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COVID 19 Resource Pack

KINGSTON ICOPE
IAPT PSYCHOLOGICAL THERAPIES SERVICE



Camden and Islington
NHS Foundation Trust

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Welcome to the Kingston iCope COVID-19 Resource Pack

This pack is intended to provide you with an update on the services provided by Kingston iCope, and contains information on managing distress caused by the COVID-19 Pandemic.

We've also included information on local and national services, as well as links to resources. Please be mindful that service information was correct at the time of writing - please check directly with the individual service for updates.

Support from Kingston iCope

During this difficult time, Kingston iCope are making a number of adjustments to the way we work so we can keep our clients and staff safe, whilst continuing to support as many people as possible, including NHS front-line staff and key workers. These changes include:

- We are only offering appointments over the **telephone, on-line or by video link** (via NHS video platform 'Attend Anywhere'). We understand that this may not be your preferred method of contact, but we would recommend that you give this a try and discuss any concerns with the Service or your Clinician.
- We do not know when we will be able to offer routine face-to-face treatments again. If you would still prefer face-to-face support we would recommend that you check our website for updates: <https://www.icope.nhs.uk/kingston/> - and re-refer when this is available again.
- If you would like our help, but are not able to use telephone, video or on-line support due to lack of IT equipment or knowledge, or lack of confidential space, please contact us to discuss alternative options.
- We are offering additional support for those working on the front-line in hospitals, other key workers and those experiencing COVID-19 related distress.
- We are currently offering a very limited number of evening appointments, and these will be prioritised for supporting COVID front-line workers.
- We are offering slightly shorter treatments so that we can support more people at this time. Your therapist will work with you to prioritise goals for treatment and we will offer further resources to support your therapy.
- Waiting times to start treatment may be longer as we prioritise front line staff. However we will offer additional resources to support you whilst waiting for treatment.
- Please note that most of our team are currently working remotely from home. However, we continue to ensure that your sessions are confidential and your data is stored securely.

General Information about COVID-19

Coronavirus disease (COVID-19) is an infectious disease that can be caught from being in contact with someone who has the virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment, and some people don't show any symptoms at all. However, there are certain groups of people who are at higher risk of more severe symptoms, including:

- Those with underlying medical problems (e.g. cardiovascular disease, diabetes, chronic respiratory disease, and cancer)
- People from BAME backgrounds
- Older people

For more information on who is currently deemed to be at higher risk from COVID 19, see here: <https://www.gov.uk/government/publications/covid-19-review-of-disparities-in-risks-and-outcomes>

For more information on who is currently deemed to be at higher risk of developing mental health problems as a result of the pandemic, see here: https://www.centreformentalhealth.org.uk/sites/default/files/2020-06/CentreforMentalHealth_CovidInequalities_0.pdf?utm_source=The%20King%20Fund%20newsletters%20%28main%20account%29&utm_medium=email&utm_campaign=11636840_NEWSL_HWB_2020-07-06&dm_i=21A8,6XF1K,OS5QJ3,RUSA7,1

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. Someone may be infectious before they display symptoms of the disease and it is believed that the virus can live on surfaces for up to 72 hours. Therefore, the advice is to wash your hands regularly, use an alcohol-based rub frequently, and avoid touching your face to reduce the virus' spread.

You can reduce the transmission and spread of disease between people by reducing the amount of interactions you have with other people, and maintaining social distancing. If you need to use public transport for an essential journey, please wear a face mask. Guidance is changing frequently so keep up-to-date through the Government website (link provided below).

- If you are suffering symptoms of the virus, including a new cough, high temperature, or loss of smell/taste, the current advice is to stay at home and isolate for up to 14 days
- Contact 111 if your symptoms worsen
- Contact 999 if you feel unable to breathe

Currently, there are no specific vaccines or treatments for COVID-19; however, there are many on-going clinical trials evaluating potential treatments.

Key Government information and updates regarding COVID-19 can be found here:
<https://www.gov.uk/coronavirus>

Key NHS information and updates regarding COVID-19 can be found here:
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

General advice and support

Updates on support services in the Kingston area can be found here:
<https://www.kingston.gov.uk/COVID-19>

...and here: <https://www.citizensadvicekingston.org.uk/>

LOCAL SUPPORT

If you are finding it difficult to access the support that you need, there are groups that have been set up all over the country offering support with a range of tasks such as food shopping: <https://covidmutualaid.org/local-groups/>

If you are classed as extremely vulnerable you may also be eligible for further assistance. Check here: www.gov.uk/coronavirus-extremely-vulnerable

MEDICATION

Order repeat prescriptions online via the NHS app or your GP's online services. <https://www.nhs.uk/using-the-nhs/nhs-services/gps/gp-online-services/>. Where possible ask family, friends or neighbours to pick up your prescriptions from a pharmacy - just remind them to leave the items outside your door. You can also ask your local mutual aid support group for help – registered volunteers are allowed to pick up your prescriptions on your behalf.

KEEP MOVING

Keep moving to stay healthy: <https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

Do some simple stretches and walk around. See our exercise section for further information.

SYMPTOMS

If you get coronavirus symptoms such as a high temperature or a new persistent cough, check your symptoms using the NHS 111 symptom checker <https://111.nhs.uk/covid-19>. If your symptoms worsen, call 111.

