

# Swindon

## COVID-19 Wellbeing Guide

*Online resources and ideas to support positive mental health and wellbeing during the COVID-19 outbreak*



*Photograph provided by the Reflective Journeys Camera Club (Service User, Carer & Staff Camera Club, AWP Swindon)*

### **AWP Response Line - 0300 3031320**

Providing advice, guidance and support over the phone to our patients, families and carers, as well as members of the public who may be worried about their own or someone else's mental health. 24hrs a day, 365 days a year.

**For more information regarding this guide, contact Ivor Bermingham, Local Involvement Coordinator**

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Guide co-produced by staff and patients  
*with appreciation to St Mungo's Bath for shared content*

# Introduction

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The Avon and Wiltshire Mental Health Partnership (AWP) has a strong Involvement team of which we are proud of. The quality of the projects they consistently co-produce and the professional execution continues to impress us and we thank them for providing this valuable resource, which we hope you will find useful.

This guide, designed in response to the COVID-19 global pandemic, is laid out to clearly and easily to help you identify where you can find support, advise you of changes to services and let you know what you can expect.

Stay safe in these difficult times, look after yourselves and please, reach out for help should you need it.

The Avon and Wiltshire Mental Health Partnership NHS Trust

## Background

This wellbeing guide brings together work co-produced between patients and staff.

Produced by:

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AWP Communications Team  
*With thanks to St Mungo's Bath for shared '5 ways to wellbeing' content*

**If you have any feedback or comments regarding this guide, please get in touch with the AWP Communications Team – [awp.communications@nhs.net](mailto:awp.communications@nhs.net) or 01225 362992**

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# Service changes

How we've changed to keep patients, staff and the public safe during the COVID-19:

## Community-Based Services

To protect our patients and staff during the coronavirus (COVID-19) outbreak, and comply with the Government direction to stay at home, **most out-patient appointments are being carried out via telephone or Skype.**



Services have reduced face-to-face visits as much as possible to reduce the risk of transferring the virus. **Where it is felt to be essential to carry out a face-to-face visit, patients and carers can expect that staff may well be attending in protective clothing such as face masks and gloves.**

This can seem a little frightening at first, but is very important to keep everyone safe. **You may want to prepare yourself in advance for this, as it's important to look after yourself.** We appreciate that it may take a while for everyone to adapt to these new measures and apologise if this causes you initial distress.

Please remember that we are all open and are here to talk, giving help and advice at this very difficult time for everybody.

## Inpatient Wards

- **Visitors** –In line with national Guidelines we have a No Visitor restriction (apart from exceptional circumstances\*), as a proactive measure to prevent the further spread of COVID-19.

*\* An exceptional circumstance cannot be precisely defined, but an example would be visits to those who are on the end of life pathway.*

- **Leave** - It is currently advised that ALL s17 leave be minimised to that which is absolutely essential and as far as is possible to support the population wide guidance on social distancing.

**Restricted Visiting  
to all Wards – This  
may change at  
short notice to No  
Visiting – Please  
Check with Ward**

Keep up to date on AWP news and services, via Facebook, Twitter and our website.



<http://www.awp.nhs.uk/>

## Coronavirus - Temporary changes to UK law



### Mental Health Act

<https://www.rethink.org/news-and-stories/blogs/2020/03/coronavirus-temporary-changes-to-the-mental-health-act/>

### Care Act 2014

<https://www.gov.uk/government/publications/coronavirus-COVID-19-changes-to-the-care-act-2014>

<https://www.mencap.org.uk/advice-and-support/health/information-about-coronavirus/coronavirus-changes-care-act> (includes easy read version)

## Service changes

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### Do you have any questions or worries about your mental health care?

If you're unsure about how your appointments are being affected, please don't hesitate to **speak to your Care Co-ordinator or Key Worker.**

*Please still contact us if you need us, we are still here to help, regardless of the COVID-19 situation*



**AWP Response Line - 0300 3031320**

24 hours a day, 365 days a year



If English is not your first language, call the number and ask for an interpreter in the language you need.

## Coping with the COVID-19 outbreak

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During these uncertain times, you may be feeling stressed and anxious, but there are many positive ways in which you can help yourself to cope.

## Helpful Tips

- Try to stick to a daily routine (set a time to wake, go to bed), eat healthily and stay hydrated.
- Maintain contact with your support networks, where possible, through phone, e-mail and video calling, as these relationships are really important to feeling connected.
- Limit the amount of time listening to COVID-19 updates to once a day.
- Check updates from trustworthy sources:
  - Public Health England <https://www.gov.uk/government/collections/coronavirus-COVID-19-list-of-guidance>
  - UK Government <https://www.gov.uk/coronavirus>
  - World Health Organisation (WHO) <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Do things you enjoy and plan some self-care into your daily routine. You could use the opportunity to do/try new things - **one new thing each day**. Bake, craft, take a walk, try a yoga or mindfulness app, so you are keeping busy. Maybe keep a diary of achievements to share with others and help reduce isolation.
- Use exercise to go outside, breathe the fresh air, take a break and split up your day.
- Avoid smoking and drugs, and try not to drink too much alcohol, as it can be easy to fall into unhelpful behaviours.

HM Government **NHS**

# Coronavirus

## Wash your hands more often

 Coronavirus is a serious illness that can make you very ill.

 The best way to not catch it is to wash your hands more often for 20 seconds.

 Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or touch food



Find out more at [nhs.uk/coronavirus](https://nhs.uk/coronavirus)

**CORONAVIRUS**  
**PROTECT YOURSELF & OTHERS**

**NHS**

# CORONAVIRUS

If you're concerned about Coronavirus/COVID-19, or you just want some more information — make sure you're getting it from a reputable source.

