



NW2 PCN
COVID-19
WELLBEING PACK



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WELCOME



Introduction from Anil Shah, Clinical Director

I would like to welcome you as a Patient to our 'Newham North West 2 Primary Care Network'

I know the last few weeks has been a challenging time for us all in many different ways. Life 'as we know it' has changed significantly and we do not know what the 'new normal' is going to look like as time passes and the coronavirus pandemic threat reduces day by day .

Talking to family, friends and colleagues, I also understand the feeling of loneliness and isolation that many of you may be experiencing at this difficult time.

I am pleased that Rejwan, our new 'Social Prescriber' has been able to collate this well-being guide and highlight some safe and practical activities that may help you as well as assist you in navigating the many support services available to you as a resident of the Borough of Newham.

Please also remember, although our GP Practices are operating differently at present, we are still offering 'on the day' appointments but are in the main conducting these appointments via telephone and video. We have also introduced a new on-line consultation tool - more details are available for our Reception Teams and on our Practices websites.

I do hope you find this guide useful.

Dr Anil Shah

WELCOME

What is a PCN?

Since the NHS was created in 1948, the population has grown and people are living longer. Many people are living with long term conditions such as diabetes and heart disease, or suffer with mental health issues and may need to access their local health services more often.

To meet these needs, practices have begun working together and with community, mental health, social care, pharmacy, hospital and voluntary services in their local areas in primary care networks.

Primary care networks build on the core of current primary care services and enable greater provision of proactive, personalised, coordinated and more integrated health and social care. Clinicians describe this as a change from reactively providing appointments to proactively care for the people and communities they serve. Where emerging primary care networks are in place in parts of the country, there are clear benefits for patients and clinicians.

Your PCN includes:

Stratford Health Centre

The Forest Practise

East End Medical Centre

Upton Lane Medical Centre

Dr Samuel and Dr Khan Practice

What to expect from your wellbeing pack?

Welcome to your NW2 PCN wellbeing pack! This has been designed for you to help ease some of the challenges that can come with self-isolation.

Inside, you'll find information about mindfulness techniques which can help with anxiety, exercises to try at home, dietary advice and easy to make recipes. Also included is a number of resources from other organisations alongside our own so you get the benefit of their collective wisdom.

Advice for high risk shielding population

People classed as clinically extremely vulnerable are advised to take additional action to prevent themselves from coming into contact with the virus. If you're clinically extremely vulnerable, you're strongly advised to stay at home as much as possible and keep visits outside to a minimum (for instance once per day).

This is called 'shielding' and the advice is now updated:

1. If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping 2 metres apart.
2. If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household (ideally the same person each time).
3. You should stay alert when leaving home: washing your hands regularly, maintaining social distance and avoiding gatherings of any size.
4. You should not attend any gatherings, including gatherings of friends and families in private spaces, for example, parties, weddings and religious services.
5. You should strictly avoid contact with anyone who is displaying symptoms of COVID-19 (a new continuous cough, a high temperature, or a loss of, or change in, your sense of taste or smell).

The Government is currently advising people to shield until 30 June 2020 and is regularly monitoring this position.

The main symptoms of coronavirus are:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

Use the 111 online coronavirus service if you have any of:

- high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

111 will tell you what to do and help you get a test if you need one.

[Use the 111 online coronavirus service](#)

Call 111 if you cannot get help online. **Do not go to places like a GP surgery, hospital or pharmacy.**

Staying at home if you have symptoms (self-isolation)

If your symptoms are mild, NHS 111 will usually advise you and anyone you live with not to leave your home. This is called self-isolation.

- Anyone with symptoms should self-isolate for 7 days from when their symptoms started.
- Anyone who does not have symptoms should self-isolate for 14 days from when the first person in your home started having symptoms.

MIND

What is mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

While mindfulness is something we all naturally possess, it's more readily available to us when we practice on a daily basis.

Whenever you bring awareness to what you're directly experiencing via your senses, or to your state of mind via your thoughts and emotions, you're being mindful. And there's growing research showing that when you train your brain to be mindful, you're actually remodelling the physical structure of your brain.

The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes.

