



Hello,

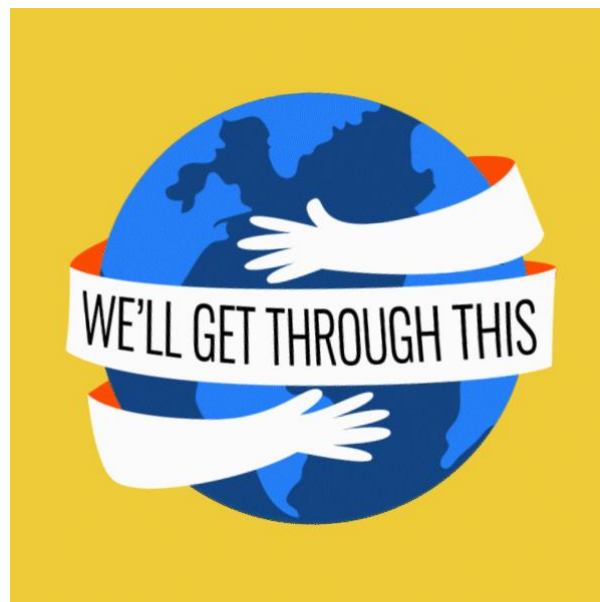
We hope you are all keeping safe and well. We have come across a wide range of FREE online courses, activities, exercises and advice. We have put a few of our favorites together in one place to share with you all.

This newsletter includes sections on:

- [Helpful Info](#)
- [Wellbeing](#)
- [Fitness](#)
- [Activities](#)
- [Online Courses](#)
- [Get Involved](#)

Just a quick reminder, the Carers Matter Norfolk Advice Line **(0800 083 1148)** and Live Chat on this [website](#) are still operating normal opening hours to offer support during these difficult times. Hours of opening are shown below:

M-F 8am-8pm
Sat 4pm-8pm
Sun 8am-12 noon.





Helpful info:

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

Carers UK have created a page that sets out the current government guidance on Covid- 19 as it relates to carers and offers suggestions for making plans.

They have also created a briefing that looks at the guidance released by the Department of Health and Social Care on the Care Act provisions as created under the Coronavirus Act 2020. For more information, [click here](#).

Norfolk County Council- <https://www.norfolk.gov.uk/care-support-and-health/health-and-wellbeing/adults-health/coronavirus>

Norfolk County Council's page about the Coronavirus is regularly updated with information, including the latest health advice from [Public Health England](#) and the [NHS](#).

EDP- <https://www.edp24.co.uk/features/where-to-get-coronavirus-takeaways-in-norfolk-1-6567720>

<https://www.edp24.co.uk/features/norfolk-food-and-drink-companies-which-deliver-1-6578193>

The Eastern Daily Press have put together a list of Norfolk restaurants, cafes and pubs offering takeaway and deliveries.



Wellbeing:

TherapyAid- <https://therapyaid.co.uk/self-care-stress-and-anxiety-covid-19/>

TherapyAid have a variety of self help videos on their website including videos on breathing & mindfulness, positivity and massage.

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

The Every Mind Matters website has tips and advice about things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home.

Mental Health Foundation - <https://mentalhealth.org.uk/coronavirus>

The Mental Health Foundation have created a page with tips and information on how to look after your Mental Health during the Coronavirus outbreak.

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

Mind have put together lots of things you can try that could help your wellbeing.

Wellbeing Service- <https://www.wellbeingnands.co.uk/norfolk/course/online-everyday-wellbeingwithcoronavirussupport/>

The wellbeing service are holding live webinars exploring how we can all look after our mental health and emotional wellbeing in these challenging times. The sessions will cover various hints and tips to help us look after our understandable worries, stress and low mood during what is a particularly challenging time in all our lives.

Safe Hands Thinking Minds-

<http://www.safehandsthinkingminds.co.uk/covid-anxiety-stress-resources-links/>

Safe Hands Thinking Minds website has resources to support children and adults around anxiety, worry, stress and fears; including specific Covid-19. This includes a list of podcasts, worksheets and videos.



Fitness:

NHS- <https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

The NHS have a range of different exercises on their website including dance classes, yoga and strengthening exercises. You can do most of these exercises at home without any equipment.

Parasport- <https://parasport.org.uk/home-workout-kris>

Parasport have created accessible home workouts that are ideal for wheelchair users and those just getting started or who haven't been active for a while.

Own Your Own Goals- <https://ownyourgoalsdavina.com/>

Davina McCall is giving people a 14 day free trial of her fitness website. The website contains lots of exercises aimed at beginners through to an advanced level. There are step by step video guides to follow.

Fitness Blender- <https://www.fitnessblender.com/videos>

This website has hundreds of free video workouts with varied levels of difficulty.

Yoga with Adriene- <https://yogawithadriene.com/free-yoga-videos/>

Over 500 free online videos that cover the basics through to yoga for concentration & mental focus, meditation for chronic pain and rainbow yoga for all ages.

Joe Wicks- <https://www.youtube.com/user/thebodycoach1>

Joe Wicks is running live P.E classes on Monday- Friday from 9am on his Youtube channel. There are also a range of exercise videos on his Youtube channel that you can choose from.

Green Goddess- <https://www.youtube.com/watch?v=ibGjSYNJIJ0>

The Green Goddess shows you the exercises/stretches she does in the morning to maintain her fitness.

Active Norfolk- <https://www.activenorfolk.org/uploads/gentle-exercises-booklet-to-download-and-print.pdf>

Active Norfolk have produced a booklet including some gentle exercises that you can do at home. These exercises were designed by NHS Choices and include clear graphics with easy-to-follow instructions.



