



**STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES**

## Back to normality' Anxious? Worried? Lacking Confidence?

You might be worried about the coronavirus lock-down restrictions easing and you may find yourself feeling less positive about these changes.

Some may feel relieved or excited when lock-down is eased however, you may move through a range of difficult feelings and thoughts. This might feel stressful, but there are lots of things you can try that could help your health and wellbeing over the coming months.

This newsletter contains lots of useful information on what to do if you are worried about lock-down restrictions easing, things to keep yourself busy during this time, updates on Rooftop and external services and much more!

Please bear in mind this information is correct at the time of publication. Always check the NHS website and Government website for up to date information.

If you have any concerns regarding your health and the easing of lock-down **call your GP for advice**, or **call the NHS on 111** if you cannot get help online.

Health and Wellbeing

# Newsletter

August 2020



### HOW TO WEAR A FACE COVERING



- Wear your face covering so it comes all the way up close to the bridge of your nose.
- Make sure it covers your all the way down under your chin.
- Do your best to tighten the loops or ties so it's snug around your face, without gaps.

### HOW NOT TO WEAR A FACE COVERING



**DON'T:** Wear your face covering so it is below or covers just the tip of your nose.



**DON'T:** Leave your chin exposed.



**DON'T:** Push your face covering under your chin to rest on your neck.



**DON'T:** Wear your face covering loosely with gaps on the sides.

## How to look after your health and wellbeing as COVID-19 lock-down restrictions ease...

There's no 'normal' response to lock-down or lock-down easing. Your feelings might change. You might feel one way one day, and another way the next.

Some of the feelings you are having now may feel difficult to manage. If you are feeling anxious about coronavirus or spending a lot of time at home, you may find it helpful to talk about these worries with someone you trust, especially if they are in a similar situation.

If you want to take things slowly then that is okay, there is no rush or pressure to automatically return to 'normal' after the easing of restrictions.

## Safely enjoying and meeting others outdoors: *Fresh air, sunlight, nature*

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

Guidance on how to safely spend time with others outside is changing frequently and is different for England and Wales. Always check the Government website for up to date information.

If you are feeling anxious about mixing with people try going for a short walk early in the morning or later in the evening when it is quieter. If it is safe for you to do so, why not ask a friend to come along too?

If you want to meet friends arrange to meet and sit in a comfortable space outside and sit two meters apart.



## Reflect over the past few months

The COVID-19 outbreak is undoubtedly a significant moment in human history. Wychavon Council are keen to capture information about what happened locally to inform future generations. That is why they have launched the COVID-19 Memory Bank.

You are encouraged to send in video blogs, photographs, video footage, poems, songs or artwork. The subject can be anything from how you felt during this time to the way the community pulled together, the weekly clap for our carers event, response of key workers on the front-line and the challenges or joys of home schooling.

If you have lost a loved one to this virus, you are also invited to submit a photograph and/or tribute to them.

You can find out more about the project and upload any contributions you may have at

[www.wychavon.gov.uk/memorybank](http://www.wychavon.gov.uk/memorybank) or email your submissions to [communications@wychavon.gov.uk](mailto:communications@wychavon.gov.uk)



# CORONAVIRUS STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE  
OR NEW CONTINUOUS COUGH  
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home if any one person has symptoms.

Find out how to get a test, and how long to isolate, at [nhs.uk/coronavirus](http://nhs.uk/coronavirus)



## Things are working slightly differently now...

There have been many changes put in place in various walks of life where services have been adapted due to the coronavirus.

Places such as hairdressers, beauty salons, restaurants and leisure centres may operate slightly differently to before the lock-down.

You may see staff members wearing items of Personal Protective Equipment (PPE), and the number of people allowed in certain areas may be reduced.

You may see some people keeping a certain distance away from others, and members of the public wearing PPE too.



## Shop updates

Priority times for older/vulnerable people, please remember to wear a face mask when entering any shop. The on-the-spot fine for not wearing a mask is **£100**

Contact 0800 917 7359 to identify as vulnerable and request priority for an online delivery slot.