The Basics of Mindfulness Practice

Mindfulness helps us put some space between ourselves and our reactions, breaking down our conditioned responses. [Here's how to tune into mindfulness](#) throughout the day:



Set aside some time. You don't need a meditation cushion or bench, or any sort of special equipment to access your mindfulness skills—but you do need to set aside some time and space.

Observe the present moment as it is. The aim of mindfulness is not quieting the mind, or attempting to achieve a state of eternal calm. The goal is simple: we're aiming to pay attention to the present moment, without judgment. Easier said than done, we know.

Let your judgments roll by. When we notice judgments arise during our practice, we can make a mental note of them, and let them pass.

Return to observing the present moment as it is. Our minds often get carried away in thought. That's why mindfulness is the practice of returning, again and again, to the present moment.

Be kind to your wandering mind. Don't judge yourself for whatever thoughts crop up, just practice recognizing when your mind has wandered off, and gently bring it back.

That's the practice. It's often been said that it's very simple, but it's not necessarily easy. The work is to just keep doing it. Results will accrue.

BODY

Sit-to-stand

A. Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.

B. Stand up slowly using your legs, not arms. Keep looking forward and do not look down.

C. Stand upright and then slowly sit down, bottom-first.



Aim for 5 repetitions – the slower, the better.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Mini-Squats

A. Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.

B. Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.

C. Gently come up to standing, squeezing (clenching) your buttocks as you do so.



Aim for 5 repetitions – the slower, the better.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Calf Raises

A. Rest your hands on the back of a chair for stability.

B. Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.



Aim for 5 repetitions – the slower, the better.

To make this more difficult, perform the exercise without support.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Side-ways leg lift

A. Rest your hands on the back of a chair for stability.

B. Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.



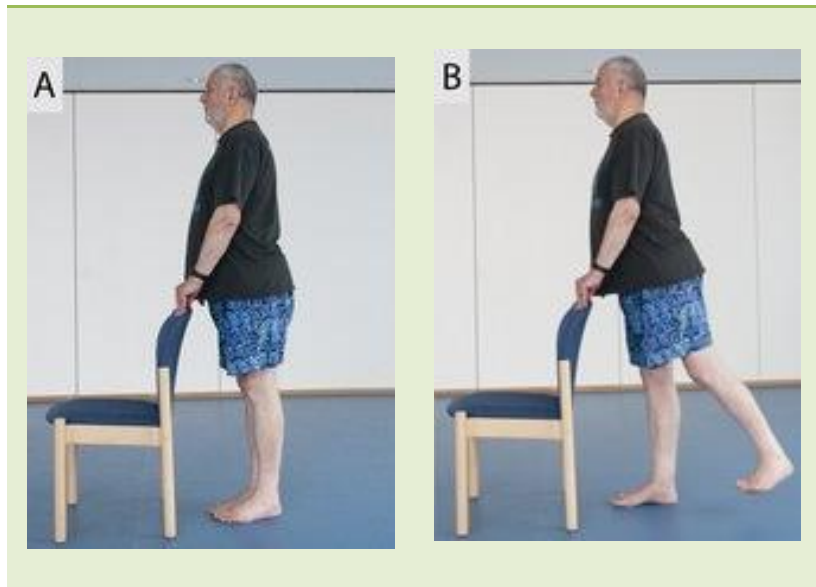
**Return to the starting position.
Now raise your right leg to the
side as far as possible.
Raise and lower each leg 5 times.**

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Leg Extension

A. Rest your hands on the back of a chair for stability.

B. Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom.



**Repeat with the right leg.
Hold the lift for up to 5 seconds
and repeat 5 times with each leg.**

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Wall Press-up

A. Stand arm's length from the wall. Place your hands flat against the wall at chest level, with your fingers pointing upwards.

B. With your back straight, slowly bend your arms, keeping your elbows by your side. Aim to close the gap between you and the wall as much as you can.

C. Slowly return to the start.



Attempt 3 sets of 5 to 10 repetitions.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Biceps curls

A. Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.

B. Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.

C. Slowly lower again.



This can also be carried out while sitting. Attempt 3 sets of 5 curls with each arm.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Sitting Chest Stretch

This exercise is good for posture

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.