<https://www.gov.uk/coronavirus-symptoms-staying-at-home>

ABOVE ALL BE KIND TO YOURSELF

This is an unprecedented time. Check out these links for ideas on how to show yourself some kindness during this worrying time:

NHS One You website: <https://www.nhs.uk/oneyou/every-mind-matters/>

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

Rethink: <https://www.rethink.org/news-and-stories/blogs/2020/03/managing-your-mental-health-during-the-coronavirus-outbreak/>

Samaritans: <https://www.samaritans.org/how-we-can-help/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Managing Wellbeing and Distress Related to COVID-19

Here are some of our top tips:

- Keep a regular daily routine where possible. Go to bed and get up at the same time to regulate sleep.
- Keep connected with people: text or phone your friends and family, use video calls or social media. Try to connect with someone every day. If you are anxious about new technology ask someone to help – we are all learning!
- Limit your exposure to the news or social media relating to Covid-19. Decide on one time in the day when you will catch up with the news, and avoid it for the rest of the day.
- Stay active doing jobs and chores at home – activity is a great anxiety buster and gives you a sense of purpose and control.
- Get outside if you can – go for a walk. If you don't get outside you can start to lose confidence and feel that the outside is scarier than it is. If you can't get out open a window. Fresh air and nature are good for wellbeing and stress.
- Exercise if you can – it helps with stress and low mood (see below for more ideas and information).
- Eat well and drink lots of water.
- Do something fun every day: watch a film, listen to an audio book or podcast, read a book, bake, garden, do a jigsaw.
- Learn something new: chess, yoga, poker, piano, knitting!
- Manage your worry and anxiety (see below).
- Keep positive (see below).
- Manage your health anxiety (see below) – suddenly everyone is very aware of their breathing and their throat – be careful not to diagnose yourself unnecessarily.
- Be kind to yourself and others – everyone is finding this hard.
- Sing and listen to music.

Mental Health Crisis information

The charity MIND has a lot of information for helping you to manage a crisis, should your mental health worsen during this time: <https://www.mind.org.uk/information-support/guides-to-support-and-services/crisis-services/helplines-listening-services/#.XK21DqBKICo>

Managing Suicidal Thoughts

There may be times at the moment when you might be feeling hopeless, helpless, and overwhelmed. During these times you may experience thoughts about ending your life or harming yourself. Unfortunately experiencing suicidal or self-harm thoughts is a common experience for many people who are anxious or low in mood. This can be a very frightening symptom to experience, and can leave you feeling confused and alone.

If you think you might harm yourself, or you don't think you are safe right now, please seek **immediate** help. **Follow your crisis plan** if you have been assigned one by your mental health team.

By talking to someone, you can help the feelings to pass. It may feel like things will be permanently difficult or stressful, but things **will** change.

Feeling like this is a signal that you need to ask for help. Reach out to a friend, family member, your GP, your mental health team, or one of the services below.

Who to contact in an emergency

1. Contact your GP Surgery - They are your first port of call if you are feeling bad, both physically and mentally, or if you feel you require medication / need to change your medication.

2. If your GP practice is closed, then contact the Crisis Line - This is a telephone helpline when you are unable to contact your GP out of hours.

Tel: 0800 028 8000 (Mon-Fri, 5pm-9am; Sat, Sun & Bank Holiday, 24 hours)

3. If you feel unable to keep yourself safe and you are concerned for your immediate safety, call 999

The Samaritans:

Offers confidential non-judgemental emotional support, 24 hours a day, for people who are experiencing feelings of distress or despair, including those which could lead to suicide. www.Samaritans.org. Freephone number: 116 123 or Email: jo@samaritans.org

SHOUT:

Text support available from SHOUT: <https://www.giveusashout.org/> or text Shout to 85258

Download the **Calm Harm** self-harm management app: <https://calmharm.co.uk/>

Download the **Stay Alive** suicide prevention app: <https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/>

Please be aware that the **111** service is experiencing a high volume of calls due to the COVID-19 outbreak – if you call 111 please be patient and they will get to your call as soon as they can.

You can also contact other local services and helplines – you can find them by typing in your postcode here: <https://www.nhs.uk/service-search/other-services/Crisis-support/LocationSearch/329>

Safety Planning – some ideas that may help you manage feelings of distress

- Talk to a friend or family member
- Go somewhere you'll feel safe (if possible)
- Remove any means of harming yourself
- Engage in self-soothing activities – e.g. take a bath, mindful colouring, walk or exercise, watch your favourite film, listen to your favourite music.
- Create an **emergency box** with meaningful and sensory objects that can ease distress – fill this box with things that stimulate the sense e.g. oils, CDs, pictures, boiled sweets, soft fabrics
- Engage in an activity that absorbs your attention e.g. a puzzle
- **Remember** – the difficult feelings do pass, things do change, people do care, **reach out**.

Managing Worry

What Is Worry?

As humans, we naturally tend to try and plan ahead, especially when it comes to keeping safe and well. This can be helpful. However, what if we can't plan ahead for all eventualities? COVID-19 has presented all of us with uncertainty about how our future will look. In the face of uncertainty, we will often begin to experience 'worry'.

