

**Wellbeing in South
Bristol**



CORONAVIRUS

Staying Well at Home

EDITION #6

Welcome to the sixth 'Staying Well at Home' edition of the Wellbeing e-bulletin for Knowle West Healthy Living Centre. We will be providing you with news of services, information sources and initiatives in South Bristol that can help promote health and wellbeing during the pandemic.

Community Support...

Volunteer for New Bereavement Groups

Are you a caring person? Do you have a little time to spare each month? Would you be interested in helping to establish a community support group to help people who are experiencing loss & bereavement?

In Brislington, Stockwood, Whitchurch, Bedminster and Knowle there are people who are in the early stages of setting up a STAR Bereavement Peer Support Group and they would welcome you to join their team of helpers. If you are a good listener, non-judgemental, have empathy, can make a lovely cuppa and enjoy being part of a team then please contact Claire Chivers clairechivers@ageukbristol.org.uk for more information.

Positive Minds in BS13

Heart of BS13 are still running their Positive Minds mental health support service during the covid crisis.

They are largely doing phone sessions at the moment and are doing some short intervention work with clients around Covid – 19 related issues. These are practical one to one sessions to help those who are anxious post-lockdown to get out and about build confidence. They hope to be back to socially distanced face to face work in Sept. For referrals or client queries email Positive.minds@heartofbs13.org.uk or phone 0788 066 1239

Rainbow Women's Walks for over 55s

A programme of walks running up to Christmas has just been released by the Rainbow Women walking group. The walks are for lesbian and gay women age 55+ and of a range of distances and levels. Walks are led by qualified volunteer walk leaders who have undergone the National Walking for Health training.

All their walks are FREE to attend, they are set to meet the groups needs, often include a cafe stop and occur on the first and third Wednesday of each month.

To get a programme please contact Cheryl Martin Cherylmartin47@aol.com or call 0795 4095 39. All coronavirus guidance followed.

Dudes & Dogs Restart

Dudes & Dogs is a mental well being initiative to encourage men to get out in the open air and talk. It's a few guys, a dog or two, meeting up once a week for a walk and a talk. About anything. No judgement, just friends.

They have recently restarted their walks and currently have one in North Bristol and Wales with more to be added soon. Booking is required to keep the walks at the required 6 participants. To book onto these walks visit their [website](#). You can also find out more on their [Facebook page](#)

CAN YOU HELP US?

Have you been affected by cancer, or supported someone who has?

We are looking at how we can improve the support available for people living with cancer in South Bristol. To help us do this we want to speak to people about their experiences, to help us find out how they get support, what works and where support is missing.

If cancer has affected you in any way while you were living in South Bristol, either personally or through supporting or caring for someone, we would be keen to speak to you. We are interested in everyone's experience good or bad, from any point in the last six to eight years.

You can join one of our small online discussion groups or speak directly to a member of our team. We also have an online form you can use to share your experiences or you could email them to us.

You can find out more, or let us know you are interested in taking part using the contact details below.

Call us - 07756 796 886 or 0117 965 4444
email - peteclasby@thecareforum.org.uk
[www.thecareforum.org/
cancer-support-south-bristol](http://www.thecareforum.org/cancer-support-south-bristol)



the care forum

MACMILLAN
CANCER SUPPORT

Mental Health Support...

Anxiety Around Leaving Lockdown

Many people have been dreaming about lockdown easing pretty much since it started. However now the prospect is on the horizon lots of us are starting to feel quite conflicted. We've all had to find ways of dealing with reduced social contact, and have built the adjustments into our lives and our routines; however frustrating the last few months have been, most of us have found ways to cope and feel safe.

It's natural to feel uncertain as we ease back into more social contact and life starting to return to more familiar ways. Some of our activities will be drastically different for some time to come, such as queuing up to get into shops, and wearing face masks in public places and on public transport. Coping with these changes may be a shock to people who have been avoiding them, while some people will be frustrated that these differences are ongoing.

Some people will have been living with pre-existing mental ill-health conditions that may have been worsened by the lockdown. Some people will have struggled with their mental health as a result of it. The return to activities that were already stressful for some, and have recently become stressful for others, such as being in crowded places, will be difficult to navigate.

We might be feeling angry with people who are rushing back into their social lives when we feel it should be a more gradual process. Even if we've been dealing with loneliness because we've been shielding, or missing friends and relatives who have been, we may be reluctant to see them as we're all still aware that the virus is still a risk.

We may also be dealing with loss of loved ones and feel desperately sad that they're no longer here to enjoy the easing of the situation.

It's important to remember that our reactions and feeling are all OK, whatever they might be. We're all likely to feeling higher levels of stress, anxiety or depression due to the uncertainties at the moment, and the lack of control we're all experiencing.