**Visit [nhs.uk/coronavirus](https://nhs.uk/coronavirus) for all the latest updates, and use [www.111.nhs.uk/covid-19](https://www.111.nhs.uk/covid-19)**



# Easy read resources



## Resources

### Coronavirus Posters

- Avoiding scams
- Stay at home
- Being on your own
- Shielding
- Social distancing
- What if you get ill?
- How to stay safe
- PPE
- Lockdown rules

<https://www.keepsafe.org.uk/resources>



### Advice about the Coronavirus

<https://healthwatchwarrington.co.uk/wp-content/uploads/2020/03/advice-on-the-coronavirus-v1.pdf>

### Keep safe from Coronavirus

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

### Coronavirus - Stay at home, protect the NHS save lives

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/879412/coronavirus-leaflet-easy-read.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/879412/coronavirus-leaflet-easy-read.pdf)

### Staying well at home

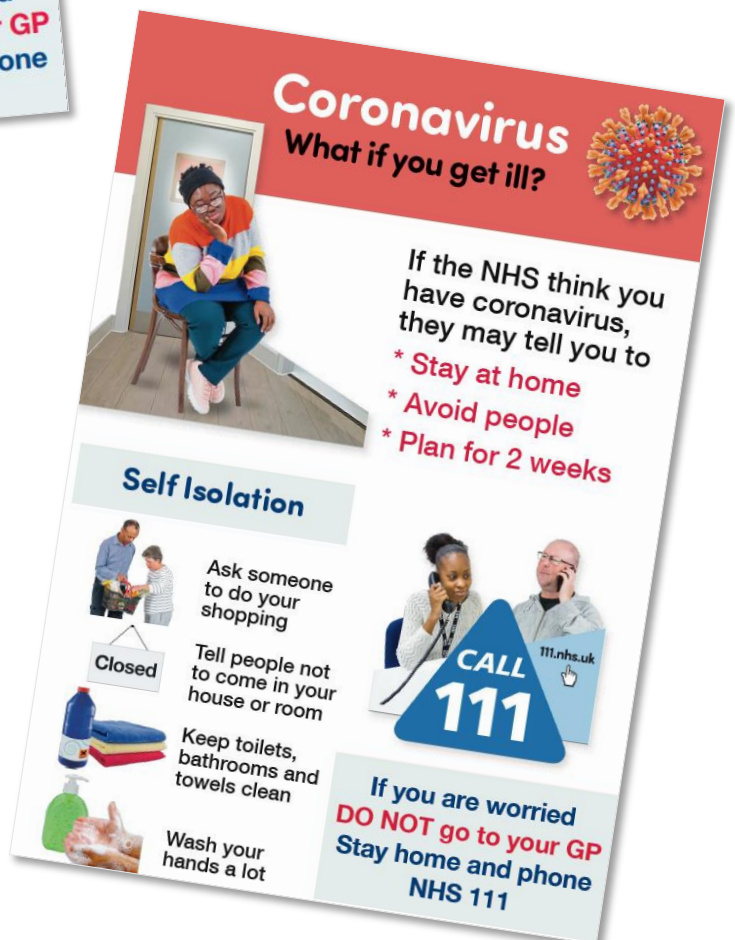
[https://www.easy-read-online.co.uk/media/53250/free-document-on-staying-well-at-home-easy-read\\_v1c.pdf](https://www.easy-read-online.co.uk/media/53250/free-document-on-staying-well-at-home-easy-read_v1c.pdf)

### Keeping away from other people

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/COVID-19\\_Keeping\\_away\\_from\\_other\\_people\\_20200328.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/COVID-19_Keeping_away_from_other_people_20200328.pdf)

### Looking after your feelings and your body

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/876996/Easy\\_read\\_looking\\_after\\_your\\_feelings\\_and\\_body.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/876996/Easy_read_looking_after_your_feelings_and_body.pdf)

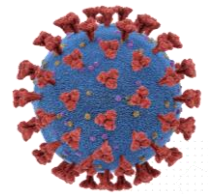


# COVID-19 information in other languages

## English not your first language?

Coronavirus - latest NHS Guidelines translated into 45 languages

<https://www.doctorsoftheworld.org.uk/coronavirus-information/>



Albanian	Farsi	Krio	Romanian	Tamil
Amharic	French	Kurdish	Russian	Tigrinya
Arabic	German	Sorani	Simplified	Turkish
Armenian	Greek	Latvian	Chinese	Urdu
Bengali	Gujarati	Lithuanian	Traditional	Vietnamese
Bulgarian	Hausa	Oromo	Chinese	Wolof
Czech	Hindi	Malayalam	Sindhi	Yiddish
Dari	Hungarian	Pashto	Slovak	
Estonian	Italian	Polish	Spanish	
English	Kiswahili	Portuguese	Somali	
		Punjabi		

## Coronavirus - latest NHS Guidelines translated video advice (How to stay safe from COVID-19)

<https://www.doctorsoftheworld.org.uk/coronavirus-video-advice/>



ENGLISH

اللغة العربية / ARABIC

ગુજરાતી / GUJARATI

KURDISH SORANI

[ਪੰਜਾਬੀ] / PUNJABI

Español / SPANISH

Türkçe /TURKISH



Language interpretation support is available via telephone, to talk to and get help from AWP services.



# 5 Ways to Wellbeing

The 5 Ways to Wellbeing are simple and proven actions that can help people find balance, build resilience and boost mental health and wellbeing.

The 5 Ways to Wellbeing are:



**Connect** - There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.



**Be active** - Regular physical activity is associated with lower rates of depression and anxiety across all age groups. It doesn't need to be particularly intense for you to feel good - slower-paced activities, such as walking, can have the same benefit.



**Take notice** - Being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.



**Learn** - Continued learning enhances self-esteem and encourages social interaction and a more active life. The practice of setting goals, which is related to adult learning in particular, has been strongly associated with higher levels of wellbeing.



**Give** - Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.

During this time, it's also important to keep safe; individually, in our homes or within wards, and as part of the wider community. So we've added some additional information about this too.



**Keeping Safe** - Information and guidance on Coronavirus (COVID-19), as well as knowledge of local and national support services, can help establish a sense of safety and help aid resilience during the outbreak.



## 5 Ways to Wellbeing

We've collated a range of ideas that you might find helpful to your health and wellbeing whilst having to spend more time isolated (due to COVID-19) over the next few pages.

Be mindful that these are general signposting links, so may not be helpful for everyone.

# Connect



## Video Chatting

There are lots of ways in which you can video call your friends or family to keep connected and reduce social isolation, using a smart phone or computer - Skype, Zoom, WhatsApp, House Party, Facebook Messenger etc.

<https://www.bbc.co.uk/news/technology-51968122>



## Internet Scrabble Club

Play scrabble for free in a relaxed, friendly environment. Compete at your own level while meeting new people.