Worry can be described as a type of **thinking pattern**. It is where our minds dwell on all the potential problems that we may have to face. Worry tends to be characterised by catastrophic thinking, and is typically future focused, guided by the question of "what if"? *What if we don't have enough food for the family for the next week? What if I lose my job? What if I become unwell?*

People who frequently worry tend to struggle with the concept of **uncertainty**. They have a low tolerance to uncertain situations which leads to anxiety. Physically, you may experience stomach cramps and butterflies, shakiness, a racing mind and fatigue as a result of worrying. It changes our behaviour too – we become indecisive, we may over-do things, double check, over-research. These behaviours can be detrimental, particularly in the face of dealing with a global pandemic. The world suddenly feels more uncertain than ever – we begin to worry about the future – we try to grasp control and certainty in whichever way we can e.g. watching the news frequently, but in turn, all this does is loop back into a cycle of anxiety.

Remember, worry is a normal and common human experience, particularly in response to the COVID-19 pandemic. However, excessive worry that interferes with your day to day functioning and sleep indicates that you may wish to approach your worries differently.

Here are some of our tips on how to manage worry in response to the COVID-19 pandemic:

How Do I Manage My Worry?

1. Categorise Your Worry – What type of worry am I experiencing?

To tackle worrying the first step is to identify what kind of worry am I engaging in?

There tend to be two types:

Current Problem Worries - these tend to be about actual problems that need solutions now. For example, given the very real concern about the virus, there are helpful solutions which include regular hand-washing, social distancing, and physical isolation if you have symptoms.

Hypothetical worry - these are worries about events that have not currently happened, but which might happen in the future. For example, about the current health crisis might include imagining worse case scenarios and tend to start with the words “what if....?”

Stopping to categorise your worries may allow you to step back from them, reflect on them, work through them and then let them go. However, there are some other strategies you could apply here to help you let go of both hypothetical and current problem worries.

2. Keep a Worry Diary

It can be difficult to work out what you are thinking about, especially if you have done this for a long time. Writing down your worries as they pop into your head is a good way to keep a track of what worries you are having and then categorising the type of worry. By breaking down worry this way it can make them feel less overwhelming whilst also help you identify your own patterns or triggers to worry, for example, watching the news. Make sure you note whether your worries are a current problem, or if they are hypothetical (*note - when you review your worry diary later, often you'll see the worry didn't come true*).

3. Use the Worry Tree tool

The worry tree is a tool to help identify how best to approach your current problem or hypothetical worries. Take a recent example of one of your worries, and follow the flow chart in the within the worry tree: <https://www.getselfhelp.co.uk/docs/worrytree.pdf>. Consider what “*letting it go*” might look like – can you visualise the worry floating away on a wave? Can you engage your mind in something stimulating e.g. a puzzle? Can you engage in a self sooth activity such as smelling oils or stroking a soft blanket?

4. Manage Hypothetical Worries Using Worry Time

Worry time is an effective technique as it allows us to take control over hypothetical worries, rather than them controlling us. We decide when to worry. It can take time to practice but keep with it and hopefully your worries outside of that worry time will reduce. Worry time involves setting a maximum of thirty minutes in the day in which you allow yourself to worry without any distractions, and the rest of the day you will acknowledge the worries, write them down and then postpone thinking about them. During worry time you can think about the worries that you listed throughout the day and ask yourself questions to change your perspective: What would you say to a friend if they had this worry? Is worrying about this making it more or less likely to occur? Could there be another more positive or neutral outcome which could occur? Will I worry about this in five years' time? At the end of worry time you throw away

the list and do an activity which is engaging and will change the focus of your attention.

5. Manage Real Worries Using Problem Solving

If the worry is real or practical in nature problem solving can be used following the seven steps below:

1. What are you worrying about? Elicit exactly what the concern is.
2. What are the possible solutions? Do not eliminate any options at this point. Consider all options even if they seem out of the ordinary or unrealistic.
3. What are the benefits or advantages and costs or disadvantages of each solution?
4. Based on the information gathered, which is the best solution to use?
5. What needs to be planned to follow through with this solution?
6. Do the solution as planned.
7. Review how it went, ask yourself whether it worked, was it the best solution and would you do it again in the future? If this was not the best solution, is there time to go back and consider doing a different solution?

To understand more about how you might manage your worry in the face of COVID-19, click the link below for a guide to living with worry and anxiety amidst global uncertainty.

https://www.psychologytools.com/assets/covid-19/guide_to_living_with_worry_and_anxiety_amidst_global_uncertainty_en-gb.pdf

Please also refer to other sections of this resource pack on sleep, mindfulness and relaxation.

Managing low mood / Staying positive

With the recent and current government guidelines, it is understandable that our mood might drop as a result of us not being able to do our usual activities or connect socially with others. It is important to be aware of how we are feeling, talk to others and put strategies in place to help boost our mood.

When we feel low our behaviour changes, often resulting in not doing as much as we did before, and enjoying things less. When we do less, we feel worse, as we become more tired and lose the energy and motivation to do things. Doing less might make us feel better in the short term (because we don't have to exert energy) however avoiding activity means that we don't get the opportunity to have positive experiences which might help us feel better. When we feel low it is very common to withdraw from others, procrastinate on completing tasks or avoid doing things. To help break free of this cycle and boost your mood take small/paced steps to increase your activity in the day and set yourself a gentle routine which you can build on bit by bit.

When we are feeling low, it is common to experience negative thoughts about ourselves or the world around us. Be mindful of what you are experiencing and be compassionate to yourself.

