

Keeping Well at Home

This factsheet highlights some resources and suggestions to help you and your wider family keep healthy both physically and mentally. It also sets out ways we can support Members if they are struggling.

This is by no means an exhaustive list and if you have spotted anything that you think might be of interest to others please let us know.

There is an abundance of views and opinions about coronavirus on websites and social media and **Full Fact** has helpfully generated a [fact check page](#) to help dispel any false information. You can also get the latest [Government](#) and [NHS](#) advice on their websites and can sign up to get [email updates](#) from the Government when anything changes.

Keeping Active

If you are not able to get outside safely or if the advice changes and we are not allowed outside, then here are some alternatives so you can continue to keep active.

I have 2 children aged 8 and 11 and we are enjoying [PE with Joe Wicks](#), which runs live every weekday at 9am on his YouTube channel (all episodes are saved and so you can do them at different times if you are not an early riser!) He has over 250 free workouts on his YouTube page – including a 10-minute workout for older people and one of chair-based exercises.

[Move it or Lose It](#) – is an organisation that specialises in exercises (classes and online) for older people. They have produced a free pack of exercises that can be done at home – you can get the pack from their website [here](#).

[Down Dog](#) – is an App for your phone for yoga and they have made all their apps free for certain groups and significant discounts for everyone. The App covers all levels of yoga and includes a section on chair-based yoga. You can personalise it to your level, how much time you have and what types of yoga you enjoy.

[The NHS](#) has a selection of 10-minute workouts on their website that can be done at home.

Mental & Physical Health

Maintaining good mental health and wellbeing is a very real worry for many people, but there is still a lot of support out there.

- Rethink Mental Illness have created an [Information Hub](#) on their website for information on coronavirus and mental health, including [Everything you Need to Know about Coronavirus](#), [Top Tips for Managing your own Mental Health](#) and [Support for Carers](#).
- Mind have also produced a helpful [information page](#) on coronavirus and your wellbeing.

Most physical health charities have produced information around coronavirus and how it impacts on people with their condition – here are a few that may be helpful:



- The British Heart Foundation has published [guidance for people with health problems](#).
- Diabetes UK has provided an [updated information page](#) for people living with diabetes.
- Asthma UK has released a [blog post with advice for people with asthma](#).
- The National Eczema Society has offered [advice on handwashing techniques](#) for people with eczema and other skin conditions.
- [Doctors of the World](#) have shared COVID-19 advice for patients in 20 languages which were produced in partnership with the Red Cross, Migrant Help and Clear Voice.
- Carers UK has issued [recommendations for carers](#).
- Leading cancer charities have worked together to produce [information on coronavirus for anyone affected by cancer](#).
- SignHealth has created [British Sign Language videos](#) to help deaf BSL users either working in charities or receiving support.

Age specific support:

- Age UK has created a page on their website on the [coronavirus](#) with information specifically aimed at older people
- Independent Age have created some [FAQ's on coronavirus](#) that they are regularly updating as well as support for anyone who has suffered a [bereavement](#) during this period..
- Grans Net is running a [Chat Forum](#) providing coronavirus advice for the over 50s, 60s and 70s and older.



Supporting Others

If you have the time and wish to volunteer to help in addition to how you help Support Network then you may wish to consider the [NHS Volunteer Responders](#).

Or You can find your local #Covid19 Mutual Aid Group community pages on this [website](#). Though charities are flagging that you should be mindful of your safety and avoiding scams when thinking about who you volunteer with. See the Finance section below for some more information about scams that are going around at the moment.

Learning/Starting Something New

If you find that you have some spare time on your hands then you may wish to consider:

- [OpenLearn](#) through Open University has over 1000 free courses to try out.
- [Duolingo](#) is a free App that offers lessons in over 30 languages. It gradually builds up language skills and gives you the option to be reminded to practice! BBC Bitesize (see below) also covers a number of languages.
- [TimeOut](#) have written an article on the best things to do whilst we cannot get out.
- Catch up on your reading wish list - Penguin have produced an article on [how to read more](#) and have a range of literary [quizzes](#) on their website. If you would like some reading suggestions the Times has created their [top 50 suggested reads](#) (you need to have an account to read the article, but can sign up for free to access 3 articles a month) and Penguin have a selection of suggested [reading lists](#). If you fancy something a little darker the Guardian has created a [dystopian reading list](#)!



School Age Children/Grandchildren

If you have school age children at home or grandchildren you can speak to by phone/email or even video messaging, there are a whole range of resources that are now free to use to help you try and keep them entertained and maybe even learn something! All the advice recommends that you look to create a schedule

for the weekdays, but that you take things easy and don't try to ram too much in. My children's school are recommending no more than 2-3 hours of learning per day, interspersed with other activities.