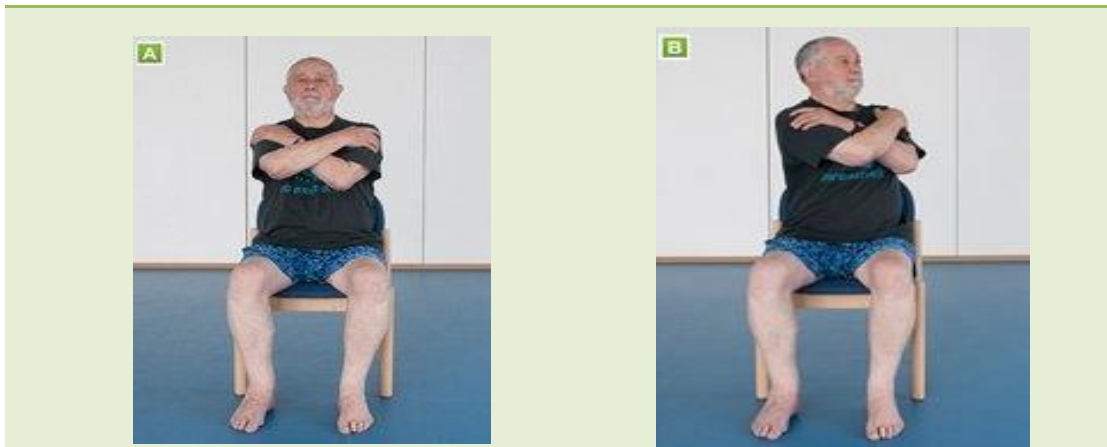
Hold for 5 to 10 seconds and repeat 5 times.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Upper-Body Twist

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.



**Repeat on the right side.
Do 5 times on each side.**

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Hip Marching

This exercise will strengthen hips and thighs, and improve flexibility.

A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.



**Repeat with the opposite leg.
Do 5 lifts with each leg.**

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Ankle Stretch

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.



Try 2 sets of 5 stretches with each foot.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

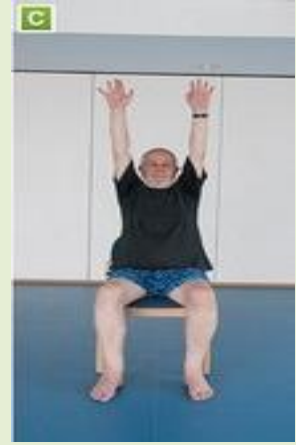
Arm Raises

This exercise builds shoulder strength.

A. Sit upright with your arms by your sides.

B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.

C. Return to the starting position.



Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Neck rotation

This stretch is good for improving neck mobility and flexibility.

A. Sit upright with your shoulders down. Look straight ahead.

B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.

C. Repeat on the right.



Do 3 rotations on each side.

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

Neck Stretch

This stretch is good for loosening tight neck muscles.

A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.

B. Slowly tilt your head to the right while holding your shoulder down.



**Repeat on the opposite side.
Hold each stretch for 5 seconds
and repeat 3 times on each side.**

Please only attempt exercises that you feel you are able to do. Do not over stretch yourself and if at any point you are finding the exercise difficult or painful please stop!

DIET

Eating a balanced diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This page covers healthy eating advice for the general population.

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Food groups in your diet

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions of a variety of fruit and vegetables every day (see 5 A Day)
- base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink plenty of fluids (at least 6 to 8 glasses a day)

If you're having foods and drinks that are high in fat, salt and sugar, have these less often and in small amounts.

Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.

Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs.

Between the ages of 2 and 5 years, children should gradually move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

Fruit and vegetables: are you getting your 5 A Day?

Fruit and vegetables are a good source of vitamins and minerals and fibre, and should make up just over a third of the food you eat each day.

It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced.

There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers.

Eating 5 portions is not as hard as it sounds.

A portion is:

- 80g of fresh, canned or frozen fruit and vegetables
- 30g of dried fruit – which should be kept to mealtimes
- 150ml glass of fruit juice or smoothie – but do not have more than 1 portion a day as these drinks are sugary and can damage teeth

Just 1 apple, banana, pear or similar-sized fruit is 1 portion each.

A slice of pineapple or melon is also 1 portion, and 3 heaped tablespoons of vegetables is another portion.

Adding a tablespoon of dried fruit, such as raisins, to your morning cereal is an easy way to get 1 portion.

You could also swap your mid-morning biscuit for a banana, and add a side salad to your lunch.