Learning to spot the signs of stress, anxiety and depression, and even grief, can help us recognise when we need to be kinder to ourselves and make time for extra self-care. It can also help us acknowledge when we might need some extra help. CASS have produced easy to use resources around [Stress, Anxiety and Depression](#) which cover all of these topics, and can help you find local organisations if you do need support. We also have a [directory of services](#) with a more comprehensive list of where to get help, and a [Grief booklet](#) if you're struggling after losing someone.

Other ways to help yourself:

- Take things at your own pace, and let other people take things at theirs. Don't feel that you have to jump back in to your usual routine, especially if you are a member of a vulnerable group or from a community disproportionately affected by the virus. When you're ready, pace yourself on activities like meeting friends, and start small.
- Control what you can – carry on following guidance on handwashing and hygiene, and get information from reputable sources, such as <https://www.gov.uk/coronavirus> or <https://www.bristol.gov.uk/crime-emergencies/coronavirus-covid-19-what-you-need-to-know>
- Talk to someone you trust – this can act as a way to acknowledge and release pent up feelings rather than bottling them up. Alternatively, try writing about how you're feeling. Even if you tear up the page afterwards, getting the feelings out often helps.
- Find out what works for your self-care. It could be anything from watching a film you love, doing some exercise, reading, getting creative or spending time with a pet. Find what works to take your mind off your worries and allow yourself some time to do it.
- Be kind to yourself. This is a difficult time for everyone and there's no right or wrong way to feel. Try talking to yourself and giving yourself the same advice you'd give someone you care about. If you'd like to try some guided relaxation, CASS has a short audio on being kind to yourself that you can listen to and download [here](#).

If necessary seek help as early as possible from mental health and wellbeing services, listed via the directory on the CASS website. If your feelings become overwhelming and start to seriously impact your life, please speak to your GP.

5 Ways To Wellbeing post lockdown

The 5 ways to wellbeing tool is useful in any situation when focussing on self care but in the current complex situation we all find ourselves in it can prove invaluable. I have put together some more useful tips, information sources and links for each heading below and you can also use the headings to create your own wellbeing plan. Simply put some personal actions for each heading and ideally set timescales for each one (i.e. once a day/week, before the end of the month etc.). This will give you some structure and achievable aims to looking after your wellbeing.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Connect

Watch a CASS video about the importance of connection

Join Dudes and Dogs, a walk and talk initiative for men (no dog needed)

Have a chat with a neighbour on the doorstep

Be Active

Sport England's tips for staying active at home

Get involved in the Online Activity Hub for older people

Watch a CASS video on being active

Take Notice

Read some Positive news - its not all doom and gloom!

Try out a mindfulness session designed to help you sleep

Learn about the importance of taking notice with this CASS video

Keep Learning

Learn some world cuisine with Bristol Meets The World

Check out a CASS video on learning and wellbeing

Watch a TED talk on something that interest you

Give

Find a volunteering opportunity on Can Do Bristol

Watch a CASS video about giving

Do something nice for a friend or family member in need

Trusted Sources of Information...

Mental Health

Mind - [Coronavirus and your wellbeing](#)

Rethink Mental Illness - [Covid-19 and mental illness](#)

No Panic - [Coping with anxiety during the outbreak](#)

Public Health

[Public Health England](#)

[NHS](#)

[UK Government Response & Advice](#)

Loneliness & Anxiety

Anxiety UK - [Coronxiety Support & Resources](#)

OCD UK - [OCD & Coronavirus](#)

Older & Vulnerable People

Age UK Bristol - [Coronavirus Advice](#) - Advice line - 0800 169 65 65

[Bristol Dementia Wellbeing Service](#) - Access Point - 0117 904 5151

[Dementia Connect](#) - Support Line - 0333 150 3456

Scope - [Disability Support/Advice](#) - 0808 800 3333

[Diabetes UK](#) - Support Line - 0345 123 2399

[British Heart Foundation](#) - Support Line - 0300 330 3311

Carers

Carers of those with a mental illness - [Rethink Mental Illness](#)

Carers UK - [General information for carers](#)

CASS Bristol

This e-bulletin is part of my wider work as a CASS networker in South Bristol. CASS works with community, equality and faith groups to raise awareness of mental health services. To find out more about CASS, check out our website

<http://www.cassbristol.org/>

If you want to know lots more about what's happening in South Bristol, and about articles on mental wellbeing, follow my

Facebook page



If you would like to know more and chat about mental health and the services that are available, or if you have an event, group or activity you'd like me to include in the next newsletter, please email dan.lewin@cassbristol.org or phone me on 07400 122759

If you wish to unsubscribe to this newsletter, please email dan.lewin@cassbristol.org