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Stay safe, stay connected.

Sharing these wise words from Rabbi Yosef Kanefsky:

"And the very last thing we need right now, is a mindset of mutual distancing. We actually need to be thinking in the exact opposite way: Every hand that we don't shake must become a phone call that we place. Every embrace that we avoid must become a verbal expression of warmth and concern. Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise."

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Hello

by Linda Irvine Fitzpartick

When we prepared the last newsletter most of us hadn't even heard of Covid-19. A few weeks on finds us all in a very different place. We've put together this edition of Thrive to connect people with useful information and support. Please share with us what you are doing to support your family, friends, neighbours and people in general. We will share your stories which we are sure will inspire others.

5 ways to wellbeing whilst staying at home during the Coronavirus

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Connect

It can be stressful being at home continuously, so keep your spirits high by reaching out to your connections; send a text or even video call.

<https://www.ionos.co.uk/digital-guide/online-marketing/social-media/skype-alternatives>

Be Active

Whether it's by stretching out or becoming your own personal trainer, staying active will keep your mind and body healthy.

<https://www.bbc.co.uk/news/av/uk-51959557/coronavirus-the-green-goddess-returns-with-self-isolation-fitness-tips>

Keep Learning

Our brains love to learn, so keep them engaged and challenge yourself to read a book, work on some puzzles or even try out a new recipe.

<https://www.classcentral.com/collection/ivy-league-moocs>

Give

Give some time to listen and help those around you, even the smallest act of kindness can improve your mental wellbeing.

<https://www.volunteeredinburgh.org.uk/volunteer/covid-19-faqs>

Take Notice

Take notice of your surroundings and practice some mindfulness, making sure that you keep a comfortable space to relax.

<https://www.headspace.com>

Looking after your mental health during the Coronavirus outbreak

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

Here are some tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.

Infectious disease outbreaks, like the current Coronavirus (Covid-19), can be scary and can affect our mental health. While it is important to stay informed, there are also many things we can do to support and manage our wellbeing during such times.

Here are some tips we hope will help you, your friends and your family to look after your mental health at a time when there is much discussion of potential threats to our physical health.

Looking after your mental health while you have to stay at home

The government is now advising us to avoid all but essential social contact. This will mean that more of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us. It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you.

Create a new daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an

exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.

Make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

Try to avoid speculation and look up reputable sources on the outbreak

Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.

You can get up-to-date information and advice on the virus here:

- **Gov.uk**
- **Health Protection Scotland**
- **Public Health Wales**

Follow hygiene advice such as washing your hands more often than usual, for 20 seconds with soap and hot water (sing 'happy birthday' to yourself twice to make sure you do this for 20 seconds). You should do this whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can't wash your hands straightaway, use hand sanitiser and then wash them at the next opportunity.

You should also use tissues if you sneeze and make sure you dispose of them quickly; and stay at home if you are feeling unwell.

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Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support.

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Try to stay connected

At times of stress, we work better in company and with support. Try and keep in touch with your friends and family, by telephone, email or social media, or contact a helpline for emotional support.

Breathing Space Scotland

0800 83 85 87

Advisors are available in the evenings (6pm - 2am) and at the weekends (24 hours) for anyone feeling low, anxious or isolated.

The Silver Line

0800 4 70 80 90

Friendship and advice 24 hours a day for older people.

Samaritans

116 123

Volunteers who will listen or talk through your worries (available 24 hours).

You may like to focus on the things you can do if you feel able to:

- **Stress management**
- **Keep active**
- **Eat a balanced diet**

Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, use this from trusted sources, and remember that your friends might be worried too.

Also remember to regularly assess your social media activity. Tune in with yourself and ask if they need to be adjusted. Are there particular accounts or people that are increasing your worry or anxiety? Consider muting or unfollowing accounts or hashtags that cause you to feel anxious.

Talk to your children

Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

We need to minimise the negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible.

Let's not avoid the 'scary topic' but engage in a way that is appropriate for them. *The Mental Health Foundation* have more advice on talking with your children about world news.