In the evening, have a portion of vegetables with dinner and fresh fruit with plain, lower fat yoghurt for dessert to reach your 5 A Day.

Starchy foods in your diet

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods.

Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, whole-wheat pasta, and brown, wholemeal or higher fibre white bread.

They contain more fibre, and usually more vitamins and minerals, than white varieties.

Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.

Milk and dairy foods (and alternatives)

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy.

Go for lower fat and lower sugar products where possible.

Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt.

Dairy alternatives, such as soya drinks, are also included in this food group.

When buying alternatives, choose unsweetened, calcium-fortified versions.

Beans, pulses, fish, eggs, meat and other proteins

These foods are all good sources of protein, which is essential for the body to grow and repair itself.

They're also good sources of a range of vitamins and minerals.

Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12.

Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly.

Try to eat less red and processed meat like bacon, ham and sausages.

Eggs and fish are also good sources of protein, and contain many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids.

Aim to eat at least 2 portions of fish a week, including 1 portion of oily fish.

You can choose from fresh, frozen or canned, but remember that canned and smoked fish can often be high in salt.

Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals.

Nuts are high in fibre, and unsalted nuts make a good snack. But they do still contain high levels of fat, so eat them in moderation.

Oils and spreads

Some fat in the diet is essential, but on average people in the UK eat too much saturated fat.

It's important to get most of your fat from unsaturated oils and spreads.

Swapping to unsaturated fats can help lower cholesterol.

Remember that all types of fat are high in energy and should be eaten in small amounts.

Eat less saturated fat, sugar and salt

Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay.

Eating too much salt can raise your blood pressure, which increases your risk of getting heart disease or having a stroke.

EASY FOOD RECIPES

Scrambled eggs (with optional wholemeal toast)



!! Tips !!
to make green eggs,
scramble your eggs with
a handful (40g) of
spinach (30kcal/125kJ)

- Serves: 1 adult
- Preparation time: 5 minutes
- Cooking time: 5 minutes

Calories per portion:
scrambled eggs 247kcal
(1,033kJ), 2 slices of
wholemeal toast 190kcal
(795kJ)

Ingredients

- 2 eggs
- 4 tbsp semi-skimmed milk
- 2 slices wholemeal toast
- 2 tsp low-fat spread
- Pinch of black pepper
- Optional sprinkling of chopped chives (calories nominal)
- The secret to perfect scrambled eggs is to fold them gently in the pan to get curds, rather than a dried, quivering mess.
- Lightly mix the eggs and milk in a bowl. Melt the low-fat spread in a pan and add the egg mixture. Cook over a medium-high heat, stirring slowly and gently until they're just set, with big, soft curds.
- Serve the eggs on the slices of toast, sprinkled

with chives and some pepper.

Grab and go' breakfast bar



!! Tips !!

- Press the mixture into the baking tin well to help the binding process – but not too hard or it may affect the flavour
- If your first batch is more crumbly than you'd like, try increasing the amount of mashed banana to moisten the mixture before baking

- Makes: 6 bars
- Preparation time: 15 minutes
- Cooking time: 25 minutes
- Calories per portion (1 bar): 300kcal (1,255kJ)
- Ingredients
 - 150g jumbo oats
 - 2 very ripe medium bananas
 - 60g melted butter
 - 60g cherries
 - 60g cranberries
 - 40g sunflower seeds
 - 40g pumpkin seeds
- Mornings can sometimes be a bit of a rush. Make a batch of these no-added-sugar granola bars in advance for a healthy breakfast on the go.
- Preheat the oven to 200C (fan 180C, gas mark 6). Mix the oats, cherries, cranberries and seeds together in a bowl. Pour in the melted butter and mix in thoroughly to make sure the oats are well coated.
- On a separate plate, mash the bananas into a pulp with a fork, then add to the oat mixture and mix well. Spread the mixture into a 30x20cm tin and bake in the oven for 20 to 25 minutes. Once cooked, transfer to a wire rack to cool, then cut into 6 bars.

Chicken curry



Spice up your mealtime with this simple and tasty chicken curry dish. It's a family favourite – just be aware that this recipe is medium fat rather than low fat.