[www.isc.ro](http://www.isc.ro)



## Off The Record (OTR) - Virtual Okay Cafe

A virtual Okay Cafe for young people within B&NES area, running while the OTR cafe is closed due to COVID-19. The Okay Cafe team will aim to be online at the usual cafe times for group chats, 1:1 support and online hangouts.

<https://www.offtherecord-banes.co.uk/news-content/phone-online-support>



## The Social Distancing Festival

Lots of free, streamed events showcasing visual art, music, dance and theatre from all over the world.

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



## Elefriends

A supportive online community (from the mental health charity Mind) where you can share tips, experiences and reach out to others who may be struggling.

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



## Turn to Me

A lifeline online. Free access to online support groups, great resources including podcasts and helpful articles that have a wide range of subjects.

<https://turn2me.org/aboutturn2me>



## Podcasts

Podcasts are free, you can listen to them at any time, and there is a wealth of content online to connect to - music, philosophy, sport, mental health and much more.

<https://www.bbc.co.uk/podcasts/>



## The Sofa Singers

The Sofa Singers brings together hundreds of people in real time for 45 minutes of simultaneous singing, learning a classic song with some optional harmonies/backing parts.

<https://www.thesofasingers.net/>

# Be Active

Ensure your physical activity is appropriate to your level of health, mobility and fitness.  
Anything outside should follow the current COVID-19 guidance related to contact with others.



## Gardening

Gardening is a source of relaxation, comfort and enjoyment. It can be hugely beneficial to mental health. The Royal Horticultural Society link can provide lots of tips and advice, from beginners to experts.

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



## Yoga with Adrienne

Free yoga videos for all levels, bodies and genders. Find a style that suits your mood and gives you the tools to build a happy, healthy home yoga practice.

<https://www.youtube.com/user/yogawithadriene/featured>



## Mindful Walking

Incorporate mindful walking into your daily life in as little as 5-10 minutes a day by using all of your senses - sight, hearing, smell, taste and touch - to bring awareness to your body and surroundings.

<https://www.stopbreathethink.com/mindful-walking/>



## Couch to 5K

NHS couch to 5K will help you gradually work up towards running 5K in just 9 weeks.

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>



## Workout Videos

There are lots of workout videos, such as yoga, pilates, cardio and strength training online. Most can be done at home with no exercise equipment needed. All freely available on YouTube.

<https://www.youtube.com/user/thebodycoach1>



## National Cycle Network

Take a bike ride on one of the national cycle network routes - Bath Two Tunnels, Bristol & Bath Railway Path and Colliers Way.

<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network/>



## Countryside Walks

Explore the countryside on your doorstep and enjoy some open space.

Ensure you wear appropriate clothing and footwear and remember to stay hydrated.

<https://www.totalswindon.com/lifestyle/10-best-walks-in-swindon/>



## Stay In Work Out

Sport England - Lots of fun and creative ideas on how to get active at home.

<https://www.sportengland.org/stayinworkout>  
<https://ukdeafsport.org.uk/deafstayinworkout>

# Take Notice



## Virtual Tours

Broaden your horizons with a virtual tour - museums, zoos, aquariums, theme parks.

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

<https://artsandculture.google.com/>



## Gratitude Scavenger Hunt

Take photos of the things you're grateful for, focusing on the good around you. Developing an attitude of gratitude, helps us feel more positive.

<https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>



## Creativity 4 Wellbeing Art Group

A fun virtual Creativity 4 Wellbeing art group which will make and create every Wednesday, 2.00 - 3.30pm.

<https://www.holburne.org/learning/community-engagement/pathways-to-wellbeing/>



## Expressive Art Workshops

100 creative art therapy activities; to have fun, relax, reflect, empower and soothe.

<https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises/>



## Mindful Photography

Take notice and capture your surroundings; home, garden or natural open spaces. See the link below for a simple explanation of how mindful photography works.

<https://ayearwithmycamera.com/blog/mindful-photography-what-is-it-and-how-do-you-do-it>



## Mindful in Minutes Podcast

Take time out to practice mindfulness. 20 minute guided meditations or less.

<https://mindfulinminutes.blubrry.net/>



## Relaxation Exercises

Plan a range of relaxation exercises into your daily routine. Exploring relaxation can help you look after yourself when you're feeling stressed or worried.

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>



## Take Notice - Garden Birds

Can you identify the top 10 birds found in British gardens? Take notice, look out for them and think about ways in which you can encourage them to visit.

<https://www.wildlifetrusts.org/wildlife/how-identify/identify-garden-birds>

# Keep Learning



## Recovery College Online

Lots of free courses available for adults (as well as children and young people) including coping during the pandemic, lifestyle and wellbeing, communication and behaviour, positive psychology and recovery.

<https://lms.recoverycollegeonline.co.uk/>



## TED Talks

18 minute video presentations on a range of topics. Currently there are over 3,300 to choose from.

<https://www.ted.com/talks>



## Get Self Help

Free online Cognitive Behavioural Therapy (CBT) self help and therapy resources, including worksheets, information sheets and self help mp3s.

<https://www.getselfhelp.co.uk/pandemic.htm>



## Free Books, Films and Music

Huge library of free historical children's books, films and music. Includes hundreds of free audio books.

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



## Living Life to the Full

Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, and tackle upsetting thinking and more. Free for individuals.

[www.lttf.com](http://www.lttf.com)



## YouTube - Learn a New Skill

Free to use video sharing. Learn any kind of skills you want. Wide range of 'how to' videos - cooking, languages, musical instruments, sports skills, etc.

<https://www.youtube.com>



## Museum of the World

Explore the history of various topics using an interactive timeline.

<https://britishmuseum.withgoogle.com/>



## Free Distance Learning

Bath College offers a range of flexible Level 2 healthcare, education and business related courses. Eligibility criteria exists for funding and non-completion of a course means full fees are payable.

<https://www.bathcollege.ac.uk/distance-learning/free-cpd-courses>





## NHS Volunteer Responders

The NHS currently needs volunteers to help in a variety of ways. Take a look and see what you can offer.

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



## Take Part in Mental Health Research

A range of research opportunities, many of which can be completed online. Take part in studies and help shape future research.

<https://participate.mgmentalhealth.org/>



## Food Banks

Support your community by giving to a local food bank.

<https://bath.foodbank.org.uk/give-help/donate-food/>



## Share Poetry

The 'Words to sit with' collection of contemporary mindfulness poetry and stories - poetry to read, as well as share your own online contributions.

