

## Coronavirus Fact Sheet on Support and Information

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### **Local Support**



#### **Oxfordshire Mind link:**

Plan for staying at home or indoors

Take care of your mental health and wellbeing

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

**Information line: 01865 247 788 (9:30 - 4:40 weekdays)**



#### **Keeping active with Oxfordshire Mind**

A link to discounted street dance classes in your own home:

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

Our Physical Activity & Wellbeing Team have created routines for you to follow:

<https://www.oxfordshiremind.org.uk/home-working-wellbeing-challenge/>

#### **7 day & K Challenge**

**Look on our website and join up to this challenge.**

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

#### **Walking for wellbeing goes virtual**

While you cannot get outside, we bring outside to you.

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

#### **Talking Space Plus**

This is a free service offered via the NHS. They offer talking therapy for common mental health conditions and specialist support for diabetes, cardiac disease, COPD and Chronic Fatigue.

They also offer employment support, via help with CV's and improving employability information.

You can self-refer on: **01865 901 222**

Talking space plus link: <https://www.oxfordhealth.nhs.uk/talkingspaceplus/>

**Phone support only at this time.**

#### **SUPPORT**



#### **Oxfordshire All In**

Below are the links to support and help in the Oxfordshire area, that could help you with anything from family support/ accessing food /your rights / coronavirus health guidelines.

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

<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 and now coronavirus updates on this link <https://www.jackfm.co.uk/coronavirus-updates/>



### **Food bank information**

The link below will send you to the Oxfordshire food banks contact information, who you can contact about accessing food, due to financial hardship.

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

Stuck in self -isolation and needing a food shop done/ food bank access and donations link [https://docs.google.com/document/d/1PQdt1C4RmMh1Iy\\_7HroiRpyZpLwf\\_ULkIHKvwedBOW/mobilebasic](https://docs.google.com/document/d/1PQdt1C4RmMh1Iy_7HroiRpyZpLwf_ULkIHKvwedBOW/mobilebasic)



### **Oxford City Council community hubs**

#### **Your local hubs are now offering remote support, while sites are closed.**

These are **not** for people to go and visit they stressed they did not want people turning up. But how they can access support is by **calling Oxford City Council on 01865 249811** and then you can speak to a worker, they will take your details and pass them to the Hub nearest to where you live. Someone from the Hub will then give you a ring and see how they can help.



### **National support**

#### **Gov.UK**

For all the latest guidance and information around keeping safe and looking after yourself if self-isolating. Or if you just want more information around the coronavirus, the link below will keep you up to date with accurate information.

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

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

### **NHS mental health support line**

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

### **111 NHS**

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

### **Age UK**

They are offering a **new, free, telephone support service**. This will include a **friendly, regular weekly call** to see how people are, to chat and also **problem-solve** if people are facing practical problems.

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

**For more information the link below will send you to their site.**

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

### **Anxiety UK**

The charity offers a broad range of support for adults, families and teens suffering with all aspects of anxiety.

**Helpline: 03444 775 774    Text Service: 07537 416 905**

<https://www.anxietyuk.org.uk/get-help/anxiety-information/>



### **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**

**Free, worldwide App connecting isolated people** - chat on the phone with others who are isolated at home –

### **Quarantine App**

### **Virtual tours**

Access to 500 Museums & Art Galleries . zoos , Edinburgh Zoo - Live streams: [Panda Cam](#) / [Tiger Cam](#) / [Penguin Cam](#) / [Rock Hopper Penguin Cam](#) / [Koala Cam](#)

**Elearning** – very wide range of subjects / access to music and concerts.

**ADHD** support pack.

**All Accessed via this link**

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

**ZSL's Instant Wild app**

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 conservation work : <https://instantwild.zsl.org/intro>

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

**Gorgeous live nature clip. WALES**

Even in your own home watching nature can really aid the reduction of anxiety and lift the mood.

[https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.facebook.com%2Fstory.php%3Fstory\\_fbid%3D2865069080253248%26id%3D100826406677543%26scmts%3Dscwpsdd%26extid%3DqKwVRDM67ID4cqs&data=02%7C01%7Crachel.knight%40OxfordshireMind193.onmicrosoft.com%7Cb26ee8479bc445a2964608d7ce4f3e1a%7Cc6e92c757ce04a6196a51d39a43e517a%7C0%7C0%7C637204712057596813&sdata=e7%2BQ%26](https://eur01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.facebook.com%2Fstory.php%3Fstory_fbid%3D2865069080253248%26id%3D100826406677543%26scmts%3Dscwpsdd%26extid%3DqKwVRDM67ID4cqs&data=02%7C01%7Crachel.knight%40OxfordshireMind193.onmicrosoft.com%7Cb26ee8479bc445a2964608d7ce4f3e1a%7Cc6e92c757ce04a6196a51d39a43e517a%7C0%7C0%7C637204712057596813&sdata=e7%2BQ%26)

**Free 'Mindful self-care for troubling times' online course**

Breathworks are offering this online, self-paced course which is specifically designed for people who are stuck at home, in isolation, or feeling scared, overwhelmed or ill.

**Free weekly online mindfulness sessions**

Oxford Mindfulness Centre are offering online sessions which are open to the general public, meaning you do not need prior mindfulness experience to take part. Each session will also be available as a free podcast shortly after for anyone who missed the live session or wishes to practice again. The first session is on 25th March, 7-8pm and will be led by Chris Cullen, via Zoom. The theme will be Finding Steadiness in Uncertain Times.

**Free resources from Calm**

The meditation app Calm have put together a fantastic range of resources to help people take care of themselves. [This website](#) has a selection of guided meditations, relaxing music, videos of gentle movement, journal templates and much more.

A very simple practice to try if you find yourself feeling worried or panicky, is the 5-4-3-2-1 grounding practice explained in the video 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.



### **Podcasts**

It's also well worth taking a look at the '**Mental Health Foundation's 16 free podcasts**' to help you live a mentally happier life - from New Year's Resolutions to Relaxation for Better Sleep to Mindfulness and How to Overcome Fear and Anxiety. Can be listened to on the Mental Health Foundation website, downloaded or subscribe to on iTunes.



### **MindShift**

**(Free to use) 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**

Catch It is a joint project between the Universities of Liverpool and Manchester, to help users better understand their moods through use of an ongoing diary. The app was designed to illustrate some of the key principles of psychological approaches to mental health and wellbeing, and specifically Cognitive Behavioral Therapy (CBT).



### **Mood Tools - Depression Aid**

If you are feeling sad, anxious, or depressed, lift your mood with MoodTools. MoodTools is designed to help you combat depression and alleviate your negative moods, aiding your road to recovery.