- Serves: 2
- Time: 60 minutes

Ingredients

- 1 tbsp olive oil (or vegetable oil)
- 1 large onion, chopped
- 2 garlic cloves, chopped finely
- 1 large tomato, chopped
- 1 tbsp tomato purée
- 1 medium chilli, chopped
- ¼ tsp chilli powder
- ¼ tsp coriander powder
- ¼ tsp cumin powder
- ¼ tsp turmeric powder
- 2 tbsps water
- 250g boneless chicken, chopped (approx. 1 chicken breast)
- 1 tbsp lower-fat yoghurt
- pepper, to taste
- 130g basmati brown rice, uncooked
- 160g cauliflower

Garnish

- 2cm cube of ginger, finely chopped
- 1 tbsp chopped fresh coriander

Method

1. Heat the oil and fry the onions until soft. Add garlic, tomato, tomato purée, chopped chilli and spices. Cook for a few minutes and then add 2 tablespoons of water and allow to reduce.
2. Add chicken and cook for 10 to 15 minutes on a medium heat, then add the yoghurt, stirring slowly. Season with black pepper and simmer for a further 5 to 10 minutes.
3. Meanwhile, cook the rice following the packet

instructions and boil or steam the cauliflower until tender.

- Garnish the curry with ginger and coriander.
- Serve with rice and cauliflower.

Tomato Pasta



Tasty and rich, this easy-to-make tomato sauce is great with pasta, and can be made in advance and reheated. It's low in salt and fat, and is suitable for vegetarians too.

- Serves: 2
 - Time: 35 minutes
- Ingredients**
- 1 tsp vegetable oil
 - 1 onion, finely chopped
 - 1 garlic clove, finely chopped
 - 1 400g tin of chopped tomatoes
 - 2 tbsp tomato purée
 - a pinch of mixed dried herbs
 - pepper to taste
 - 210g dry wholewheat pasta

Method

- Heat the oil in a saucepan or frying pan. Cook the onion on a medium heat until soft.
- Add the garlic and cook for another minute. Make sure the pan is not too hot when you add the garlic, as it burns easily and will make the sauce taste bitter.
- Add the tin of chopped tomatoes, tomato purée and mixed herbs.
- Simmer gently for 15 minutes until the sauce is thick and rich.
- Add pepper to taste.
- Cook the pasta according to packet instructions, mix in with the sauce and serve topped with fresh herbs.

SUDOKU AND WORD SEARCH

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6	8			7			9	
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8	2		1				4	
		4	6		2	9		
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		9	3				7	4
	4			5			3	6
7		3		1	8			

Easy

Intermediate

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Hard

Science Word Search

Y	G	O	L	O	M	O	T	N	E	R	I	B	A	H	E	G	O	O
G	L	R	R	Y	G	O	L	O	M	E	G	R	I	M	C	Y	U	Y
O	G	O	N	N	R	T	Y	O	Y	H	Y	S	Y	O	O	L	Z	O
L	C	H	E	M	I	S	T	R	Y	A	T	U	Y	I	L	O	I	Y
O	T	M	S	A	S	T	R	O	N	O	M	Y	X	L	O	O	O	P
R	N	S	C	I	S	Y	H	P	L	Y	G	Y	Y	Y	G	G	G	H
T	Y	T	I	R	O	Y	G	O	M	O	G	E	G	O	Y	T	G	Y
E	Y	C	T	O	O	Y	G	O	L	O	P	O	R	H	T	N	A	T
M	G	Z	S	O	O	Y	T	O	L	O	L	Y	L	O	O	L	Y	O
Y	O	V	U	L	C	A	N	O	L	O	G	Y	L	O	H	G	T	L
C	L	O	O	L	N	A	T	V	R	O	T	Y	O	O	O	D	Y	O
O	O	Y	C	A	E	I	I	O	L	Y	Y	N	O	L	L	Z	H	G
L	I	L	A	C	S	R	E	O	L	I	T	H	O	L	O	G	Y	Y
O	S	L	O	A	O	T	Y	Y	C	Y	Y	C	T	E	I	O	L	G
G	Y	Y	R	L	E	R	Y	Y	I	L	I	O	Y	H	L	Y	Y	O
Y	H	A	O	M	B	O	I	Y	O	X	O	R	E	S	C	A	G	L
G	P	G	R	M	H	Y	D	R	O	L	O	G	Y	O	G	I	P	O
L	Y	N	E	Y	S	C	I	T	E	N	I	K	P	H	H	E	A	E
A	A	O	Y	O	L	H	L	O	A	I	S	Y	S	R	Y	C	M	G