<http://www.wordstositwith.com/home>



## Random Acts of Kindness

Take on a challenge to carry out random acts of kindness in your week. Kindness promotes empathy and compassion; which in turn leads to a sense of interconnectedness with others. Kindness reduces stress and increases positivity.

<https://www.randomactsofkindness.org/kindness-ideas>



## Compassionate Community

Join a team of community volunteers, coordinated by the BANES 3SG - matching volunteers with local charities in order to provide support for those in need.

[https://docs.google.com/forms/d/e/1FAIpQLScnsScxyl5Y30foF9JDMhVbrcg6Hi-2N-QSC2\\_bBSLbfzB1nQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLScnsScxyl5Y30foF9JDMhVbrcg6Hi-2N-QSC2_bBSLbfzB1nQ/viewform)



## Covid- 19 Mutual Aid UK

Local community volunteer groups, offering support to those who are feeling most isolated, anxious and vulnerable and whom need greater support from the community. Sign up to help those in your area.

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



## Forever Friends Appeal

Help raise funds to support the Royal United Hospital (RUH), Bath and the inspiring NHS staff during the Coronavirus crisis.

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

## Keeping Safe



### Coronavirus & Wellbeing

Useful guidance from Mind to help you look after your mental health and wellbeing.

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



### Sustainable Food Partnership

Sustainable food made accessible for those in social isolation, helping optimise health & wellbeing. Local food providers delivering to people across BANES.

<https://www.3sg.org.uk/pages/sustainable-food-partnership>



### St John's Foundation - Individual Funding Programme

St John's Individual Funding Programme (*newly amended criteria due to Coronavirus*) provides funding support to individuals and families in Bath & NE Somerset who are struggling financially.

<https://stjohnsbath.org.uk/what-we-do/funding-support/individual-funding/>



### Find Local Support

If you need help due to social isolation, there are a range of volunteer groups out there that can be of assistance (support with food shopping, picking up prescriptions, dog walking, etc). Find your local group.

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



### Advice about Coronavirus (Easy Read)

Advice on Coronavirus and what to do to stay safe.

<https://www.easy-read-online.co.uk/media/53192/advice-on-the-coronavirus-v1.pdf>



### Advice for Parents

User friendly COVID-19 advice for parents, carers and professionals working with children and young people. Lots of great links and sources of information.

[https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19\\_advice-for-parents-and-carers\\_20.3\\_.pdf](https://emergingminds.org.uk/wp-content/uploads/2020/03/COVID19_advice-for-parents-and-carers_20.3_.pdf)



### Surviving the Outbreak

10 ways you can help improve your mental health and wellbeing if you are worried or anxious about the Coronavirus outbreak.

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



### Carers Guidance

How government guidance relates to carers, with suggestions, frequently asked questions and a wellbeing action plan.

<https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-COVID-19>

# Mobile apps

## Coronavirus Support (UK)



An app that helps you cope with the Coronavirus pandemic. It covers everything from general health advice to managing everyday practical problems and improving your mental health.

## Stay Alive



Enables people to create their own safety plans which are accessible on their phones, has advice and tips about managing suicidal thoughts and ideas for grounding techniques and 'reasons to stay alive'. Provides easier access to crisis plans.

## Gratitude Garden



Intended to help you maintain the gratitude practice of noting down three good things that have happened each day.

Be reminded of the good things in life by writing them down.

## Headspace



Everyday mindfulness and meditation for stress, anxiety, sleep, focus, and more.

Free introductory sessions, but for full content a subscription is required.

## Mind Shift



Aimed to help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety.

An app for all ages.

## Calm Harm



Offers several ideas for activities to try to manage urges to self-harm, this includes suggestions in the following areas:

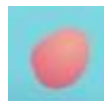
Comfort, distract, express emotions, release, random and breathe. Each category gives a long list of suggestions and examples of techniques.

## Hub of Hope



National mental health database which brings together organisations and charities from across the country, who offer mental health advice and support, all in one place.

## Cove



Improve your mental health by making music on this simple app, which encourages self expression through sounds instead of words.

## SAM



Self-help for Anxiety Management is better known as SAM, and SAM is designed to help you learn more about your anxiety, build your own anxiety toolkit, and tailor your self-help to your own life.

## DistrACT



Contains information about self-harm and suicidal thoughts, self help strategies, a 'chill-zone' and details about available services and support - both local and national. Also, know what to do in a crisis or emergency.

## Colouring Book for Adults



Lots of creative pages to colour, ranging from florals, fantasy, birds, mandalas, animals, doodles, pixels and more. A great distraction tool and you can even share your artwork with friends.

## Stop, Breathe & Think



A friendly app to guide people through meditations for mindfulness and compassion, intended to help users cope with stress, anxiety, depression, and insomnia.

Lots of free content including a series on 'Calm Coronavirus Anxiety'.

# Helpful ways to cope with COVID-19

## Service user and carer comments

*"I have learnt to chat to friends via video call on WhatsApp and although I was a bit scared of the technology at first, it's made me feel so much more connected to friends again."*

*"I've found journaling a really good way to decompress at the end of the day - especially if it has been particularly challenging. I write down all the things that have happened that might have caused me to feel stressed, but also write down some things I've done well, and something I'm grateful for. It means I end the day on a positive note but also can look back over the days and realise what I have achieved. I don't beat myself up if I don't have the energy to do this every day though!"*

*"Make sure there is time every day for yourself - however short. It could be a bubble bath, 20 minutes of reading, some exercise (I've been really enjoying yoga with Adriene on YouTube - you can choose the length of session you do so it fits around your schedule) or just a chance to have a hot cup of tea."*

*"I have been joining the other people that I live with to do some fun dance and exercise routines - it has been good fun!"*



*"I've been doing the little things around the house that I've been avoiding. It's a great distraction and feels really productive."*

*"Being kind and compassionate to myself is really important. If I'm feeling exhausted and I need a day in bed just to rest my body and mind I remind myself that 'this really is OK' every now and then, as it's important to look after myself".*

*"I've started to use the Gratitude Garden App, to record 3 things a day that I'm grateful for. It helps me focus on the positives things in my life, despite COVID-19. When I'm having a bad day I can use it to remind me of the things I'm grateful for and this can really help shift my mindset."*

*"It's been really helpful to maintain regular structure in my day, including a variety of activities to avoid boredom."*

*"I have been exercising daily with people I live with - it has been nice to get outside and enjoy the sunshine."*

*"I've found fresh air, natural light and the peacefulness of nature beneficial to maintaining a good mood."*

*"To keep myself busy I am going out on my bike every morning when it is quieter - This helps me to clear my head."*

*"I've been really strict about sleep hygiene and especially not checking/watching the news at least 1-2 hours before bedtime. It means there's less chance my head is full of worries when I actually try to sleep."*



# Living in the moment



*hope*

If you only carry one thing throughout your entire life, let it be hope. Let it be hope that better things are always ahead. Let it be hope that you can get through even the toughest of times. Let it be hope that you are stronger than any challenge that comes your way. Let it be hope that you are exactly where you are meant to be right now, and that you are on the path to where you are meant to be... Because during these times, hope will be the very thing that carries you through.

