

Wellbeing

CORONAVIRUS AND YOUR WELLBEING

The Mind charity and the NHS Every Mind Matters provide helpful advice and ideas about how you can manage your wellbeing during the Coronavirus outbreak, as well as practical tips on how to plan and adapt if needing to self-isolate.

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse7d8af>

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

SELF-HELP LEAFLET

Northumberland, Tyne and Wear NHS Foundation Trust provide a useful self-help guide to managing stress.

<https://web.ntw.nhs.uk/selfhelp/leaflets/Stress%20A4%202016%20FINAL.pdf>

BE MINDFUL

A mindfulness course which is available online for improved mental wellbeing (£30).

<https://www.bemindfulonline.com/>

SAMARITANS

Samaritans is a **free, 24-hour** helpline which is open **7 days a week** offering support to anyone if they are feeling distressed or in despair.

Tel.: 116 123

www.samaritans.org.uk

MENTAL HEALTH APPS

My Possible Self and **Feeling Good** (age 18+) are mental health apps which supports you to develop skills to manage anxiety and stress and improve your wellbeing.

<https://www.mypossibleself.com/>
<https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>
<https://calmharm.co.uk/>

Calm Harm is an app supporting those concerned about self-harm with managing emotions.

<https://breathe.com/>

Breathe meditation app is your all-day (and night!) inner wellness partner for anxiety, stress, sleep, and more. You can find guided meditations for real life situations, music for every mood, personalized recommendations, and a learn to meditate program to get you started

MENTAL HEALTH AT WORK

<https://www.mentalhealthatwork.org.uk/toolkit/>

MENTAL HEALTH FOUNDATION

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

ONE YOU

is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

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

BIG WHITE WALL

an online service providing access to millions with anxiety, depression and other common mental health issues.

www.bigwhitewall.com

Sleep

SELF-HELP LEAFLET

Northumberland, Tyne and Wear NHS Foundation Trust provide a useful self-help guide to overcoming sleep difficulties.

<https://web.ntw.nhs.uk/selfhelp/leaflets/Sleeping%20Problems%20A4%202016%20FINAL.pdf>

SLEEPIO

Sleepio is a web-based self-help course based on CBT for Insomnia which is accessible 24 hours a day, 7 days a week. It has been proven to help people make great improvements in the quality of their sleep.

<https://www.sleepio.com/>

Support for carers and the elderly

AGE UK OXFORDSHIRE

A new telephone support service which is **free of charge** has been started to support those who are worried about Coronavirus. You can receive a weekly call to have a chat, check how you are and

Tel: 01865 411 288

You will be invited to leave your name and telephone number on an answer phone for a team member to call you back as soon as possible (during normal working hours).

help you solve any practical problems you might be experiencing.	https://www.ageuk.org.uk/oxfordshire/about-us/news/coronavirus/
<p><u>THE SILVER LINE</u></p> <p>The Silver Line offers a confidential, free helpline for people aged 55 or over which is open 24 hours a day, 7 days a week. Silver Line offers advice, information and friendship; such as weekly friendship calls, facilitated group phone calls between people who have shared topics of interest, as well protecting and supporting older people from abuse and neglect.</p>	<p>Tel. helpline: 0800 4 70 80 90</p> <p>https://www.thesilverline.org.uk/</p>
<p><u>CARERS UK</u></p> <p>Carers UK have published guidance for carers regarding what support is accessible to them, and the person they are caring for, during the Coronavirus outbreak.</p>	https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19?id=6268:coronavirus-guidance
Physical Activity	
<p><u>NHS GYM-FREE WORKOUTS</u></p> <p>A collection of free workout exercises which you can access at home such as chair-based exercises and fitness videos, which include dance, yoga and strength-building exercises.</p>	https://www.nhs.uk/live-well/exercise/gym-free-workouts/
<p><u>ACTIVE 10</u></p> <p>Active 10 is a free app which supports you to build brisk walking into your daily routine.</p>	https://www.nhs.uk/oneyou/active10/home
<p><u>GENERATION GAMES</u></p> <p>Age UK's physical activity service, Generation Games, offers an online video for home exercising for people over the age of 50.</p>	https://generationgames.org.uk/videos/
Money	
<p><u>REDUNDANCY</u></p> <ul style="list-style-type: none"> • JCP • GOV UK • CITIZENS ADVICE • ACAS • MONEY SAVING EXPERT 	<ul style="list-style-type: none"> • https://jobhelp.dwp.gov.uk/redundancy-advice/ • https://www.gov.uk/redundancy-your-rights • https://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/redundancy-pay/ • https://www.acas.org.uk/your-rights-during-redundancy • https://www.moneysavingexpert.com/family/redundancy-help/?utm_content=1584711098&utm_medium=social&utm_source=facebook
<p><u>BENEFITS</u></p> <p>UNIVERSAL CREDIT</p> <p>STATUTORY SICK PAY (SSP)</p> <p>EMPLOYMENT AND SUPPORT ALLOWANCE</p>	<p>https://www.gov.uk/browse/benefits</p> <p>https://www.understandinguniversalcredit.gov.uk/employment-and-benefits-support/</p> <p>https://www.gov.uk/statutory-sick-pay</p> <p>https://www.gov.uk/employment-support-allowance</p>

