

Sophie Wilkins

Health and Wellbeing Advisor

Westrop Surgery

Westrop Medical Practice is working with current guidance and taking the relevant precautions we need to keep people safe, currently we can offer telephone support if you are anxious about lockdown and shielding restrictions being lifted, or feel that you may need some additional support to help you make a plan for these uncertain times.

As lockdown restrictions ease, socially distanced support can also be offered. This could be as simple as going out for a walk or going to the shops to gain back some confidence in being out and about and resuming your previous routine.

Many support services set up during Covid-19 are continuing to operate, your Health and Wellbeing Advisor is still able to put you in contact with these groups who can help.

This service is free and available to anyone.

If you feel you or someone you know would benefit from speaking to a Health and Wellbeing Advisor please contact Sophie Wilkins.

Telephone: Email:

07307436443 swiccg.westrophealthandwellbeing@nhs.net

Blunsdon Surgery

01793 721254

Highworth Surgery

01793 762218

Hermitage Surgery

01793 522492

Taw Hill Surgery

01793 709500



A Guide for High Risk and Shielding Patients as Lockdown Restrictions are Easing:

[Details of what support and information is available to you](#)



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Online Shopping

Sainsbury's

Sainsbury's has set up a vulnerable persons care line to help those who need to access online shopping. Please call: 0800 052 5500.



Tesco

Tesco have a customer service line where you may be able to request slots for online shopping. Call: 0800 505555 or email: customer.services@tesco.co.uk

Morrisons

Morrisons are offering a range of food boxes these range from £35 to £55 and come in a variety of different forms.

www.morrisons.com/food-boxes/boxes

Morrisons Basic Delivery

0345 611 6111

A telephone ordering service for basic items for patients unable to get to a shop. Patients can call to order and then will be delivered to them next day. Payment is taken via card at delivery.

ASDA

Asda are also offering a food box to order. The box is called the cupboard filler and offers a range of canned food, pasta, bread and other cupboard essentials The box is priced at £25.

foodboxes.asda.com/food-boxes/the-cupboard-filler-box/

Express your feelings creatively. You might find that it helps to express how you are feeling about the easing of lockdown by writing, drawing, painting or any other creative way that feels helpful to you.

Make choices to control the things that you can. Although the coronavirus outbreak means that your choices are limited, try to focus on the things you can change. It might be helpful to list the things you can change on one piece of paper and all the things you can't on another.

Seek help. If you are struggling with your mental health, it is ok to ask for help. A good place to start is by speaking to your GP, or your mental health team if you have one.

Health and Wellbeing Advisor

Health and Wellbeing Advisors offer an NHS Service called Social Prescribing which is part of the NHS Long-Term Plan to make personalised care prevalent across the health and care system.



Personalised Care means people have options and control over the way their care is delivered, based on 'what matters' to them and their individual strengths and needs. It provides a positive shift in power and decision-making that enables patients to feel informed, have a voice, be heard and be connected to each other and their communities.

Usually Social Prescribing can help patients connect to community groups, agencies and charities who will be able to offer support in making positive changes towards personalised goals.

Health and Wellbeing Advisor **are not** medically trained, and therefore cannot give any advice regarding symptoms, diagnoses, medications or results.

- Angry or frustrated. Perhaps because people aren't following social distancing rules, and now can't avoid them. Or you feel that the changes are wrong, or the measures in place aren't enough. Conflicted or confused. For example, you may want to socialise more if it's allowed, but feel like perhaps you should still stay at home.
- Protective of your lockdown routine, like you'd rather not have to deal with more change or uncertainty.
- Grief for people who have died, and that you want to avoid more loss.
- Reluctant or unmotivated to rearrange events that couldn't happen during full lockdown. This could be big birthday celebrations or weddings, or everyday things like barbecues, meet-ups, or dating.
- Distrustful of the Government's reasons for changing the rules, or how things are portrayed in the media.
- Powerless, like you don't have a say in anything that's happening.

Remember:

There's no 'normal' response to lockdown or lockdown easing.

Your feelings might change. You might feel one way one day, and another way the next. It might not feel logical.

Your feelings might be influenced by:

your personal situation

what lockdown has been like for you

your own views about what's happened so far, and what should happen next

lots of things that are out of your control.

As restrictions are being lifted differently around the UK, it might feel like others are following different rules to you. Your general mood may feel quite different to full lockdown, when most people were following the same rules.

What could help me manage these feelings?

Some of the feelings you're having now may feel difficult to manage. For those of us with existing mental health problems, they may be particularly tough. You might find it useful to try some of these suggestions.

Talk to someone you trust. It might feel hard to start talking about how you are feeling. But many people find that sharing their experiences can help them feel better.

Co-Op Supermarket

A free delivery service to their most vulnerable customers.

0800 029 4592

Call to place order over the phone, this is then picked by the store and delivered by a volunteer. Usually same day or next day. Payment is taken by card over the phone.

Volunteer Services

Highworth Covid-19 Mutual Aid

To email any requests to: covid19highworth@gmail.com

Available to help vulnerable and self-isolating patients with delivering prescriptions or helping with food shopping in the Highworth area.

The Live Well Hub

The Live Well Hub are able to offer help getting food packages, medication as well as providing advice and guidance with any concerns you have around COVID-19. Call them on 01793 445500.