- NIKKI BANAS

If you want to conquer the anxiety of life, live in the moment, live in the breath.

Amit Ray

YOU CANNOT STOP THE WAVES, BUT YOU CAN LEARN TO SURF.

JON KABAT-ZINN



# Daily challenge

## Choose ONE to do per day:

- Spend 10 minutes gently stretching your body
- Write a letter to someone where you can only be positive
- Write a love letter to yourself
- Create a portrait of someone famous but only using dots
- Close your eyes and try to draw the room you are in without opening them
- Write down three things that you are grateful for
- Write a guide to keep others from being bored in lockdown - what would you advise?
- Write a poem where each line starts with a letter of your name
- Have a spring clean and de-clutter
- Write down 5 things about yourself that you love
- Telephone or email someone who might be lonely/need cheering up
- Spend 5 minutes drawing a self portrait, then another 5 minutes doing it with the other hand!
- Can you spot something in your surroundings beginning with each letter of the alphabet?
- Pick a random letter of the alphabet and list as many animals starting with that letter in a minute as you can
- Send positive/encouraging text messages to 5 people
- Re-write the lyrics to your favourite song to make it about something mundane - like re-writing Bohemian Rhapsody to be about your sandwich!
- Go to bed 1 hour earlier than usual
- Go a whole day without complaining!
- Make a list of short term goals
- Do one thing you have been putting off
- Create a positive affirmation and repeat it to yourself all day
- Spend 5 minutes focusing on your breathing only
- Write a list of all the positives from the last month
- Declutter your emails and social media accounts
- Think of your own items to add to this list!
- Start a journal or doodle diary
- Think of a new challenge for yourself for the year ahead
- Complete a puzzle or wordsearch <https://freeprintablepuzzles.co.uk/>
- Write your own short story about a jungle adventure
- Create a piece of art - use rubbish/recycling, household objects, the more creative the better!



## Mindfulness

# A mindful cup of tea (or coffee!)

An exercise in everyday mindfulness



## Have you ever noticed that you are so lost in thought that you don't pay attention to what you are actually doing?

This autopilot can mean we spend a lot of time in our heads, planning or worrying about the future, or ruminating on the past. One way to become more present is to bring mindfulness to everyday things. For example, a cup of tea.

### Exercise:

Notice the sound of the kettle boiling. Watch the tea steep, the colours change. Notice the aromas. Take your time. Add milk (if you like it) and observe. Bring the cup slowly to your mouth, notice the warmth of the cup against your skin.

Really take the time to taste the tea, savour the flavour as if you were tasting it for the first time.

If your mind wanders, that's ok, just bring it gently back to the tea when you notice this.

Source: <https://www.guysandstthomas.nhs.uk/resources/patient-information/rheumatology/mindfulness-web.pdf>

Free mindfulness resources as a response to COVID-19

<http://www.freemindfulness.org/covid19>

# Mindfulness

*mindfulness*

## FREE mindfulness resources currently available include:

### The free mindfulness project

<http://www.freemindfulness.org/covid19>

**De-mystifying mindfulness.** 25hr online course demystifying mindfulness. Free to access most but have to pay to complete assignments and get certificate.

<https://www.coursera.org/learn/mindfulness>

**Mindful.org** Website with practices, discussions and articles. Free practices available including; 5 minute, 11 minute and 20 minute guided breathing space.

<https://www.mindful.org/audio-resources-for-mindfulness-meditation/>

**Oxford Mindfulness Centre.** Series of free podcasts sharing mindfulness practices with a particular focus e.g. 'Fear + Uncertainty = anxiety. Working with uncertainty'.

<https://www.oxfordmindfulness.org/learn-mindfulness/online-sessions-podcasts/>

**NHS guide to mindfulness.** Information about what is mindfulness.

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>



# Colouring for calmness



Source: <http://nestekno.com/attachmnt/>

Mindfulness colouring - 43 free adult colouring pages to print  
<https://www.favecrafts.com/Adult-Coloring-Pages/Adult-Coloring-Pages-PDF>



# National helplines

Whether you're concerned about yourself or a loved one, these helplines can offer expert information and advice.

## 24 hours a day, 365 days a year

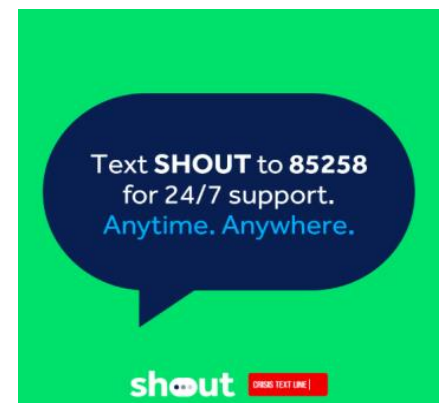
<b>Life threatening medical emergency</b>	999
<b>NHS 111</b>	
<b>Bath &amp; North East Somerset, Swindon and Wiltshire</b>	111
Non-emergency medical help & info on local services	
<b>AWP Response Line</b>	0300 3031320
<b>Alcoholics Anonymous</b>	0800 917 7650
<b>Combat Stress</b> (veterans)	0800 138 1619
<b>FRANK</b> (national drugs helpline)	03001 236600
<b>National Domestic Abuse Helpline</b>	08082 000247
<b>Samaritans</b>	116 123 or 07725 909 090 (text)
<b>Victim Support</b>	0808 168 9111