Top tips to boost your mood

- Keep up with self-care and each morning get dressed as if you were going out for the day.
- Make a list of things you would like to do/make sure you continue to do.
- Plan some activities and set yourself small achievable goals for the day; use alarms or diaries to support this.
- Pace yourself with these activities, if things feel really hard at the moment, break the task down into smaller more achievable chunks and complete one chunk at a time. This will help you build motivation and energy to continue.
- Try to keep your usual daily routine as much as possible; waking and going to bed at the same time.
- Do things which are meaningful/pleasurable for you.
- Connect with others; whether this is over the phone, video calls, local support services or those you are living with.
- Set time to relax; mindfulness, yoga, watching your favourite movies/TV shows.
- Be creative; try colouring, crafts, DIY, teach yourself a new skill you can do at home.

- Complete a form of exercise every day, go out for a walk or see exercise section for ideas.
- If working from home; try to allocate a set space for work to provide separation between work and home.
- Open your curtains and windows, try to get as much fresh air/sunlight as you can.
- Try writing a journal; a space to make sense of your thoughts and give voice to how you are feeling.
- Focus on things you are grateful for you; write down one thing you are grateful for every day.
- Plan a weekly wellbeing check; take time out of your week to check in with yourself and how you are feeling, and put plans in place for the following week.

Most importantly... **Be kind to yourself**, this is a difficult, uncertain and stressful time for all. It is ok to feel anxious or worried about what is happening: talk to people, write down your concerns or reach out for support from the local services around you.

Low Mood self-help guides:

<https://web.nth.nhs.uk/selfhelp/> Low Mood booklet

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression>
Modules on improving your mood

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

https://www.talkplus.org.uk/downloads_folder/Behavioural_Activation.pdf Improving your mood and activity levels. Other guides are available on the Talkplus website:
<https://www.talkplus.org.uk/guidedselfhelp>

Managing Health Anxiety

It's very normal for us to worry about our health. Being physically and mentally unwell can feel very uncomfortable so it is instinctive for us to want to avoid this. However, doing lots of things to avoid getting an illness can become a problem in itself and cause a lot of distress. We can spend a lot of time thinking about illness or physically trying to avoid illness which can be very time consuming and exhausting. Our mind can often imagine worst case scenarios, such as being seriously ill, dying, or not being able to be close to loved ones when ill, which is understandably distressing. Therefore, it is natural that the spread of a new contagious virus is going to activate worrying thoughts and can cause us to feel very anxious.

We often think we won't be able to cope if we were to get ill or that it would be the worst thing in the world. These unhelpful perceptions of illness make the virus even more frightening. It's helpful to reframe these thoughts so that we can acknowledge the difficulties but have a more balanced view. For example, we may catch the virus, and we may feel unwell and worried at the time, but our bodies are designed to fight viruses and the evidence so far shows that it is likely most of us will recover.

People often say they that it is the uncertainty around the illness that makes them anxious, especially if they are in a higher risk group. Unfortunately, we need to learn tools to tolerate this uncertainty as we cannot know if we will get ill or how it will feel. Uncertainty can feel uncomfortable, but we manage to live with uncertainty regarding many other areas of our life (as nothing is ever 100% certain) so it's more helpful to practice a stance of acceptance rather than fighting something over which we cannot get certainty.

Top tips for managing Health Anxiety

- Reduce time reading or watching the media coverage of the illness or time spent online researching symptoms. Only catch up on news headlines for 15 minutes a day.
- Be objective with negative thoughts. "I'm going to be seriously ill", "people I love will be unwell" or "I'm going to die" can be very frightening thoughts - we need to help notice these are 'what if?' thoughts and not helpful to get caught up in. It may not always feel so, but we can choose what we pay attention to, and we can practice steering our minds to thinking about a current task, e.g. paying attention to preparing a meal or talking to a friend.

- Reduce time monitoring your body for the symptoms, because if we look for symptoms, we can often find them. Instead of filtering for problems in our body we can notice its strengths or bring in gratitude for our bodies and what they are capable of. We can change our attention to what we want to focus on in the present using our senses to 'ground' us in the present: what can you see, hear, touch, smell or taste?
- Postpone the worry - allow 15 minutes a day to write out your fears, but the rest of your day choose to let it go if it pops in.
- Think - would you rather spend your life assuming you have a terrible illness or getting on with your life?
- Be kind to yourself. There are more stressors than usual at this time, so you deserve more self-care, and self-criticism is not going to stop you getting ill! Allow yourself to engage with enjoyable activities and connect with others, as mental health care is vital currently.
- Remember it will pass, this anxiety feels uncomfortable, but it won't cause harm, I have felt anxiety like this before and it passes.
- By slowing down our breathing we activate our parasympathetic nervous system, this tells our brain to relax and to stop producing stress hormones. By putting our hands on our stomach, we can ensure our belly is relaxed and is moving with the breath. To be able to calm down we need to breath out for longer than in, e.g. in for 3 and out for 5.
- Take actions for good health for example: eating a balanced diet and doing exercise outside if possible, if not doing online exercise videos.
- Practice relaxation time, doing guided mindfulness exercises or connecting to others – this can help sooth our anxious responses.

Health Anxiety self-help guides:

<https://www.nhs.uk/conditions/hypochondria/documents/health%20anxiety%20a4%20%202010.pdf>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Health-Anxiety>

<https://www.psychologytools.com/self-help/health-anxiety/>

Managing Obsessive Compulsive Disorder (OCD)

Contamination fears: am I washing too much?

