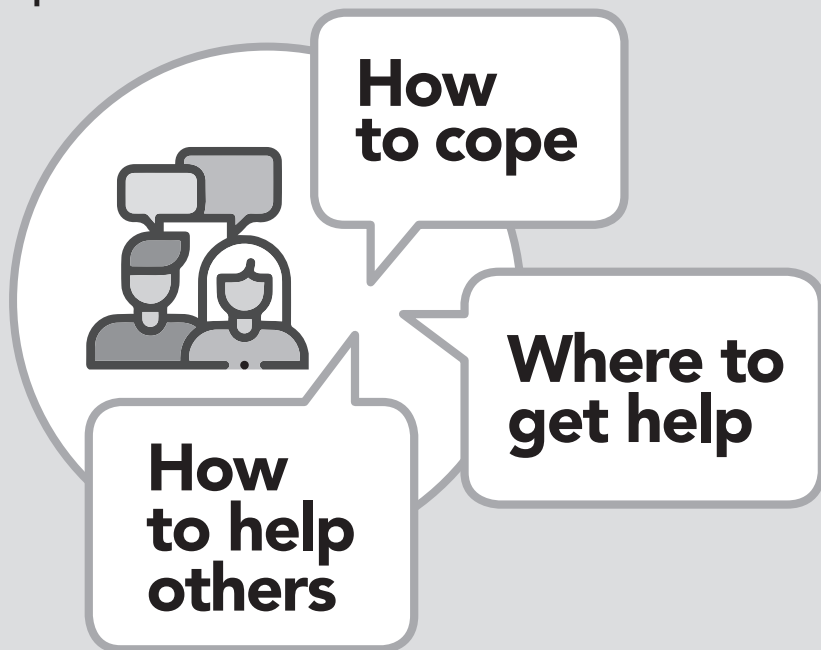




Chelmsford
City Council

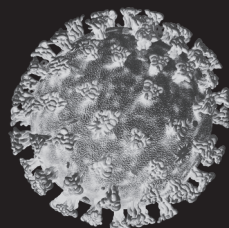
Supporting Chelmsford residents through the coronavirus outbreak

April 2020



www.chelmsford.gov.uk/coronavirus

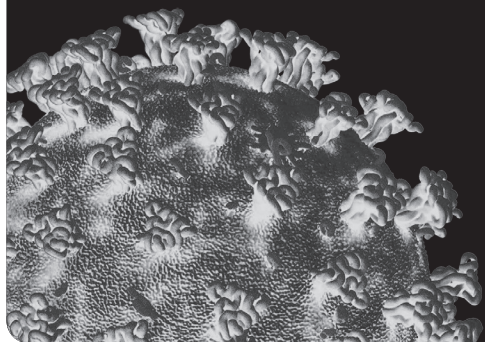
CORONAVIRUS STAY AT HOME SAVE LIVES



Anyone can spread coronavirus.

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family



CORONAVIRUS

STAY HOME
PROTECT
THE NHS
SAVE LIVES

Do you need help?



The Essex Welfare Service is your one-stop shop for support during the coronavirus pandemic.

If you need help with advice, day-to-day tasks or are feeling overwhelmed, please get in touch. The Service can help you with:

- **Delivering food, supplies and prescriptions**
- **Looking after your pets**
- **Checking on people's welfare**
- **Phoning you for a chat**

The Service will arrange for local volunteers to help.

If you have friends or family that could help you, please ask them first as there are a lot of people who may need our support – but we are here to make sure nobody is left out.

☎ **0300 303 9988**

provide.essexwelfareservice@nhs.net

Opening hours:

Monday to Friday, 8am-7pm

Saturday to Sunday, 10am-2pm

Want to help?

There are volunteering opportunities for anyone who wants to help others. Visit www.essex.gov.uk/news/coronavirus-volunteering-your-neighbours-need-you or join the **Essex Coronavirus Action** group on Facebook.

Your City Council services



We understand that our residents and customers may have concerns about the coronavirus pandemic. We would like to reassure you that Chelmsford City Council is working with the Government, NHS, other councils, partners and community groups to keep people safe.

All our most vital services are running as normal and our teams are working round the clock to keep things going. At the time

of going to print waste and recycling collections and street cleaning are all continuing as usual and we're still providing help with housing, benefits and much more for those who need it most.

Our customer service team is still available by phone **01245 606606 8.45am to 4.45pm, Monday to Friday**, and you can still contact the Council online.

