



## Waterside (Hythe) & Blackfield Patient Participation Group (PPG)

Patients & doctors working together to improve health and wellbeing

### The new normal! Let's hope not .....

We are all able to cope in different ways and there is no one single solution to how we manage our mental wellbeing. This email doesn't provide answers, but offers pointers to help find the way through the maze that is every day life under lockdown.



### Coronavirus and mental wellbeing



The Coronavirus not only affects us physically, but also has an impact on our mental wellbeing. There are a range of issues that affect how we feel and the one thing the COVID-19 pandemic has shown us is the importance of facts, evidence and reliable sources for health information. There has been plenty of false information circulating during the last year. That's why it's all the more important to be careful about where you're getting your information from. In this email the PPG is providing access to a range of health information related to maintaining the mental well being of yourself and others who are important to you. Not all of the topics will be relevant to everyone so you are encouraged to pick and choose those which you consider will be most helpful.

The **NHS Every Mind Matters website** provides a list of topics linked to Coronavirus and Mental Wellbeing. Choose from the list to read articles or view videos on any topic that is of interest to you, or could be of help to someone important to you.

- [Staying at home](#)
- [Job & money worries](#)
- [10 tips to deal with change](#)
- [Worried about Coronavirus](#)
- [Working from home tips](#)
- [Coping with loneliness](#)
- [Aim to sleep better](#)
- [Help for parents or guardians](#)
- [Looking after a child or young person's mental health](#)
- [Bereavement - Cruse](#)



In addition to the information provided by Cruse there is also a local group supporting individuals experiencing the loss of someone close to them. It was founded by a patient and is continuing to provide support during lockdown. To find out more, click on the button below to go to their facebook page.

[Living After Loss](#)

### YOUNGMINDS

If the current news on Coronavirus (Covid-19) is making you feel anxious, concerned or stressed, the 'Young Minds' website provides pointers for young people and their parents on how to manage changes affecting their lifestyle. Click on the image below to find out more.



### What to do if you're anxious about coronavirus



The PPG has limited resources to identify a broad spectrum of health related, evidence based information. So in addition to the articles included in this email you may like to access the 'Patient Info' website that is linked to 'Patient Access' that many of you will already use to request repeat prescriptions. The button below links to the mental wellbeing/ Coronavirus info provided by Patient.

[Patient Info](#)

You are also able to register to receive a weekly digest for health and wellbeing from the Patient organisation. Discover the latest health news, lifestyle features, tools and more with the Patient newsletter. A digest of the best of Patient delivered straight to your inbox. Click on the Patient logo to register.



This is not an exhaustive list of resources available to support your mental wellbeing. Two further organisations are '[Mind](#)' and '[BUPA](#)'. Click on either name to find out what they have to offer to support people during the Coronavirus pandemic.

You are receiving this email as you provided your details to the Waterside(Hythe) and Blackfield Patients Participation Group. We would like to grow our mailing list so more patients have access to this information. Please forward this to friends or relatives living on the Waterside who would find this of interest. Although every reasonable effort is made to select appropriate information from trusted sites, we do not have any control over their content and cannot be responsible for any problems that may arise from accessing the information from these external sites. If you are someone who has received this email from a friend or relative and would like to be added to our mailing list click on the link at the end of this email to register your details.

[Click to provide your contact info](#) →