## Additional Support, times vary

<b>Adult Social Care Service (Swindon)</b>	01793 463333
(Social care and social services - Office hours)	01793 436699
<b>Admiral Nurse Dementia Helpline</b>	0800 888 6678
<b>Admiral Nurse (Swindon)</b>	01793 607214
<b>Age UK Help Line</b>	0800 678 1602
<b>Alzheimer's Society (National)</b>	0333 150 3456
<b>Alzheimer's Society (Local)</b>	01793 485404
<b>Anxiety UK</b>	03444 775774
<b>Autism</b> (National Autistic Society)	0808 800 4104
<b>Beat</b> (eating disorders)	08088 010677
<b>CALM</b> (men aged 15-35)	0800 58 58 58
<b>Carers UK Helpline</b>	0808 808 7777
<b>Combat Stress</b> (Veterans' and Family support)	0800 138 1619
<b>Compassionate Community</b> (local support)	0300 247 0050
<b>Family Lives</b> (formerly Parentline)	08088 002222
<b>Mind Infoline</b>	0300 123 3393
<b>Mindline Trans+</b> (trans, non-binary support)	0300 330 5468

## Crisis Text Support



Young people text **YM**  
 Deaf community text **DEAF**

**85258**



<b>National Domestic Abuse Helpline</b>	0808 2000 247
<b>National Gambling Helpline</b>	0808 8020 133
<b>No Panic</b> (panic attacks, OCD and phobias)	08449 674848
<b>OCD UK</b>	0333 212 7890
<b>Papyrus Hopeline</b> (under 35)	0800 068 4141
<b>Rape Crisis</b>	08088 029999
<b>Royal British Legion</b> (Armed Forces Charity)	0808 802 8080
<b>Samaritans</b>	116 123
<b>SSAFA</b> (Armed Forces Charity)	0800 731 4880
<b>Self Injury Helpline</b>	08088 008088
<b>Silverline Helpline</b>	0800 470 8090
<b>Swindon Domestic Abuse Support Service</b>	01793 610610
<b>Swindon Carers Centre</b>	01793 531133
<b>Veterans' Gateway</b> (Veterans' and Family support)	0808 802 1212
<b>Womankind</b> (in distress, domestic abuse)	0345 458 2914



## Local Support

**Cruse Bereavement Care** (Bereavement Support & Counseling) – Telephone support service available during lockdown

<https://cruseswindon.org/>

**Swindon Borough Council** (Coronavirus (COVID-19) - What you need to know on local services and support

<https://www.swindon.gov.uk/coronavirus>

# Swindon Local Activity and Support Groups Quick Reference

<p><b>Phoenix Enterprises</b></p> <p>01793 729902  <a href="mailto:Info@phoenixenterprises.co.uk">Info@phoenixenterprises.co.uk</a></p>	<p>Registered charity that support training and employment opportunities for people with mental health illness, learning or physical disabilities. Specialising in hand assembly and hand finishing work.</p>
<p><b>Inner Flame</b></p> <p>07531473482  <a href="mailto:admin@innerflame.org.uk">admin@innerflame.org.uk</a></p>	<p>Charity that offers free courses to develop confidence, self-worth, life-skills, and employability in 16-25s who are at a disadvantage. Not currently in education, employment or training who are experiencing barriers to independence or contributing to their community.</p>
<p><b>Building Bridges</b></p> <p>01380 732821  <a href="mailto:Hello@buildingbridgessw.org.uk">Hello@buildingbridgessw.org.uk</a></p>	<p>Support people across Swindon and Wiltshire 121 with gaining training and employment. Must be not working, not on zero hours contract, aged over 15, have the legal right to work in the UK, and not in prison.</p>
<p><b>Disability Experts</b></p> <p>07870643734  <a href="mailto:office@disabilityexperts.co.uk">office@disabilityexperts.co.uk</a></p>	<p>Support individuals with physical disabilities, learning difficulties and mental health to get into work. They have training courses, a job club and employment 121 sessions (some of these are charged services). They also do courses on how to communicate and have healthier relationships.</p>
<p><b>Seetec Pluss</b></p> <p>01793 208996  <a href="mailto:Employment.bureau@pluss.org.uk">Employment.bureau@pluss.org.uk</a></p>	<p>They offer a Work and Health Programme to help identify your strengths and find the right job. You are assigned a Change Coach who will work with you 1:1 to create an action plan. They will help with applying for jobs and confidence in interviews. The individual will need to speak to an advisor in the Jobcentre to find out more about applying.</p>
<p><b>Lift Psychology</b></p> <p>01793 836836  <a href="mailto:Lift.psychology@nhs.net">Lift.psychology@nhs.net</a></p>	<p>Lift now offer 1:1 employment support with their employment advisors. They help with building confidence and getting ready for work. You just need to book an appointment with a Lift Practitioner through the GP surgery to be referred to this service</p>
<p><b>MTC New College</b></p> <p>01793 511665  <a href="mailto:mtc@newcollege.ac.uk">mtc@newcollege.ac.uk</a></p>	<p>The adult learning centre offer free course (subject to criteria) in employability, including CV writing</p>

## Self-development Courses

<p><b>Swindon Borough Council Adult Community Learning</b></p> <p>01793 466482</p> <p><a href="mailto:acl@swindon.gov.uk">acl@swindon.gov.uk</a></p>	<p>The ACL offer a range of free courses (eligibility criteria applies). Such as arts and crafts, cooking, confidence building, employability, IT skills, and health and wellbeing.</p>
<p><b>Learning for Life Swindon</b></p> <p>01793 422964</p> <p><a href="mailto:nalni@l4lswindon.co.uk">nalni@l4lswindon.co.uk</a></p>	<p>L4L Swindon offer courses in communication skills, Life skills and stress management, Tai Chi, managing emotions, and improving relationships. They work with people with mental health issues, those who have experienced sexual abuse and DV, homeless people, those with addictions, and veterans.</p>
<p><b>MTC New College</b></p> <p>01793 511665</p> <p><a href="mailto:mtc@newcollege.ac.uk">mtc@newcollege.ac.uk</a></p>	<p>Free courses in Maths, English, Motivation, Web Design, IT Skills and Computing, Upcycling, and how to use a smart phone.</p>
<p><b>U3A Swindon</b></p> <p>01793 614629</p>	<p>A yearly membership allows you to join as many groups and sessions as you'd like. These include academic courses, exercise groups, languages, music and much more. The entire timetable is on their website: <a href="https://www.swindonu3a.org.uk">https://www.swindonu3a.org.uk</a></p>