It is understandable that we all feel a sense of responsibility in terms of fighting this virus. Unfortunately, our sense of responsibility can become increased when we are anxious, and we can start to worry that we are going to cause harm to ourselves or others. The instinct at this time can be to increase our time spent washing or cleaning, and it can be hard to gain perspective on what is a reasonable amount to be doing.

The government have advised to wash your hands with soap and water for 20 seconds or use alcohol gel regularly when in contact with people outside your household, as well as not touching your face. When out, it's a good idea to wipe shopping trolley handles before using them, and when coming home, take off outer clothes that might have touched contaminated surfaces (e.g when using public transport).

Once we are in our homes and have taken off our outer clothes and washed our hands, additional steps are considered unnecessary - adhering to our usual cleaning routine should be enough. For example, washing our hands before preparing a meal, after we have used the bathroom and after we have engaged with germ containing substances, e.g. taking the bins out.

As we have seen in the media, even with the correct protective equipment and taking every precaution, some doctors and nurses have still caught the disease. On the other hand, people co-habiting with family or partners have not caught the disease from each other when contagious. Knowing this, we need to be aware that we can only do so much to prevent possible contamination.

As long as we are not intending to spread the disease and we are adhering to the simple precautions above we are doing a good enough job. We need to give ourselves a break as we are faced with an impossible task, fighting an invisible enemy. So **be kind to yourself** and take some of the responsibility off your shoulders. If you think you are over washing perhaps next time reach for some soothing hand cream.

More resources on managing OCD symptoms can be found on the OCD UK website:

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

NHS OCD self help guide:

<https://web.nth.nhs.uk/selfhelp/leaflets/Obsessions%20and%20Compulsions.pdf>

Managing anxiety when going out as lockdown eases

Lots of people are really happy about lockdown easing and are keen to get back to everyday activities. But others are really nervous about this. For many people getting out and about after months indoors can be anxiety provoking. Here are some top tips to help:

- Be kind to yourself, it is normal to feel anxious about going out during a pandemic and after lockdown
- There is no 'right' or 'wrong' – do what feels right for you
- Take it slowly – set simple goals and take it step-by-step, gradually build up over a week or so
- Remember that whilst physical symptoms of anxiety are uncomfortable they are not harmful. Try not to let your anxiety control what you want to do.
- Prioritise what is important or necessary, and try to do the easier tasks first
- Make the trip as easy as possible – for example, go out at quieter times, focus on one task or challenge at a time.
- If you are feeling really anxious about leaving home, start by sitting on your doorstep or walking to the end of your garden first and build up to going for a short local walk at a quiet time. You can then go a little further every day.
- Try to manage your worry and catastrophic thoughts about the virus – you can leave the house and stay safe.

Managing Sleep

Disruption to sleep is completely normal during times of uncertainty. Please try not to worry if you are struggling to get to sleep or waking up during the early hours for a few nights. So much has changed in the last few months and it's normal for our sleep to become disrupted when we feel anxious.

See the below resources for tips on how to get a better night's sleep:

<https://cci.health.wa.gov.au/~media/CCI/Mental%20Health%20Professionals/Sleep/Sleep%20-%20Information%20Sheets/Sleep%20Information%20Sheet%20-%202004%20-%20Sleep%20Hygiene.pdf>

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

Book: Overcoming Insomnia and Sleep Problems: A self-help guide using cognitive behavioural techniques by Colin Espie

Mindfulness and Relaxation

Living in these anxious times can be draining both mentally and physically. Mindfulness and relaxation techniques can be helpful in calming your emotions and nervous system.

Top tips for Mindfulness and Relaxation

- Take time to do an activity that helps you relax: a walk, watching your favourite film or TV programme, listening to music, singing, drawing, playing an instrument, yoga, mindfulness, taking a bath. Breathe.
- 5 Senses mindfulness: look at a view or a room: notice what you see, the detail, colours, shading, movement, sound, smell. Just notice. If thoughts get in the way, just notice and let them pass. Breathe.
- Body mindfulness: Sit on a chair, notice your feet pushing into the floor and your back leaning on the chair – just notice. Breathe.
- Nature mindfulness: sit in your garden or by an open window, close your eyes, listen to all the sounds you can hear: traffic, people talking, birds singing, the wind in the trees. Listen to the sounds as if they are musical instruments – listen to the pitch, the tone, the rhythm. Breathe.
- Breathing mindfulness: Hold your breath for 5-10 seconds, then take a deep breath, hold again 5-10 seconds and then blow out gently and gradually, and relax. Repeat 3 times.

Resources:

- <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>
- <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Useful apps for mindfulness:

- Headspace App - <https://www.headspace.com/headspace-meditation-app>
- Calm App - <https://www.calm.com>
- Bangor University Mindfulness- <http://www.bangor.ac.uk/mindfulness/>

Self-compassion / self-kindness

We are often compassionate to others, but we can find it hard to be compassionate to ourselves. Self-compassion is the ability to view ourselves with kindness and care. It doesn't always mean being positive - it is recognising our struggle and pain, and offering ourselves kind words and self-soothing, just as we would to a friend or child who is distressed.

Top tips

- Think about what you would say to a friend who is struggling – say this to yourself.
- Remind yourself you are doing your best, it is hard, but you will get through this.
- Value yourself: notice your kindness to others, your integrity, your honesty, your concern.
- Look after yourself – practice self-care, even if you don't feel like doing it.
- Positive log: at the end of every day write down three positive things that you have achieved, valued or overcome today.
- Notice self-self-critical thinking and replace with compassionate and kind words.
- Notice how hard you push yourself, your perfectionism or your high standards – allow some flexibility in these standards during this difficult time.
- Ask for help – allow others to support and help you.