Activities:

Ebooks- <https://norfolk.overdrive.com/>

Norfolk Libraries have a range of ebooks and audio books to download for free.

Podcasts- <https://www.bbc.co.uk/sounds>

BBC sounds have a range of podcasts to listen to including topics such as history, music and sports. You can listen online or download the free app.

National Activity Providers Association- <http://napa-activities.co.uk/membership/free-resources#things>

NAPA have made their web base resource free. There a range of activities and ideas on the website. Their 'Things To Do' publications are also available to view and download.

Regular live streams of activities from OPEN for young people

Online classes via the Zoom app which young people can sign up to, staff are doing live streams and are creating regular videos around wellbeing, climbing, dance, creative writing, arts and crafts as well as lots more to keep young people engaged. These classes and online sessions are for young people aged 11 -17 apart from Junior dance classes (ages 7-11) The sessions are open to all young people whether they have participated in activities with OPEN before or are new to the organisation. If they are new then we will need a consent form completed by parent/guardian before young people start accessing sessions. Young people can sign up to sessions by emailing activities@opennorwich.org.uk stating which session they would like to join.

Monday

ZOOM Drop In session 3.30pm - 4.10pm

Tuesday

ZOOM Junior Dance Classes 4pm - 4.40pm (ages 7-11)

ZOOM Creative Writing 4pm - 4.40pm (coming soon)

Wednesday

ZOOM MAS Photography 4pm - 4.40pm

Thursday

Online Gaming 4pm - 4.40pm

Friday

ZOOM Senior Dance 4pm - 4.40pm

Saturday

ZOOM Drop In 1.30pm - 2.10pm

ZOOM Jam Music 3pm - 3.40pm

[Click here](#) to see a list of other courses and activities that are available including free online puzzles, theatre productions and virtual museum tours!

Dementia Support Activities

The Health Innovation Network have made a guide to online resources for those providing care for people with dementia that may be of interest. The booklet contains a range of activities such as activities that can be done on a tablet, access to online newspapers & magazines and live streams (concerts, nature, museums). [Click here](#) to view the booklet.

Online Courses:



BT Skills For Tomorrow- <https://www.bt.com/skillsfortomorrow/>

There are a number of free useful courses on this website including Accessing Public Services, Keeping Yourself Safe Online and Socialising Online. The 'Daily Life' category is a great way to learn how to use the internet to assist you with everyday tasks.

Tech Boomers- <https://techboomers.com/>

This website provides free tutorials on a range of different topics including how to use Skype and Facebook so you can stay connected with your friends. There are also tutorials on how to shop online using Amazon and Ebay.

OpenLearn- <https://www.open.edu/openlearn/free-courses/full-catalogue>

There are lots of different short courses to choose from including topics on :

- Health, Sports & Psychology
- Education & Development
- History & The Arts
- Languages
- Money & Business
- Nature & Environment
- Science, Maths & Technology
- Society, Politics & Law

Get Involved: Bipolar Medication Research

Do you have experience in caring with someone that has bipolar disorder? A piece of research is being conducted to look at what helps and hinders taking medication for bipolar disorder. They are still looking for carers to take part in telephone interviews. These interviews will be approx. 1 hour and you will receive a £10 voucher for your time. If you are interested in taking part, please complete this short survey-> <https://bit.ly/2N3QI5E>

The poster features the logos of the University of East Anglia (UEA) and the NHS Norfolk and Suffolk Foundation Trust. The main heading asks 'Would you like to take part in research?' and is accompanied by a graphic of three people. Below this, the aim of the research is stated: 'The aim of this research is to find out what helps and hinders taking medication for bipolar disorder'. Two lists of criteria are provided: one for patients and one for family members. Incentives are shown as £10 and £20 vouchers. Contact information for Mr Asta Ratna Prajapati is given, along with a QR code and a website link. Logos for NIHR and C-MAB are also present.

UEA
University of East Anglia

NHS
Norfolk and Suffolk
NHS Foundation Trust

Would you like to take part in research?

The aim of this research is to find out what helps and hinders taking medication for bipolar disorder

We are looking for patients who:

- Have bipolar disorder and
- Are 18 years or older and
- Are prescribed medication for bipolar disorder

We are also looking for friends or family members of patients with bipolar disorder who:

- Have at least two hours a week contact time with the patient and
- Are 18 years or older

You will receive a £10 or £20 voucher for your time

For more information, please:

- Ask staff for the study pack or
- Scan the QR code on the right or
- Contact Mr Asta Ratna Prajapati, Consultant Pharmacist
Email: asta.prajapati@nhs.net
Mobile: 07584 262980

<https://bit.ly/2N3QI5E>

Asta Ratna Prajapati is funded by Health Education England (HEE) / National Institute for Health Research (NIHR) (Clinical Doctoral Research Fellowship) for this research project.

NIHR

Working together for better mental health

healthwatch Norfolk

Healthwatch Norfolk

Healthwatch Norfolk are encouraging people to share their experience of using health and social care services since the outbreak of COVID-19, so that constructive and supportive information can be passed on to service leaders. The survey is an opportunity for you to have your say about anything relating to care and support since the outbreak of the virus, but Healthwatch Norfolk are particularly interested in hearing about:

- Quality of local information and advice about coronavirus
- Your experience of urgent and emergency care
- Experience of health and social care routine appointments
- Communication from NHS Trusts, councils and charities
- Managing your mental and physical health at home
- Advice for individuals and families in self-isolation
- Caring for someone in isolation
- Access to dentistry in Norfolk
- Positive experiences and messages of support for health and social care staff

To complete the survey, please visit www.healthwatchnorfolk.co.uk/hwn-covid-19-survey/