<p><u>FINANCIAL ADVICE</u></p> <p>Turn 2 Us Money Advice Service National Debt Line Citizens Advice Bureau Step change debt charity</p> <p>Oxfordshire Mind –Benefits for Better Mental Health</p> <p>Mental Health and Money Advice</p> <p>GOV UK How to access government financial support if you or your business has been affected by COVID-19</p>	<p>https://www.turn2us.org.uk/ https://www.moneyadviceservice.org.uk/en https://www.nationaldebtline.org/ https://www.citizensadvice.org.uk/ https://www.stepchange.org/ https://www.oxfordshiremind.org.uk/oxfordshire-minds-benefits-for-better-mental-health-recognised-in-national-report</p> <p>https://www.mentalhealthandmoneyadvice.org/en/welfare-benefits/</p> <p>https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/873676/Covid-19_fact_sheet_18_March.pdf</p>
<p><u>FREE SCHOOL MEALS GUIDANCE</u></p>	<p>https://www.gov.uk/government/publications/covid-19-free-school-meals-guidance</p>
Work	
<p><u>ADVIZA</u> REGIONAL REDEPLOYMENT SERVICE The service is: Operating across Berkshire, Buckinghamshire, Oxfordshire, and the South West to create a Regional Redeployment Service. Aims to match those recently made redundant with new work in sectors experiencing a surge in employment demand such as food retail, care and distribution.</p>	<p>https://www.adviza.org.uk/services/national-careers-service/regional-redeployment-service/</p>
<p><u>NATIONAL CAREERS SERVICE</u> Provides information, advice and guidance to help you make decisions on learning, training and work.</p>	<p>https://nationalcareers.service.gov.uk/</p>
<p><u>JCP</u> Contact JCP Hints and tips on applying for jobs if you haven't done it for a while. If you are looking for a full or part-time job in England, Scotland or Wales – or even some temporary work during the coronavirus emergency – visit Find a Job Job search ideas Applying for jobs Advice for jobseekers</p>	<p>https://www.gov.uk/contact-jobcentre-plus</p> <p>https://jobhelp.dwp.gov.uk/job-search-ideas/ https://jobhelp.dwp.gov.uk/applying-for-jobs/ https://jobhelp.dwp.gov.uk/advice-for-jobseekers/</p>
<p><u>ACCESS TO WORK</u></p>	<p>https://www.gov.uk/access-to-work</p>
<p><u>HEALTH AND SAFETY EXECUTIVE</u></p>	<p>https://www.hse.gov.uk/</p>
<p><u>TRADE UNION CONGRESS</u></p>	<p>https://www.tuc.org.uk/</p>
<p><u>ACAS</u> The Advisory, Conciliation and Arbitration Service can offer online and telephone guidance on employment related matters.</p>	<p>https://www.acas.org.uk/coronavirus</p>
<p><u>CITIZENS ADVICE BUREAU</u> This service can provide free advice on your employment rights and ways to solve problems at work.</p>	<p>https://www.citizensadvice.org.uk/</p>
<p><u>SELF EMPLOYED</u> HMRC The Coronavirus helpline is a help line specifically for the self-employed and businesses who are struggling due to the current situation. They can provide advice and guidance on tax and benefits you may be eligible for.</p> <p>If you cannot pay your tax bill on time</p> <p>GOV UK Self-employment and Universal Credit</p>	<p>0300 456 3565</p> <p>https://www.gov.uk/difficulties-paying-hmrc</p>

<p>Claim a grant through the coronavirus (COVID-19) Self-employment Income Support Scheme</p> <p>Business support</p>	<p>https://www.gov.uk/self-employment-and-universal-credit https://www.gov.uk/guidance/claim-a-grant-through-the-coronavirus-covid-19-self-employment-income-support-scheme</p> <p>https://www.gov.uk/coronavirus/business-support https://employerhelp.dwp.gov.uk/</p>
<p><u>WORKING FROM HOME</u></p> <p>BBC – Five Ways to Work Well from Home Some top tips for working from home and how to manage this.</p> <p>ACAS</p>	<p>https://www.bbc.co.uk/news/business-51868894</p> <p>https://www.acas.org.uk/working-from-home</p>
<p><u>CONCERNS ABOUT GOING TO WORK DURING COVID</u></p> <p>TUC</p> <p>UNISON</p> <p>CIPD</p> <p>GOV.UK</p>	<p>https://www.tuc.org.uk/news/covid-19-health-and-safety-concerns-work</p> <p>https://www.unison.org.uk/coronavirus-rights-work/</p> <p>https://www.cipd.co.uk/knowledge/fundamentals/emp-law/employees/workplace-guide-returning-after-coronavirus</p> <p>https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19</p>
<p><u>FURLOUGH SCHEME</u></p> <p>GOV UK Check if you could be covered by the Coronavirus Job Retention Scheme</p> <p><u>Explanation of the Coronavirus Job Retention Scheme - Furlough Scheme</u></p> <p><u>Ultimate Furlough FAQs</u></p> <p>BBC Coronavirus: What does it mean if I've been furloughed by work?</p> <p>GOV.UK Chancellor extends furlough scheme until October</p>	<p>https://www.gov.uk/guidance/check-if-you-could-be-covered-by-the-coronavirus-job-retention-scheme</p> <p>https://www.gov.uk/government/publications/guidance-to-employers-and-businesses-about-covid-19/covid-19-guidance-for-employees</p> <p>https://www.ashtonslegal.co.uk/insights/business-news/ultimate-furlough-faq/</p> <p>https://www.bbc.co.uk/news/explainers-52135342</p> <p>https://www.gov.uk/government/news/chancellor-extends-furlough-scheme-until-october</p>
<p><u>WORKING FAMILIES</u> Working Families is the UK's work-life balance charity. We help working parents and carers—and their employers—find a better balance between responsibilities at home and in the workplace.</p>	<p>https://workingfamilies.org.uk/articles/coronavirus/</p>
<p>GOV UK</p>	<p>https://www.gov.uk/lay-offs-short-timeworking</p>

