
MAINTAINING YOUR HEALTH & WELLBEING

During the Coronavirus Pandemic

Spring Social Prescribers are the link between the Health Service and support services in our community.

During the Covid-19 crisis our routines and social contacts have changed. Social Prescribers are still working, providing emotional and practical support, and helping people improve their health and well-being.

Here to help, we have created these top tips on maintaining your health and well-being during lockdown:

Stay Connected

Keeping in touch with family, friends and support services is important to maintain good mental health. Social Prescribers are in touch via phone, video link and messaging to support and guide people throughout lockdown and beyond.

Other ways to stay connected are:

Spend time developing relationships and connections. Connect with friends, family and neighbours, having a chat over the fence or go on socially distanced walks. Connect with people in your local community. These connections will support and enrich you every day. Connect with support services. Connect to your local Healthy Living centre <http://www.hlcalliance.org/> to find out what is happening in your area.

Join our Spring Connect Well, Health and Wellbeing workshops. Free and open to everyone, the 30 minute workshops explore all aspects of your health and well-being. Simply log on to www.spring.org to register.

Keep moving

Exercise is good for both body and soul. Social Prescribers have created links to a variety of online classes. There is something out there to suit everyone, from the slow movement Chi me classes designed to help with chronic pain to the high intensity workouts delivered by health providers.

Health providers are also providing street exercise classes to inject some socially distanced fun into your day. Find the classes online and the street exercise class in your community log on to The Healthy Living Centre Alliance: <http://www.hlcalliance.org/>

A small walk around the garden can lift your spirits and is a great way to enjoy the outdoors during lockdown.

Chair exercises are a great way to keep limbs moving. A few leg raises during the ad breaks keeps your muscles and mind active.

Complete a challenge- climb Everest on your stairs, run a marathon in the garden, challenge friends to the Sally up squat challenge.

Help is at hand

Everyone needs a little help from time to time. Don't be afraid to reach out and ask for it. Talk to your GP or primary health care provider if you would like Spring Social Prescribing to help you connect with support services.

Community groups have come together, sharing resources and links, designed to help everyone at home, anyone struggling, financially, mentally or emotionally during Covid -19. Making the first step is often the most difficult which is why Spring Social prescribers are on hand to help you with that step.

Spring Social Prescribers work across the five Trust areas in Northern Ireland. To find your nearest Spring Social Prescriber log on to <https://www.springsp.org/where>

Better together

Social isolation and the restrictions placed on us by lockdown has made everyone realise, we are better together, whether it is at home, or work, or providing services. When looking for help to mend your mind and body, remember people work better together. Accept that helping hand. Lean on the support service, or perhaps volunteer your time and energy to a good cause.

Loneliness is not the same as isolation. Take the time to connect with others. Join in the community clap for NHS, join an online exercise class, connect via video link with friends, family and support services. If you are overwhelmed or unable, physically or emotionally, to access the support you need, then a Spring Social Prescriber will help you connect to support services at the right time, in the right place. Your community is here for you.

Be kind, be you

Be kind. Spring Social Prescribing is here help you on your health and well-being journey; to find out “what matters to you”.

Be kind to others, but most of all to yourself. You will never speak to anyone more than you speak to yourself—in your thoughts. Be good to yourself.

Do something nice for a friend, family member or stranger.

Thank someone, with a smile or kind word.

Volunteer your time or services, it can be rewarding and open new social networks. Find out what matters to you.

covid**wellbeing** — — — — ni.info

This information was provided by



Discover more from this series on our website:
www.covidwellbeingni.info