**Aldi:** home delivery essential food box £24.99.

**Co-Op:** 8-9am Monday - Saturday and 10-11am Sunday for older/vulnerable.

**Iceland:** First hour of trading is for older/vulnerable people.

**Marks & Spencers:** First hour Monday and Thursday for older/vulnerable people.

**Morrisons:** Essentials food boxes. Over 70s can call 03456 116111, option 5 to order items from essentials box.

**Sainsbury's:** 8-9am Monday, Wednesday and Friday for older/vulnerable people.

**Tesco:** 9-10am Monday, Wednesday and Friday priority for older/vulnerable people.

**Waitrose:** First hour priority for older/vulnerable people.

## Volunteer Services

NHS Volunteer Responders are still open and will continue to operate over the coming months. While restrictions may be easing, and the government has announced shielding is being paused from 1 August, the scheme will continue to help people who are at greater risk from coronavirus or who may be cautious about the virus and want to avoid crowded spaces.

NHS Volunteer Responders will carry on delivering the food you buy, prescriptions and essential items if you need it.

You will still be eligible for priority supermarket slots (if you have already registered).

If in need of help with shopping, prescription collection or a friendly chat responder are ready to help.

Applies to people who want to continue to stay home or need to avoid busy public areas, people with caring responsibilities, people who are self-isolating, people who have been instructed to self-isolate by the test and trace service, and frontline and health care workers.

If you or someone you know needs help or you are a carer in need of support, then our NHS Volunteer Responders are available to help. Call **0808 196 3646** (8am to 8pm) to register and arrange volunteer help.



## Eat out to Help out

The Government is introducing the Eat Out to Help Out scheme encouraging us to return to eating out.

This entitles every diner to a 50% discount of up to £10 per person on their meal, at any participating restaurant, café, pub or other eligible establishment.

The discount can be used unlimited times and will be valid Monday to Wednesday on any eat-in meal (including non-alcoholic drinks) for the month of August 2020.

# Health and Wellbeing Calls

Have you heard about Rooftop Housing's Health and Wellbeing service? The team provide lots of activities and social events, and for now we are trying to do some health promotion on the telephone and when we are out of lock-down we shall be promoting and sending out invitations and information, also a regular newsletter, which will be delivered within the schemes.

## Health Chats

We would like to promote our 'Health Chat' which helps you gain an understanding of fitness levels and give lifestyle improvement tips; this would take about 15/20 minutes.

If you are a Rooftop resident and you would like to receive a weekly or fortnightly wellbeing call offering support during the ease of lock-down or to book an appointment for a health chat then please contact the Health and Wellbeing Team Leader on **01386 420800** or **07854717430**



## Rooftop services

Rooftop's services are still running, just in a different way!

For help with any issues with your rent, benefits or general money advice please email [money.advice@rooftopgroup.org](mailto:money.advice@rooftopgroup.org)

Job coaching services are all available to our customers. Call free on 0800 0421 800, to make a skype booking, or [bbo@rooftopgroup.org](mailto:bbo@rooftopgroup.org).

You can find all the up to date information on Rooftop's website at [www.rooftopgroup.org](http://www.rooftopgroup.org).

### Social media

We are constantly updating our Facebook page with ways to look after your health and wellbeing. Make sure you give us a like to keep up to date with what is going on in your area. Follow us on Twitter and Instagram too and see what else we get up to!



RooftopHandW,



@rooftop\_hwb



@rooftop\_hwb

**At Rooftop, WE WILL BE HERE FOR YOU over the coming months as lock-down restrictions ease. HOW CAN WE HELP you during this time?**



## Helping Hands

Care & Nursing at Home

## Helping Hands

During the coronavirus outbreak, we want to assure all our existing and new customers that we can still support you if you are self-isolating at home. Our concern is for our elderly customers and those with underlying health conditions, who are within the 'vulnerable' category suggested by the government. If you need someone to go shopping for you if you cannot leave your home or are worried about going to the shops alone, we can help.

We can arrange for a carer to collect your groceries and either deliver them to your door or put them in your cupboards and fridge if you struggle to do so by yourself.

Remembering to order your long-term prescription and getting to the pharmacy can sometimes be difficult to fit into your week. The stress of running out of your medication can be alleviated through knowing you have the option of someone else picking it up for you.

For more information please contact **0333 0603 862** or visit [helpinghandshomecare.co.uk](http://helpinghandshomecare.co.uk)



**Rooftop**  
Housing Group

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