<https://www.mentalhealth.org.uk/publications/talking-to-your-children-scary-world-news>

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It is important that you take some time to think about how you can keep in contact with your social world.

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Here are some other useful links:

<https://young.scot/campaigns/national/coronavirus>

From New Zealand a video for children: "Corona virus explained" Dr Michelle Dickinson

<https://www.youtube.com/watch?v=OPsY-jLqaXM>

Child Mind Institute: Video and information

https://childmind.org/article/talking-to-kids-about-the-coronavirus/?utm_source=newsletter&utm_medium=email&utm_content=http://d31hzhk6di2h5.cloudfront.net/20200310/c7/82/94/e7/d5db3fa4aaf224284d265443_242x172.png&utm_campaign=Weekly-03-03-20

How to talk to children about the coronavirus from Harvard Health

<https://www.health.harvard.edu/blog/how-to-talk-to-children-about-the-coronavirus-2020030719111>

Try to anticipate distress

It is OK to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced **trauma** or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of the coronavirus. It's important to acknowledge these feelings and

remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking.

Try and reassure people you know who may be worried and check in with people who you know are living alone.

Try not to make assumptions

Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease.

The Coronavirus can affect anyone, regardless of gender, ethnicity or sex.

Try to manage how you follow the outbreak in the media

There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it's important to find a balance.

It's best that you don't avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you.

With Covid-19 we have been asked to reduce our face to face contact and for many of us, this means that we are unable to go about our daily lives in the way we are used to. This can leave us feeling lonely or isolated, which is understandable given that it is a basic human need to connect with others. It is therefore important that you take some time to think about how you can keep in contact with your social world.

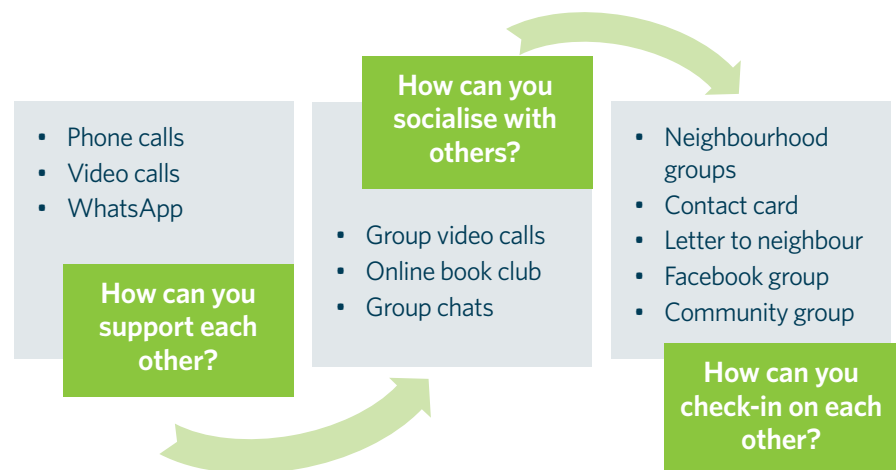
Staying Connected: Who can I talk to?

We suggest the following basic steps to maintain a sense of connection and wellbeing at this time.

- 1) Have a think about who you have in your life and how they fit into the following categories. You may find it helpful to write it on a piece of paper or use the circle diagram.

Emotional	Social	Practical
Who can you talk to about how you are feeling? <i>e.g. worries, problems</i>	Who can you connect with? <i>e.g. friends, family, work colleagues</i>	Who can help out if needed? <i>e.g. shopping, childcare, finances</i>

- 2) Now think about how you would normally contact the people in your world and how this will be affected by having to stay at home. Can you think of alternative ways that you can keep contact with these people.



- 3) It is normal to feel worried with these changes that are out of our control. It is important to take some time to think about your wellbeing.

