, in isolation, or feeling scared, overwhelmed or ill: <https://www.breathworks-mindfulness.org.uk/mindful-self-care-for-troubling-times>
- The Oxford Mindfulness Centre is offering free weekly online mindfulness sessions. The weekly practice sessions are intended for people who have an established mindfulness practice and wish to develop their practice further. Each week, there will be practices, talks and an opportunity to explore different themes in small groups. The monthly guest talks will be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again. See <https://www.oxfordmindfulness.org/learn-mindfulness/online-sessions-podcasts/>
- The team behind the meditation app Calm has put together a fantastic range of resources to help people take care of themselves. Their website has a selection of guided meditations, relaxing music, videos of gentle movement, journal templates and much more. See https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult_times_non_subs_031720

N.B. If you find yourself feeling worried or panicky, try the 5-4-3-2-1 grounding practice explained in the video available via the link immediately above.

When you're feeling overwhelmed, pause and settle your mind by naming:

- 5 things you can see;
- 4 things you can hear;
- 3 things you can touch;
- 2 things you can smell;
- 1 thing you can taste.

Apps/Podcasts for Wellbeing Support

- **Stay Alive.** This app is a pocket suicide prevention resource, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide, or if you are concerned about someone else who may be considering suicide.
- It's also well worth looking at the **Mental Health Foundation's podcasts and videos**, which you may find help you to live a mentally happier life. These can be found here (<https://www.mentalhealth.org.uk/podcasts-and-videos>), or via iTunes.
- **MindShift** (free). Struggling with anxiety? Tired of missing out? There are things you can do to stop anxiety and fear from controlling your life. MindShift is an app designed to help teens and young adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.
- **Catch It** is a joint project between the Universities of Liverpool and Manchester and helps users to better understand their moods through use of an ongoing diary. The app is designed to illustrate some of the key principles of psychological approaches to mental health and wellbeing, and Cognitive Behavioural Therapy (CBT) specifically.
- **Mood Tools - Depression Aid.** If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. The app is designed to help you combat depression and alleviate your negative moods, aiding your road to recovery.