Acoustics
Anatomy
Anthropology
Astronomy
Biology
Chemistry
Ecology
Embryology
Entomology
Gemology

Geology
Histology
Hydrology
Ichthyology
Kinetics
Lithology
Meteorology
Metrology
Mycology
Oceanology

Ornithology
Paleontology
Parasitology
Physics
Physiology
Phytology
Toxicology
Virology
Vulcanology
Zoology

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USEFUL CONTACTS

Mental Health:

Newham - 24 Hour Mental Health Crisis Helpline

Telephone: 020 7540 6782

Call this number if you feel your mental health is deteriorating or if you are in distress and you need to contact a qualified mental health professional out of office hours

The Crisis Helpline can:

- support and help you if you have mental health problems
- provide accurate information and advice about local mental health services
- communicate with other services or teams on your behalf if you wish
- support you in a non-directive way, to empower and encourage you to take control of your own life and come to your own decisions

Newham Talking Therapies -

is a free and confidential NHS service, we can help with anxiety, low mood, phobias, coping with long term conditions, bereavement and employment and welfare support.

Free and confidential talking therapy is on hand for anyone experiencing these problems. This therapy has proven to be very effective and will help you to feel better.

75% of people who complete a programme of treatment make a full recovery.

Contact number: 020 8475 8080

Self-referral form:

<https://gateway.mayden.co.uk/referral-v2/a02250cc-9548-480f-9fa6-1c96704e8604>

Mind in Tower Hamlets and Newham

Local mental health charity who can signpost you to the right care at the right time

T: 020 7510 1081

E: info@mithn.org.uk

Samaritans

Confidential and emotional support 24 hours a day – 116 123 (Freephone)

Mindfulness:

Be Mindful

bemindful.co.uk

Information about mindfulness and an online course, as well as a search tool to find mindfulness practitioners in your area.

Breathworks

breathworks-mindfulness.org.uk

Provides mindfulness courses for managing all types of long-term health conditions, including pain and stress.

Financial and benefits support:**Citizen's Advice Bureau**

- General advice, including limited welfare benefits advice.
- Outreach Service is also available which offers Debt advice.

Telephone: 020 3855 4472

020 8525 6377

Email: advice@eastendcab.org.uk

MoneyWorks

At MoneyWorks, residents can get affordable short-term loans without the high fees, access to exclusive deals and money saving tips they can trust.

Telephone: 0208 430 2041

E-mail: moneyworks@newham.gov.uk

Website: <https://www.newhammoneyworks.co.uk/>

Bereavement:

The Newham Bereavement Service is delivered by Mind in Tower Hamlets and Newham in partnership with Age UK East London.

The service offers a range of support:

- Bereavement Counselling
- Group Support
- Advice and Information
- Complementary Therapy

Residents in Newham who have experienced grief, loss and bereavement can contact this service by calling 0207 510 1081 or 0207 510 4268.

Alternatively, you can send an email to referral@mithn.org.uk

Food related covid services:

HelpNewham can assist you with the following:

- Home delivery of food and essential items.
- Home delivery of prescription medication.
- Someone to talk to via befriending service.

Contact them via-

Telephone: 0208 430 2000

Email: help@newham.gov.uk

Social Prescribing service

What is it?

Social prescribing is a means of enabling GPs, nurses and other health and care professionals to refer people to a range of local, non-clinical services.

Recognising that people's health is determined primarily by a range of social, economic and environmental factors, social prescribing seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health.

The role of a Social Prescriber is to link individuals to community services which may benefit their health and wellbeing, this could be through referral, signposting or advise.

Service available to help with needs:

- Housing, benefits, and financial advice
- Education and learning
- Healthy lifestyle advice and physical activity
- Arts, gardening and creative activities
- Alcohol and drugs advice
- Covid-19 related support

How to refer?

- GPs, nurses and other health and care professionals can directly refer you to our social prescriber
- Self-referral- call your surgery and ask for an appointment with our Social prescriber, we aim to get back to you within 72 hours.