Take time to look after yourself (*exercise, eating well, rest, baths, structure your day*)

Lean on others for support (*who can you phone when anxious? When you need shopping? If you feel lonely?*)

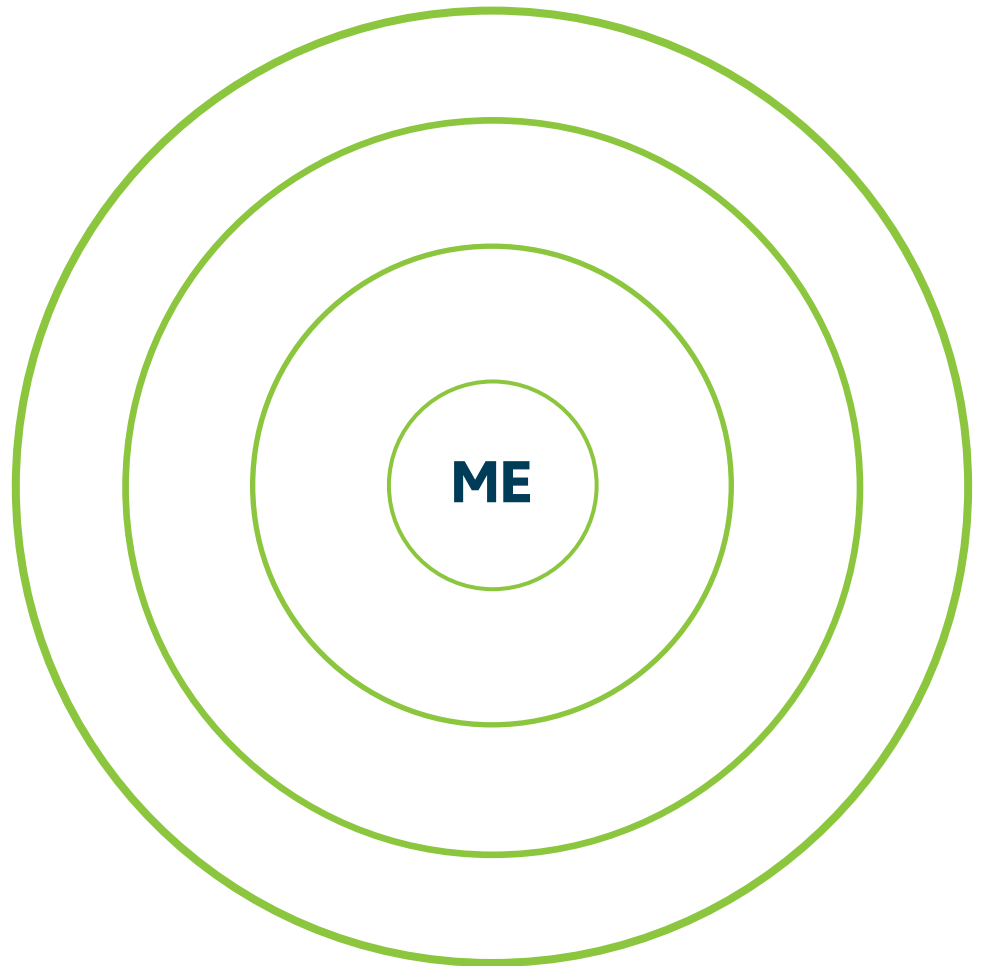
Recognise when you are struggling and thinking what you can do differently (*talk to family or friends, limit engagement with news, distract yourself, plan your day etc*)

Try to focus on the things you can control (*can you start a new hobby, reading, writing, cooking, crafting, these things you are always meaning to do...*)



My Staying Connected Plan

Place the people in your life on the circles with closer relationships nearer to you and perhaps less important relationships further out. You can put an E (emotional), P (practical) and S (social) next to them if that's helpful. Remember it's about the quality of these relationships and not the quantity.



Can we just take this opportunity to say **Thank You** to everyone who is working so hard to help.

In your community

We have been busy talking to partners to see what is available in the community to help and support people. Appreciating this may change quickly so please do check out <https://edspace.org.uk> and <https://www.evoc.org.uk>. Lots of partners are supplying up to date information which is being uploaded to these sites.

Can we just take this opportunity to say **Thank You** to everyone who is working so hard to help.

Edinburgh Crisis Centre:

Centre is closed but continuing telephone, email, and text support. Further information:

<http://www.edinburghcrisiscentre.org.uk/wordpress>

Contact: 0808 801 0414

Broomhouse Centre:

Café at the Hub is open for takeaway service only 8.30am to 2.00pm, every day for breakfast and lunch.