Lay-offs and short-time working	
GOV UK Online isolation notes launched - providing proof of coronavirus absence from work	https://www.gov.uk/government/news/online-isolation-notes-launched-providing-proof-of-coronavirus-absence-from-work
GOV UK Coronavirus (COVID-19): apprenticeship programme response sets out guidance for apprentices, employers, training providers and assessment organisations in response to the impact of coronavirus (COVID-19).	https://www.gov.uk/government/publications/coronavirus-covid-19-apprenticeship-programme-response
GOV UK Rules on carrying over annual leave to be relaxed to support key industries during COVID-19	https://www.gov.uk/government/news/rules-on-carrying-over-annual-leave-to-be-relaxed-to-support-key-industries-during-covid-19
<u>JOB SPECIFIC SUPPORT</u> Education Staff Social Workers Nurses Doctors Mental Health Professionals Retail Workers Hospitality	https://www.educationsupport.org.uk/ https://www.basw.co.uk/ https://www.rcn.org.uk/ https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support https://www.umind.ca/Home.aspx https://www.usdaw.org.uk/ https://www.hospitalityaction.org.uk/
Food	
<u>CITIZENS ADVICE BUREAU</u> The service is able to discuss your needs with you and how to access food banks.	https://www.citizensadvice.org.uk/benefits/help-if-on-a-low-income/using-a-food-bank/
<u>The Trussell Trust</u> Allows you to search for foodbanks near you in a network of foodbanks in the UK.	https://www.trusselltrust.org/
<u>FOOD BANKS</u> The following links provide information and a database about accessing food banks in the Oxfordshire area and can be contacted to explore gaining access to food due to financial difficulties.	https://livewell.oxfordshire.gov.uk/Search?keywords=food+banks&udg=false&distance=&Lat=52.0668556&Longitude=-1.3462151&location=OX16 https://www.oxford.gov.uk/info/20007/communities/1198/food_access_services_in_oxford
<u>HEALTHY START</u> "Healthy Start is a government scheme to improve the health of low-income pregnant women and families on benefits and tax credits."	https://www.healthystart.nhs.uk/
<u>MORRISONS FOOD BOXES</u> Morrisons are delivering food boxes, from looking they have a few days worth of dinners included and deliver next day. It's worth considering for any clients or family and friends that are unable to go out.	www.morrisons.com/food-boxes/
Domestic Abuse	
<u>SURVIVING ECONOMIC ABUSE (SEA)</u> is the only UK charity dedicated to raising awareness of and transforming responses to economic abuse.	https://survivingeconomicabuse.org/

<p>DAHA DAHA is a partnership between 3 agencies leading change for cohesive policies and strategies for tackling domestic violence and housing globally.</p>	<p>https://www.dahalliance.org.uk/</p>
<p><u>Housing</u></p>	
<p><u>CITIZENS ADVICE BUREAU</u> A service offering advice and information regarding money and housing and what your rights are.</p> <p><u>SHELTER ENGLAND</u> Provides helpful housing advice in light of Coronavirus, including rent payment problems and income and benefits. HOUSING</p> <p>Complete ban on evictions and additional protection for renter</p> <p>Government support available for landlords and renters reflecting the current coronavirus (COVID-19) outbreak</p>	<p>https://www.citizensadvice.org.uk/housing/</p> <p>https://england.shelter.org.uk/housing_advice/coronavirus</p> <p>https://www.gov.uk/government/news/complete-ban-on-evictions-and-additional-protection-for-renters</p> <p>https://www.gov.uk/guidance/government-support-available-for-landlords-and-renters-reflecting-the-current-coronavirus-covid-19-outbreak</p>
<p><u>Charities</u></p>	
<p><u>GOV.UK</u> Chancellor sets out extra £750 million coronavirus funding for frontline charities</p>	<p>https://www.gov.uk/government/news/chancellor-sets-out-extra-750-million-coronavirus-funding-for-frontline-charities</p>