- Twinkl have resources for primary and secondary school age children and have made up [home learning packs](#) based on school year. They are also offering access to all their resources for free (there is usually a charge) for the duration of the pandemic with the code: **CVDTWINKLHELPS**. My children are enjoying these resources and the school often uses them too.
- [The Maths Factor](#) (created by Carol Vorderman) is free to all (usually £2/week) for the duration of the pandemic. It is aimed at children aged 4 – 12 years.
- [BBC Bitesize](#) offers a wide range of learning topics, broken up by school year and topic. They cover, primary, secondary and post 16 children.
- David Walliams has created [Elevenses](#) where he reads one of his stories each day at 11am – this lasts about 15-20mins.
- Amazon via [Audible](#) are giving free access to all their children's audiobooks for the duration of the pandemic.
- The [Girl Guides](#) and [Scouts](#) have both produced packs to help children have adventures at home and in the garden.
- There is also a wealth of educational (and slightly less educational) TV on [BBC iplayer](#) which is free to access.
- Many museums and zoos are running virtual tours on their websites.
- English Heritage have a wealth of information about [English History](#) on their website as well as a range of [teaching resources](#) for free. If you are a member there is even more in their members section. [Historic Environment Scotland](#) and [CADW](#) also have a range of free resources.



Working from Home

For anyone who is currently juggling working at home and childcare the following articles might help:

- The Harvard Business Review has created a [guide for working from home parents](#).
- The Independent have this article on [How to Work at Home When you Have Children](#).
- Times Higher Education have shared their [Tips](#).



The HR Team at IMechE have asked some of the team who regularly work from home for some top tips for looking after your wellbeing and staying motivated and productive when working from home:

- I find it helpful to go for a walk - or just get some fresh air - before sitting down to work - just as you would use the time between being at home and getting to the office to prepare yourself and make the transition.
- If you can separate your work space from your day-to-day living space that's ideal, but it can be as simple as tidying away all your work materials – so you can have some proper down-time after you finish.
- Keep in touch with colleagues – it really helps not to feel isolated. If you normally deal with members or contacts by email, try giving them a call instead – it will cut down the amount of email traffic and makes sure you get some personal contact during your day.
- For your own wellbeing and sanity make sure you get up and move round every hour or so, and try sticking to your working hours – it will really help you focus.
- Make sure that your work area is set up for you to be productive, have the documents you are going to work on and any other relevant information to hand etc.

- If you're used to the buzz of an office, have some appropriate background noise in your work space, some relaxing or classical music perhaps or I enjoy audio books (you can use the BorrowBox app to access audio books free of charge from your local library) and BBC Sounds also has podcasts which are great too.
- Keep some water on your desk so that you stay hydrated.
- I've found the most helpful trick for me is to make a list each day of the tasks that need to be done. This helps to prevent me getting distracted and motivates me whenever I can cross something off the list.

Finance

PayPlan (who we generally refer people to) have a range of resources about debt & money and coronavirus on their website including their [Help & Advice section](#) some [FAQ's](#), a piece on avoiding [Fraud](#).

[Money Advice Service](#) website looks at what financial support you could be entitled to, covering all types of employment including the gig economy and the self-employed. It also covers state benefits and what you could be entitled to and the changes that have been made to some state benefits due to the situation.

Shelter have dedicated sections on their websites offering support about housing issues – there are separate ones for [England](#), [Scotland](#) and [Wales](#).

Which have highlighted some scams that are linked to the coronavirus – you can find the article [here](#).

Refunds for Seasons Tickets – if you have a seasons ticket that has some time still on it, it is worth checking with the train company if you can get a refund – most are now offering this if you are not be using your ticket

PDSA have created some [Q&A's for your pet](#) during Coronavirus

Support Network Services

We are aiming to keep all the services we offer available and the team are contactable as usual during office hours (see the box to the right for our contact details).

Services include:

- Grants – we are working in different ways and adapting our processes so we can react quickly to anyone struggling due to coronavirus, as well as providing all our usual support.
- Counselling – we are continuing to fund up to 6 sessions of counselling for members. We can also refer people to Fiona (a counsellor we regularly work with) where someone needs to speak to someone faster during this period.
- Legal Helpline continues to be open on 01275 376 029 between 8am – 8pm Monday to Friday and 9am – 12pm on weekends. There are also a range of legal factsheets on our [website](#).
- Support around Dyslexia and Autism.
- Employment Coaching through Renovo
- Social visits – although there are no visits currently, we are very grateful for your support in making telephone calls instead.

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