Resources

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

<https://self-compassion.org/>

Kingston Black Asian and Minority Ethnic (BAME) Services:

Culturally sensitive advice and support regarding COVID-19 can be obtained from many of the following services.

The **Royal Borough of Kingston Community Development Team** identify and reduce health inequalities within the borough. Get in touch with the team if you want to get involved or need their assistance:

https://www.kingston.gov.uk/info/200287/health_and_wellbeing/1715/meet_the_community_development_team

Refugee Action Kingston: <https://refugeeactionkingston.org.uk/>

Kingston Islamic Resource Centre: <https://irckingston.com/>

Learn English at Home: <https://www.leah.org.uk/>

Connect North Korea: <https://connectnorthkorea.org/>

Nanoom UK: Christian faith-based group supporting vulnerable and isolated people, especially those from the Korean community. They do not have a website but you can contact them via email: nanoomuk@gmail.com or phone: 07583 088173

Kingston Centre for Community Development – supporting people from South Asia and Sri Lanka: <https://www.ccd.uk.org/about-us/>

Kingston Adult Education Services: <https://www.kingston.gov.uk/adulteducation>

Kingston Chai Culture - supporting the South Asian community:
<http://chaiculture.org/index1.aspx>

Kingston Malarum Ithayangal – empowering Tamil women:
<https://www.facebook.com/pg/malarumithayangal/posts/>

Kingston Milaap centre – culturally sensitive support centre for older adults:
<http://www.milaapcentrekingston.org.uk/>

Kingston Voluntary Action: <https://kva.org.uk/>

Kingston Time to Change: <https://www.time-to-change.org.uk/hub/time-to-change-kingston>

Kingston Churches Action on Homelessness: <https://www.kcah.org.uk/>

Kingston Chinese Association: <https://www.facebook.com/KingstonChinese/>

Translated COVID 19 information can be found here:
<https://www.doctorsoftheworld.org.uk/>

Older Adults services:

The **Kingston Stronger Together** scheme supports all people including older adults who cannot leave home due to COVID19. They can help with groceries and medication and they also run a befriending service:

https://www.kingston.gov.uk/news/article/1056/befriending_and_support_for_people_self-isolating

Silverline is a free helpline providing information support and befriending services:

<https://www.thesilverline.org.uk/> or call 0800 4 70 80 90

Formerly Kingston Age Concern, the **Staywell** service supports older adults living in the Kingston Area: <https://www.staywellservices.org.uk/>. For support with COVID 19 related concerns, see here: <https://www.staywellservices.org.uk/Appeal/covid-19-crisis>

The Staywell Raleigh House Hub: <https://www.staywellservices.org.uk/raleighhouse>

The Staywell Bradbury Hub <https://www.staywellservices.org.uk/the-bradbury>

For details of other Age UK services in neighbouring boroughs see the Age UK website: <https://www.ageuk.org.uk/london/about-us/local-age-uks-in-london/>

To find out if you are eligible for support with heating your home see here:

<https://www.kingstonccg.nhs.uk/Downloads/Publications%20folder/Leaflets/Kingston%20Warmer%20Home%20Leaflet.pdf>

If you are aged 60 or over and you are concerned about falling, please see here:

<https://www.kingstonccg.nhs.uk/Downloads/Publications%20folder/Leaflets/Falls%20leaflet.pdf>

If you are aged 55 or over, and have a housing or health related need, Kingston Council can offer support and advice:

https://www.kingston.gov.uk/info/200184/housing_for_older_and_vulnerable_people/1164/support_for_older_and_vulnerable_people

Kingston University of the Third Age have an extensive range of groups you can join, covering everything from literature through arts, music, walks, discussions, dancing and table tennis to games, languages and science. There are regular monthly meetings with interesting talks, introductory get-togethers for new members and a chance to meet people and make new friends.:

<https://www.kingstonu3a.org.uk/>

Children and Families

News of the coronavirus COVID-19 is everywhere, from the front page of all the papers to the playground at school. Many parents are wondering how to talk about the epidemic in a way that will be reassuring and not make children more worried than they already may be. Below are a few tips about discussing COVID-19 with your children and managing time at home together:

- Don't be afraid to discuss the coronavirus. Not talking about something can make children worry more. Your goal is to help your children feel informed and get fact-based information that is likely to be more reassuring than whatever they're hearing from their friends or on the news.
- Try to answer your child's questions. Do your best to answer honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.
- Deal with your own anxiety. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.
- Be reassuring. Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it.
- Focus on what you're doing to stay safe. Emphasise the safety precautions that you are taking. Remind your children that they are taking care of themselves by washing their hands with soap and water for 20 seconds.
- The experts all agree that setting and sticking to a regular schedule is key, even when you're all at home all day. Kids should get up, eat and go to bed at their normal times. Consistency and structure are calming during times of stress. Children, especially younger ones or those who are anxious, benefit from knowing what's going to happen and when.
- It may help to print out a schedule and go over it as a family each morning. Setting a timer will help kids know when activities are about to begin or end. Having regular reminders will help head off meltdowns when it's time to transition from one thing to the next.
- Build in activities that help everyone get some exercise (whilst adhering to government guidelines on distancing). Take a daily family walk or bike ride or do yoga — great ways to let kids burn off energy and make sure everyone is staying active.
- Try brainstorming ways to go "back to the 80s," before the time of internet and computer prevalence. Think about your favorite activities over the summer holidays.