## Volunteering

<p><b>Voluntary Action Swindon</b></p> <p>01793 420557</p> <p>Contact form on  <a href="http://www.swindonvolunteers.org.uk/contact">http://www.swindonvolunteers.org.uk/contact</a></p>	<p>Volunteer Centre Swindon match individual and groups interested in volunteering with appropriate opportunities in the local community. One to one guidance and follow up and monitoring once an opportunity has been secured.</p>
<p><b>Do It</b></p> <p>Do-it.org</p>	<p>Online directory of all the volunteer opportunities in Swindon. Narrow down your search and then apply for particular vacancies through the website, or you can contact each organization directly with the info given.</p>
<p><b>Big Breakfast Swindon</b></p> <p>07971419360  <a href="mailto:hello@bigbreakfast.org.uk">hello@bigbreakfast.org.uk</a></p>	<p>Opportunity to volunteer feeding breakfast to the homeless in Swindon. They also offer support with health, welfare, housing and addiction.</p>
<p><b>City of Sanctuary</b></p> <p>07903167142  <a href="mailto:info@swindon.cityofsanctuary.org">info@swindon.cityofsanctuary.org</a></p>	<p>City of Sanctuary offer support to refugees. They have a number of active projects, which can be seen on their website (swindon.cityofsanctuary.org).</p>
<p><b>Live Well Swindon</b></p> <p>01793 465513  <a href="mailto:livewell@swindon.gov.uk">livewell@swindon.gov.uk</a></p>	<p>The Live Well Hub offer a range of opportunities:</p> <ul style="list-style-type: none"> <li>• Community researchers</li> <li>• Young person groups</li> <li>• Migration fund project</li> <li>• Activity session support</li> <li>• Swindon Circles combating loneliness</li> </ul>
<p><b>Swindon Borough Council Volunteer Rangers</b></p> <p>Application:  <a href="https://www.swindon.gov.uk/info/20029/people-and-communities/315/find-out-about-volunteer-rangers">https://www.swindon.gov.uk/info/20029/people-and-communities/315/find-out-about-volunteer-rangers</a></p>	<p>Volunteer Rangers contribute to the upkeep and management of many local country parks. They carry out a variety of tasks but they are not all necessarily manual work. They can get involved with helping to run events such as guided walks or wildlife workshops.</p>
<p><b>Olive Tree Café</b></p> <p>01793 533152  <a href="mailto:olivetreecafeswindon@gmail.com">olivetreecafeswindon@gmail.com</a></p>	<p>A community project that can train you in the catering and hospitality industry. They have opportunities in the kitchen and out front serving and meeting customers. They can also pay for travelling costs if required and provide regular opportunities for training and learning.</p>



## Nature-based activities

<p><b>Wiltshire Wildlife Trust</b></p> <p><b>Volunteering:</b>          01380 725670  <a href="mailto:volunteering@wiltshirewildlife.org">volunteering@wiltshirewildlife.org</a>.</p> <p><b>Wellbeing programme:</b>          01380 736098  <a href="mailto:melaniev@wiltshirewildlife.org">melaniev@wiltshirewildlife.org</a></p>	<p>WWT offer a Wellbeing Programme specific to those with mental health, which can be referred to directly using the form on this webpage  <a href="https://www.wiltshirewildlife.org/the-wellbeing-programme">https://www.wiltshirewildlife.org/the-wellbeing-programme</a></p> <p>Volunteering with them can involve running supporter groups or carrying out conservation tasks. They try to match people with what they would like to get involved with.  <a href="https://www.wiltshirewildlife.org/forms/volunteer-application-form">https://www.wiltshirewildlife.org/forms/volunteer-application-form</a></p>
<p><b>Twigs</b></p> <p>01793 523294  <a href="mailto:Twigs.reception@gmail.com">Twigs.reception@gmail.com</a></p>	<p>Twigs offer therapeutic gardening and craft session to those experiencing mental health problems.</p>
<p><b>Wilts and Berks Canal Trust</b></p> <p>0845 2268567  <a href="mailto:info@wbct.org.uk">info@wbct.org.uk</a></p>	<p>At the trust you can get involved with restoring canal systems, learning to drive diggers, laying bricks, planting wild flowers, and many more outdoor tasks.          You can also volunteer at the information centre.</p>
<p><b>Link2Nature</b></p> <p>01380 736095  <a href="mailto:info@link2nature.org.uk">info@link2nature.org.uk</a></p>	<p>Link2Nature are a new initiative that are developing projects in Swindon and Wiltshire to preserve and develop forest and grassland. A link to their projects table can be found here:  <a href="http://www.link2nature.org.uk/landscape-map/projects.html">http://www.link2nature.org.uk/landscape-map/projects.html</a></p>
<p><b>Swindon Borough Council Volunteer Rangers</b></p>	<p>Volunteer Rangers contribute to the upkeep and management of many local country parks. They carry out a variety of tasks but they are not all necessarily manual work. They can get involved with helping to run events such as guided walks or wildlife workshops.</p>

## Physical Health and Exercise

<p><b>Live Well Swindon Hub</b></p> <p>01793 565513  <a href="mailto:livewell@swindon.gov.uk">livewell@swindon.gov.uk</a></p>	<p>Live Well offer support with:</p> <ul style="list-style-type: none"> <li>• Stop smoking</li> <li>• Health checks and ambassadors</li> <li>• Leading an active lifestyle</li> <li>• Isolation</li> </ul>
<p><b>Ability Gym</b></p> <p>07989656280  <a href="mailto:Sjames3@swindon.gov.uk">Sjames3@swindon.gov.uk</a></p>	<p>Supported gym sessions at the Link Centre Gym every Monday and Wednesday 1-3pm. A gym induction needs to be completed before you can attend, which can be booked through the email address provided with Sam.  Sessions are £2.50</p>
<p><b>U3A Swindon</b></p> <p>01793 614629</p>	<p>With a yearly membership you can attend as many classes and groups that you want. Some of these include dancing lessons, aerobics classes and group fitness sessions.</p>
<p><b>Swindon Borough Council Adult Community Learning</b></p> <p>01793 466482  <a href="mailto:acl@swindon.gov.uk">acl@swindon.gov.uk</a></p>	<p>ACL offer courses on leading a healthy lifestyle and healthy eating, and cooking lessons.</p>
<p><b>Class Finder</b></p> <p><a href="https://www.classfinder.org.uk">https://www.classfinder.org.uk</a></p>	<p>This search engine finds any local fitness class. You can narrow down the search to what you are specifically looking for and it produces a list of when, where and who to contact to get involved.</p>
<p><b>Ability Sport Swindon</b></p> <p><a href="mailto:Kjones3@swindon.gov.uk">Kjones3@swindon.gov.uk</a></p>	<p>Ability sport run a variety of inclusive sessions, including ice skating, trampolining and cycling. A full time table can be found on their website (disabilitysportswindon.co.uk).</p>