On our website, you can find information about support available to vulnerable and shielded people, as well as help for businesses and updates on any changes to our services. If you have Internet access, please visit **www.chelmsford.gov.uk/coronavirus**

WE

CAN

HELP

Sign up for our regular e-newsletter updates at **www.chelmsford.gov.uk/maillinglist**

Exercising at home



There are plenty of ways to stay fit and healthy at home – and regular exercise is known to boost our sense of wellbeing.

If you can get online, check out Active Essex for online classes and ideas at **www.activeessex.org.uk/keep-active-at-home**.

If you don't have the Internet, here are some ideas:

Light weight training can help all ages to build muscle mass without unduly stressing the muscles and joints. If you don't own any weights, you can use household items like cans of beans.

Aerobics – dig out the exercise DVD or put on some good music and do 5-minute intervals of knee lifts, jumping jacks or jogging on the spot.

Squats are a great exercise for your legs. Stand up straight with your toes pointing forward. Bend your knees as if you're sitting down. Go as far down into a near-seated position as you can, then straighten your back and repeat. You can hold onto a chair if balancing is tricky!

Dancing cheers you up and gets your heart pumping! Don't know any moves? Make some up – even doing the housework is more fun when it's done in time to an upbeat tune.



It's ok not to be ok

Taking care of your mind as well as your body is really important. You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you.

It is OK to feel this way and everyone reacts differently. Remember, this situation is temporary and these difficult feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.

Find out about your employment and benefits rights

If you haven't already, talk to your employer, and learn about your sick pay and benefits rights. You can find out about the help available at www.gov.uk

Plan practical things

Work out how you can get essential supplies and prescriptions. If neighbours and family can't help, see page 3.



Stay connected

Lots of people are finding this situation difficult, so staying in touch could help them too. Pick up the phone or send a message to someone you know – you could even reconnect with old friends.

Talk about your worries

It's OK to share your concerns with others you trust. If you can't talk to anyone or if doing so hasn't helped, there are lots of helplines you can try.

Don't stay glued to the news

Life goes on aside from the pandemic and too much news can stress us out. Only look at trustworthy sources, like gov.uk or the NHS, and limit how long you spend watching news.

Take time to relax

Life is changing for a while. Why not make it an opportunity to try a new hobby or just enjoy a slower pace of life?

Look after your body

Physical health and mental health are linked. Take time to exercise each day, sleep well and eat healthily. You'll feel better for it.

Helplines & websites



Local MIND centres are offering telephone counselling in their fee-paying service. Speak to them on **01206 764600** or visit www.mnessexmind.org

Action for Happiness is an app with daily actions to spread happiness.
www.actionforhappiness.org

SilverCloud is a free, secure online self-help programme for anxiety, stress and depression.
<https://me.silvercloudhealth.com/signup>

Les Mills Mindfulness is a series of guided meditations at
<https://watch.lesmillsdemand.com/les-mills-mindfulness-1>

Especially for young people:

CALM (Campaign Against Living Miserably) for men aged 15-35. Call 0800 585858 (5pm-midnight every day) or visit www.thecalmzone.net

Papyrus: Call 0800 684141 (Mon-Fri, 10am-10pm) or visit www.papyrus-uk.org

YoungMinds give information on child and teen mental health. Call 0800 802 5544 (Mon-Fri, 9.30am-4pm) or visit www.youngminds.org.uk

Kooth offer young people free, safe online support at www.kooth.com

Worried about a child?



Essex County Council's 'Children and Families Hub' is staying open.

If you're worried that a child is in danger, call them on

☎ 0345 603 7627

Ask for the Children and Families Hub and state whether you're a member of the public or a professional.

Domestic abuse help

COMPASS

Social distancing and isolation may be especially concerning for people experiencing domestic abuse. Please be aware that help is still available.

Compass will remain open 24/7

Compass is the support centre for victims of domestic abuse in our area. Compass is available 24 hours a day. Call to speak with a trained member of staff who will talk to you about your situation and put you in touch with services who can help. If calling is difficult, you can use the online form or email.

 **0330 333 7 444**

www.essexcompass.org.uk
enquiries@essexcompass.org.uk

Next Chapter for online advice



Next Chapter is a local domestic abuse charity who work with Compass.

Their website has lots of useful information. It explains types of abuse and common warning signs and gives practical advice on staying safe and getting support.

<https://thenextchapter.org.uk>



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