- Let kids use social media (within reason) and Skype or FaceTime to stay connected to their friends even if they aren't usually allowed to do so. Could they have virtual playdates? Communication can help kids feel less alone and mitigate some of the stress that comes from being away from friends.

Let's put aside our aspirations for perfect parenting. Maybe your kids don't have TV or screens on the weeknights during the school year, but now that school is cancelled or online, we can give ourselves license to relax these boundaries a bit. We can explain to our kids that this is a unique situation and re-institute boundaries once more when life returns to normal.

Don't be hard on yourself, you have to find a balance that works for your family.

The goal should be to stay sane and stay safe.

For further information and tips, visit the Child Mind institute:

<https://www.childmind.org>

Carers

As the situation with Covid-19 evolves, it's important to know what support is available to anyone who may have caring responsibilities and those they look after.

- Carers UK has a page on their website, regularly updated with key information: carersuk.org/coronavirus
- ...as well as answers to some FAQs from carers: carersuk.org/coronavirus-further-support
- There is also a page for carers on looking after their own mental wellbeing: carersuk.org/coronavirus-mental-wellbeing

If you have any enquiries about Kingston council services relating to Covid-19 please email: covid-19support@kingston.gov.uk. Please note, this inbox is only monitored Monday to Friday, 9am to 5pm. If you are self-isolating and you email asking for support you will be directed to complete their form either online or by calling 020 8547 5000.

Kingston Carer's Network are also providing Covid-19 specific advice and support for carers: <https://www.kingstoncarers.org.uk/covid-19-updates/>

Exercise

One of the many benefits of exercise is improved mental health. Exercise has been shown to effectively help minimise stress and depression. If you're currently at home, or working on the front line, small amounts of exercise will be paramount for lifting your mood and reducing stress. Whether or not you are able to stick to your pre- lock down exercise routine, it's important to stay active, not only to support your physical health but also your mental wellbeing. **Tips:** Set small goals you can build on, create a routine, and schedule these workouts in.

Here are a few useful websites for all abilities and ages to help inspire and motivate you to exercise during these difficult times.

General Fitness

NHS fitness pages:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Yoga

Doing yoga on a regular basis can be extremely beneficial for your muscle strength and flexibility, and improve your overall fitness and mental wellbeing.

'Care Power Yoga' streams live classes from their You tube channel

https://www.youtube.com/playlist?list=PL4z1_0UdNR70GZE9eGuDY_VIQBE78ebQ8&

'Do yoga with me' has lots of free content and classes for all abilities:

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

Exercise for older adults

Exercise website [Move It or Lose It](https://www.moveitorloseit.co.uk/) caters for older adults, and they are offering live workout sessions on their [Facebook page](#). They have also created a [support pack](#) for older people providing guidance on how they can keep exercising at home

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

Dance:

The Royal Academy of Dance have created RAD@Home, with online dance classes for all ages and abilities <https://www.royalacademyofdance.org/rad-at-home/>

Protecting extremely vulnerable people

What do we mean by extremely vulnerable?

People in the extremely vulnerable group include:

1. Solid organ transplant recipients.
2. People with specific cancers:
 - people with cancer who are undergoing active chemotherapy
 - people with lung cancer who are undergoing radical radiotherapy
 - people with cancers of the blood or bone marrow such as leukaemia, lymphoma or myeloma who are at any stage of treatment
 - people having immunotherapy or other continuing antibody treatments for cancer
 - people having other targeted cancer treatments which can affect the immune system, such as protein kinase inhibitors or PARP inhibitors
 - people who have had bone marrow or stem cell transplants in the last 6 months, or who are still taking immunosuppressant drugs
3. People with severe respiratory conditions including cystic fibrosis, severe asthma and severe COPD.
4. People with rare diseases and metabolic conditions which significantly increase the risk of infections (such as SCID, homozygous sickle cell).
5. People on immunosuppression therapies sufficient to significantly increase risk of infection.
6. Women who are pregnant with significant heart disease, congenital or acquired.

If you are in one or more of the categories above, the **NHS** will have sent you a letter titled:

“IMPORTANT ADVICE TO KEEP YOU SAFE FROM CORONAVIRUS”

Being in this category means that if you catch the virus you are at a higher risk of more severe symptoms, and may need to be admitted to hospital for treatment.

The safest course of action is for you to Shield yourself – this means staying at home at all times and avoiding all face-to-face contact. Staying in helps you stay well and that will help the NHS too.

- You can open a window but do not leave your home
- Stay 3 steps away from others indoors
- Wash your hands more often, for at least 20 seconds
- Only essential carers should visit.

The advice for extremely vulnerable people is being reviewed and may change.
Please check for updates on the government website:

<https://www.gov.uk/coronavirus-extremely-vulnerable-guidance> or call the dedicated helpline **0800 028 8327**.

You can register here as a vulnerable patient if you believe yourself to be so and you have not received a letter. www.gov.uk/coronavirus-extremely-vulnerable

Volunteering

This continues to be a worrying time for all of us and it may be causing you stress and anxiety. However you may also be feeling that you would like to help - volunteering can give us a sense of purpose and structure during these difficult times.