Arts and Crafts

<p><b>Learning for Life Swindon</b></p> <p>01793 422964  <a href="mailto:nalni@l4lswindon.co.uk">nalni@l4lswindon.co.uk</a></p>	<p>L4L work with people with mental health issues, those who have experienced sexual abuse and DV, homeless people, those with addictions, and veterans. They run their own art sessions weekly.</p>
<p><b>IPSUM</b></p> <p>01793 695405  <a href="mailto:admin@ipsum.care">admin@ipsum.care</a></p>	<p>IPSUM offer art and music therapy sessions, alongside creative writing and offering counselling sessions.</p> <p>(Note – not wheelchair friendly due to steep stairs)</p>
<p><b>Swindon Community Art Groups</b></p> <p>07768442393  Marilyn Trew – group leader</p>	<p>Marilyn offers lessons in water colour, drawing portraits and architecture, calligraphy, collage and decoupage.</p> <p>Based at Toothill community Centre (SN5 8DH) alternate Tuesdays (Feb 11<sup>th</sup> 25<sup>th</sup>/ March 10<sup>th</sup> 24<sup>th</sup>)</p> <p>Based at Meadowcroft Community Centre (SN2 7JX) alternate Tuesdays (Feb 4<sup>th</sup> 18<sup>th</sup> / March 3<sup>rd</sup> 17<sup>th</sup>)</p> <p>Based at Savernake Hall (Old Town) every Thursday morning.</p> <p>All group times are 10-12.30PM, £3 per session</p>
<p><b>Reach Inclusive Art</b></p> <p>01793 520318  <a href="mailto:Reachinclusive3@btconnect.com">Reachinclusive3@btconnect.com</a></p>	<p>A group that offers arts activities for people who are retired, living on their own or simply looking for new activities in a supportive and friendly environment. They meet between 10.30AM – 12.30PM every Tuesday in the Wyvern Theatre.</p> <p>(suitable for wheelchair users)</p>

Drug, Crime and Domestic Abuse/Women’s services

<p><b>Turning Point</b></p> <p>01793 328150  <a href="mailto:IMPACTreferrals@turning-point.co.uk">IMPACTreferrals@turning-point.co.uk</a></p>	<p>Local drug service in Swindon. They run a variety of groups, including Recovery Skills, Mindfulness and Family Groups. A timetable and self-referral can be seen on their website.</p>
<p><b>Nelson Trust</b></p> <p>01453 885663  <a href="mailto:office@nelsontrust.com">office@nelsontrust.com</a></p>	<p>The Nelson Trust run residential drug and alcohol rehabilitation centres. To find out about specific prices and programmes, enquire at the email address provided.</p> <p>They also run Women’s Community Service’s for those seeking support in a female only environment.</p> <p>Referrals can be made on their website  <a href="https://nelsontrust.com/referrals/">https://nelsontrust.com/referrals/</a></p>
<p><b>Swindon Women’s Aid</b></p> <p>01793 864984</p>	<p>Offering support to men and women who are victims of domestic abuse and violence.</p>
<p><b>Home Truths</b></p> <p>01793 617589  <a href="mailto:info@hometruths.coop">info@hometruths.coop</a></p>	<p>Home Truths run community programmes for survivors of domestic abuse, including the Freedom Programme for those 16+ and the New Beginnings programme for those looking to rebuild after abuse. They also specially support pregnant women.</p> <p>Please enquire if they support male victims, as their funding for this changes regularly.</p>
<p><b>Men’s Advice Line</b></p> <p>0808 801 0327  <a href="http://Mensadviceline.org.uk">Mensadviceline.org.uk</a>  <a href="mailto:info@mensadviceline.org.uk">info@mensadviceline.org.uk</a></p>	<p>Online, email and telephone support for male victims of domestic abuse.</p>
<p><b>Victim Support</b></p> <p>0808 2810113</p>	<p>Victim support give emotional and practical support to people who have been affected by crime in Wiltshire. You can contact them for support regardless of if you have contacted the police and no matter how long ago the crime took place.</p>
<p><b>Horizon Victim and Witness Care</b></p> <p>01380 861157</p>	<p>Horizon are a team of police staff who can help to provide support from your first point of contact with Wiltshire Police to the court case.</p> <p><a href="https://horizon.wiltshire.police.uk">https://horizon.wiltshire.police.uk</a></p>

## Military Veterans

<p>SSAFA          Email: <a href="mailto:wiltshire.branch@ssafa.org.uk">wiltshire.branch@ssafa.org.uk</a>           Main Phone: 0800 731 4880</p>	<p>SSAFA – the Armed Forces charity, the Soldiers, Sailors, Airmen and Families Association, is a UK charity that provides lifelong support to serving men and women and veterans from the British Armed Forces and their families or dependents. Anyone who is currently serving or has ever served in the Royal Navy, British Army or Royal Air Force and their families, both regulars and reserves, is eligible for their help</p>
<p>Royal British Legion  <a href="https://www.britishlegion.org.uk/">https://www.britishlegion.org.uk/</a>          0808 802 8080           8am to 8pm, 7 days a week</p>	<p>The Royal British Legion, sometimes called The British Legion or The Legion, is a British charity providing financial, social and emotional support to members and veterans of the British Armed Forces, their families and dependants</p>
<p>The Warrior Programme  <a href="https://www.warriorprogramme.org.uk/">https://www.warriorprogramme.org.uk/</a>          (0)808 801 0898</p>	<p>Programme enables individuals to manage their emotions and to develop the resilience, focus and motivation to succeed in today’s world. The programme has been developed over the last ten years to meet the demands and challenges experienced by past and present members of the armed forces and their families.</p>