Contact: 0131 455 7731

The Stafford Centre:

Will be closing from 20 March, however telephone support will be made available.

Contact: 0131 557 0718

Cyrenians Fareshare:

Exploring production and distribution of prepared meals. Information:

<https://cyrenians.scot/community-and-food/good-food/fareshare>

Health In Mind:

Are updating edspace continuously with information for the public on services and supports available.

Contact: 0131 225 8508

Edinburgh Leisure:

Facilities are all closed now but you can visit their website to find out how you can stay active during this time.

Information:

<https://www.edinburghleisure.co.uk>

Edinburgh Green Space Trust:

Will be posting some useful videos on their facebook page giving hints on staying well. Information: <https://en-gb.facebook.com/greenspacetrust>

Livingwell North Edinburgh:

Will be posting a schedule of skype activity on their website. Information: <http://www.livingwellnorthedinburgh.org.uk>

Pilton Community Health Project:

Haring shelf will be open between the hours of 12:00-13:00 with controlled access. Information:

<https://pchp.org.uk>

The Mental Health Information Station:

Is closed but will be setting up an instagram and facebook page.

Information:

<https://services.nhsllothian.scot/mentalhealthinformationstation/Pages/default.aspx>



volunteer edinburgh

Can you please share this important information through your networks and as widely as possible.

From Marion Findlay, Director of Services

Hello all

You will be aware that the response from communities all over Edinburgh to the current situation has been fantastic. It is important that people understand that the need for their help is only going to increase over the coming weeks, but that at this point there may be fewer people needing support. Being a good neighbour is vital just now and if people are not connected then please encourage them to start to reach out.

Our message is THINK LOCAL/ACT LOCAL.

Many online groups e.g. Facebook, Nextdoor, Gumtree Community are forming. Volunteer Edinburgh has produced a FAQ for people who want to help <https://voled.in/covid>. Further guidance focussed on getting and giving help safely will be added shortly. Can you please share this important information through your networks and as widely as possible. If easier to do so on social media please use these links:

<https://twitter.com/VolunteerEdi/status/1240260435431034881?s=20>

<https://www.facebook.com/VolunteerEdinburgh/posts/3411181775564368>

Useful Links

Do you know someone who is caring for an older, ill or disabled loved one? This video gives ideas on how to support, collaborate, and help share the care with others. www.YooTooApp.com

Register to use collaborative care for families:

<https://covid19.yootooapp.com>

Random acts of Kindness:

<https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

Pensioner Works out during coronavirus:

<https://news.stv.tv/video/pensioner-works-out-in-garden-during-coronavirus-outbreak>

World Health Organisation:

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Mind WebPages provide some really useful bits of information to help wellbeing at this time:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing>



thrive

The Scottish Centre for Conflict Resolution have currently paused the direct delivery of our training and events due to keeping everyone's safety at the forefront in the current Covid-19 crisis. However, the SCCR have some fantastic online resources that can help households struggling with being stuck at home and the conflict that may accompany that.

The SCCR creates freely available online resources, for example, their digital HYPERLINK

"<https://scottishconflictresolution.org.uk/homunculus>" *Emotional Homunculus and Brains Amazing Drugs Cabinet* launched last year.

These digital resources have been pulled together into a HYPERLINK

"<https://scottishconflictresolution.org.uk/resource-hub>" **Resource Hub**, featuring a downloadable booklet to give professionals and parents guidance on using its resources in the home or in current circumstances, for online discussion.

The SCCR are looking to run online events during these difficult times.

Please help us to help you by getting in touch at

"<mailto:sccr@cyrenians.scot>" **sccr@cyrenians.scot**, to share your ideas on your wants and needs, and how we can develop our plans going forward.

Please also visit the SCCR HYPERLINK

"<https://scottishconflictresolution.org.uk>" website, and stay social and connected. Follow us on facebook, *Scottish Centre for Conflict Resolution* page and on twitter @SCCRCentre.



We welcome your contribution

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