



## Health and Wellbeing

### Mental Health

We understand that this is an extremely worrying and stressful time for all our families, during this period it is really important that we take care of our own mental wellbeing and of those around us.

The following are recommended websites from which you can get tips and advice on how you can look after your mental wellbeing during these stressful times.

<https://www.nhs.uk/oneyou/every-mind-matters/>

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

<https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>

The Samaritans have the following advice 'Government guidance to stay at home over the next few weeks means that we won't have the social contact that some of us are used to, and in some cases, if you live alone or are in self-isolation, it will mean we're cut off from all contact for quite some time.

It's normal that this will affect your mood, and it's something we'd really encourage you to talk about, however you can, via video messaging, over the phone, texting or over the garden fence. Whilst we are physically isolated, it's more important than ever for us to feel socially connected, so try and reach out to people to talk, and try to be there to listen to others'

We have had to make the sad decision to cancel our upcoming group meet ups, members are advised that they can use apps such as Zoom, Microsoft Teams, Skype, Face Time etc to remain in contact with family, friends and of course other 22q11 families. We can all use these to be creative and maybe share meal times with loved ones, enjoy movie nights together, host quiz nights etc, The more creative the better and we would love to hear your ideas so that we can share these with all our members.

The following BBC news story gives some useful tips on how to minimise the triggers that may cause anxiety levels to rise, particularly how and why social media activity can be restricted.

[https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR2w0hrMNL29\\_XR8fBJEvGzc1LYPIUekd-gtstnCL40sFgcbU\\_BdkzbqOrY](https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR2w0hrMNL29_XR8fBJEvGzc1LYPIUekd-gtstnCL40sFgcbU_BdkzbqOrY)

**Help Lines** Mind - 0300 123 3393

Samaritans – 116 123

## APPs

The following link is for NHS recommended Mental health Wellbeing apps, these apps will work on both smart phones and tablets and cover a range of activities to help lower anxiety and other mental health issues.

<https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.nhs.uk%2Fapps-library%2Fcategory%2Fmental-health%2F&data=01%7C01%7Cmaria.rogdaki%40kcl.ac.uk%7Cb220b2f6a07d464be3ed08d7d7365087%7C8370cf1416f34c16b83c724071654356%7C0&sdata=%2FtQdZ%2FOW%2F8hwrOZBTjI0uJxlioSWzFcVuYuyfbbnNok%3D&reserved=0>

## Wellbeing

During the period of isolation, it is important that we all try to remain active as much as possible, as long as you are in the group permitted to exercise once a day you should make use of this, obviously you should avoid any areas likely to be populated but if it is safe to do then a short walk, run, cycle or dog walk can be great for your mental health and will also help to boost your immune system.

We realise this is not practicable for all at the moment, especially those who are being shielded or have children to care for, there are many online resources which are now available that you can use in these circumstances, some examples of these are below.

**PE with Joe Wicks** – A daily PE routine for both Adults and children using you tube-

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

**LV Yoga Fareham** - Free yoga classes streamed live on Facebook for both adult and children -

[https://www.facebook.com/search/top/?q=lv%20yoga%20fareham&epa=SEARCH\\_BOX](https://www.facebook.com/search/top/?q=lv%20yoga%20fareham&epa=SEARCH_BOX)

**School of SOS** – Offering online dance classes children via Instagram -

<https://www.instagram.com/schoolofsos/>

**Top Tip!** – If Your TV has internet access many of these online classes can be streamed giving a better viewing experience and allowing more space for the whole family to join you, also if the weather is permitting why not take a tablet or laptop into the garden and exercise alfresco.

**For those of you missing your Zumba/Pilates/HIT/Body Sculpt classes we have negotiated a special competitive rate for all Max Appeal members with a professional dance instructor, please email Sally Akers at [salsagoo@hotmail.com](mailto:salsagoo@hotmail.com) and mention the Max Appeal name.**

## Immune system

Covid-19 is a new condition for which there is currently no known cure, the best defence mechanism we have to it currently is to observe government advice on hand washing, to avoid touches our faces with our hands and to practice social distancing. We can all take some immediate steps to help boost our immune systems and to improve our lung health, some of these measures could be

- Take plenty of vitamin C, if you are unable to purchase fresh fruit then supplements are recommended

- Get into the garden when you can to boost your vitamin D levels, if this is not possible try to sit near an open window that exposes you to sunlight
- Eat a balanced diet
- Try to ensure you get as much sleep as you need, practice good sleep hygiene to help you achieve this
- Exercise whenever and however you can but please ensure you do not exceed your personal capabilities
- Take any prescribed medication as per your doctors' guidance
- Give up smoking – The NHS has online support to help you

### **Education**

As the country looks at new methods to work from home there are a growing number of free online courses that you can undertake, if you have ever considered re training, wanted to learn a foreign language or simply improve your education there is someone for most people included within the following links.

Setting yourself a target to complete a new course will not only give you a real sense of achievement but it will also help give some structure to your day

**Future Learn:** Short courses from universities and institutions from around the world. Most courses are free. Subject areas include: Health, psychology & mental health, study skills, politics and more. <https://www.futurelearn.com/>

**Duolingo:** A great site for learning just about any world language. <https://www.duolingo.com/learn>

**Open Learn:** Open University's free online learning platform. Subject areas include: Science, Sport, Arts, Law, Society, Money & Business, Environment. <https://www.open.edu/openlearn/>

**National Numeracy Challenge:** Free website to help you check and improve your numeracy - the maths you use in daily life and at work, like managing your money, working out measurements or understanding percentages. <https://www.nnchallenge.org.uk/>

### **Children and young person's mental Health**

The following links are for the latest advice from the NHS and the Government on how to care for the mental health of children during the coronavirus crisis

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Contact details for Max Appeal;

Email; [info@maxappeal.org.uk](mailto:info@maxappeal.org.uk)

Helpline; 0300 999 2211