In response to the Covid-19 situation, Kingston council has established a volunteering network called **Kingston Stronger Together**:

<https://www.kingston.gov.uk/COVID-19-KST>

Kingston Stronger Together are looking for volunteers in the borough and will be working hard to deploy them where they are most needed.

If you are interested and you have any questions, you can get in touch with Volunteering Kingston by emailing enquiry@volunteeringkingston.org.uk , calling **0300 365 9980**, or visit their web page:

https://www.kingston.gov.uk/info/200287/health_and_wellbeing/1806/how_can_i_help

They also have a Facebook page: <https://www.facebook.com/RBKingstonCouncil/>

You can also visit the **Kingston Volunteer Action** website for more information about how to volunteer: <https://kva.org.uk/about-kva/stories/coronavirus-info/volunteering/>

There are also several local volunteering groups on Facebook:

Kingston and Surbiton <https://www.facebook.com/groups/818609458623193/>

Surbiton <https://www.facebook.com/groups/surbitonccrg/>

New Malden <https://www.facebook.com/groups/956628044751854/>

Kingston Vale <https://www.facebook.com/groups/239799690537604/>

If your area is not listed you can search for it here: <https://covidmutualaid.org/local-groups/>

You can find out more about volunteering for the **NHS** here:

<https://www.goodsamapp.org/NHsvolunteerresponders>

Kingston Services offering COVID-19 support

If you are finding it difficult to access the support that you need, there are groups that have been set up all over the country offering local support, such as food shopping and prescription delivery. Services in Kingston Borough are detailed below:

Mutual aid: <https://covidmutualaid.org/local-groups/>

Kingston Council Stronger Together Service:

Kingston Borough Council have set up a **response service for vulnerable people** seeking support whilst e.g. in Self-isolation (e.g. food deliveries etc.). People can self-refer or call on someone else's behalf on 0208 547 5000, or click the link below and fill out the online form:

https://kingston-self.achieveservice.com/AchieveForms/?mode=fill&consentMessage=yes&form_uri=sandbox-publish://AF-Process-93bd3c54-6a0f-436a-9bd1-f86dbdd5d45f/AF-Stage-9574eb25-9894-4b60-867f-24697b198757/definition.json&process=1&process_uri=sandbox-processes://AF-Process-93bd3c54-6a0f-436a-9bd1-f86dbdd5d45f&process_id=AF-Process-93bd3c54-6a0f-436a-9bd1-f86dbdd5d45f

Connected Kingston: <https://www.connectedkingston.uk/>

Local advice and links on: Finance and Employment, Accessing Food, Staying Mentally Well, Keeping Fit, Community Support

Mind in Kingston: <http://www.mindinkingston.org.uk/>

Provide a range of services to people that experience mental health issues in the RB of Kingston. Check out their social media pages for a new feature to support people during social-distancing and self-isolation: Mindful Monday, Talking Tuesday, Wellbeing Wednesday, Thursday Thoughts, Fundraising Friday, Super Saturday, Soulful Sunday.

Samarians Kingston: In light of government advice, Samarians Kingston have taken the decision to stop offering face to face support currently. However, this doesn't mean they are not there to support you. If you're struggling to cope and you feel like there's nowhere to turn, the Samarians Kingston are there to listen round the clock on **116 123** or by email: jo@samaritans.org. They also have provided helpful support on their national website: <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

Active Kingston aim to provide a range of opportunities to participate in sport and leisure activities in the Royal Borough of Kingston.

See their Facebook page: <https://www.facebook.com/activekingstonteam/>

Local volunteer groups on Facebook:

Kingston and Surbiton <https://www.facebook.com/groups/818609458623193/>

Surbiton <https://www.facebook.com/groups/surbitonccrg/>

New Malden <https://www.facebook.com/groups/956628044751854/>

Kingston Vale <https://www.facebook.com/groups/239799690537604/>

Kingston local foodbank are open and working hard to support the community:

<https://kingston.foodbank.org.uk/>

<https://www.facebook.com/KingstonFoodbank/>

Kingston Citizens Advice Bureau can be contact for advice and guidance

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

Kingston Advocacy Group: <http://www.kagadvocacy.org.uk/>

KAG helps vulnerable people (such as those who have a learning disability, mental health issue or other vulnerability) have a say in decisions that affect them and how they live their lives. KAG provides independent advocacy support at no direct cost to the individual.

Domestic abuse services

In an emergency dial **999**. Silent calls can be made by dialling **999**, then **55**, if you cannot talk.

Kingston DV Hub: Call 020 8547 6046 or send the DV Hub an email via the weblink below.

The Kingston Domestic Violence Hub (DV Hub) provides free, confidential, non-judgmental and independent support to anyone who is experiencing domestic violence.

https://www.kingston.gov.uk/info/200314/domestic_and_sexual_violence/929/get_help_from_domestic_or_sexual_violence/2

If you need support outside of these hours call the Freephone 24-Hour [National Domestic Abuse Helpline](#) on 0808 2000 247

Solace Women's aid: <https://www.solacewomensaid.org/get-help>

Online chat support: <https://chat.womensaid.org.uk/>

LGBTQ+ violence and hate crime support: <http://www.galop.org.uk/>

BAME domestic violence support and advice: <https://www.imkaan.org.uk/>

Men's advice line: <https://mensadviceline.org.uk/>