GoodSam NHS Volunteer Responders

0808 196 3646

Offering volunteers who can help with food shopping, collecting prescriptions and transport needs for NHS appointments.



Strength and Balance Exercise

Muscles, bones and joints like to be moved, lack of movement causes your muscles to waste away quickly and this affects your strength and balance.

The exercises below will help you stay strong and steady. Aim to do these exercises 2—3 times a week. You can split them up and do a few at a time throughout the day. Remember to start small and build up gradually, as the exercises begin to feel easier you can increase the repetitions to 8—10. If you want to make it harder still, you can build up to 3 sets of 8—10 repetitions for each exercise.

Strength exercises can be done sitting or standing. If you can't stand comfortably then choose the seated option.

These exercises will be especially helpful if you have been at home and relatively immobile over the last couple of months as they can help prepare you for getting out and about again, which could reduce your risk of trips and falls.

Seated Exercises

Always warm up before you start

Sit up straight in a supportive chair, take 2-3 deep breaths in and out to calm the mind and body in preparation for the exercises.

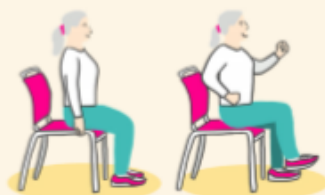
Heel lifts



Lift heels off the floor, then place them back down. Lift toes off floor then place down. Do these slowly and fully.

30 seconds

Chair marching



Lift one leg at a time, as if marching. You can add your arms in too, if comfortable.

30 seconds

Your Mental Wellbeing

Remember it's normal to feel worried and anxious about yourself and loved ones during the coronavirus outbreak. Focus on the things you can control rather than the things you can't.

- This might mean focusing on getting into a routine and taking small practical steps each day to do what you need to do.
- Eat regularly and keep a balanced diet.
- Stay hydrated, but limit your intake of alcohol and caffeine.
- Stick to trusted sources of information and if news stories make you feel anxious, think about switching off for a while.
- Communicate with others and keep in touch with family and friends.
- Adopt a regular sleep schedule, avoid anything too stimulating before bedtime and consider drinking a milky drink.
- Try and bring nature into your everyday life, this could be by opening windows, spending time in the garden or if you are able to, going for a walk.

What might I be feeling about lockdown easing?

You might feel relieved or excited when lockdown is eased where you live. But you might also find yourself feeling less positive about the changes. You may move through a range of difficult feelings and thoughts.

For example:

- Stressed and unprepared for the changes that are coming.
- Anxious, afraid or panicked that the changes may cause an increase in infections.

Managing Expectations and Setting Goals

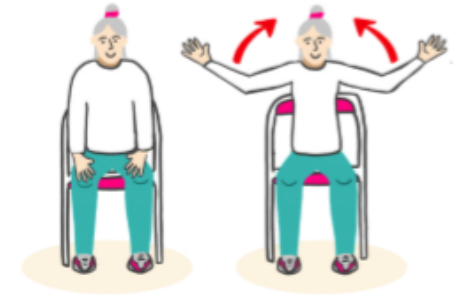
- Focus on 1 thing at a time—what matters to you, what are your priorities of where you want to go and what you want to do, consider making a to-do list.
- Don't rush to do things and don't try to do too much at once, don't forget you have been inside for a while and things may feel a bit more difficult than usual whilst you get used to being active again.
- Be realistic about where you can go and what you can do.
- Be aware that there may be queues and that places may feel busier than usual, consider trying to go at quieter times.
- Some supermarkets offer priority shopping times to those who are vulnerable, consider going during these times.
- Be aware that places may be working in a different manner to how you are used to, some shops will ask you to use hand sanitiser and many people will be using gloves, masks and visors to keep you and them safe, others may only let in so many people at a time or ask you to use a one-way system.
- Be respectful of the ways in which shops are working.
- You may still be at risk of severe illness if you catch coronavirus, so stay at home as much as you can and continue to take precautions when you do go out. You can do this by washing your hands regularly, avoiding touching your face and keeping 2 metres away from people outside of your household or bubble wherever possible.
- Continue to ask others for help if at all possible, there are still plenty of services available to help.

By the end of the warm up you should feel warmer and be breathing a little harder.

Exercises

Arm raises

Raise your arms out to the side and above your head, then slowly lower back down. Start with **3** then build up.

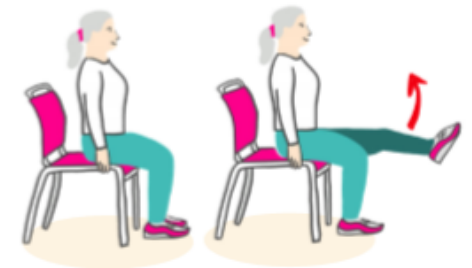


Make this harder by

going very slowly and hold for 1 second at the top before you lower your arm down.

Alternate leg extensions

Straighten out one leg in front of you, then lower slowly back down. Start with **3 each leg** then build up.



Make this harder by lifting the leg slightly off the chair as you straighten it.

Arm curls

Keep elbows into your sides, bend one arm up, then slowly lower. Alternate sides. Start with **3 repetitions on each side.**



Make this harder by holding a small weight, bottle of water or tin of food.

Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



Hamstring stretch

Feel gentle stretch at back of thigh

Hold for 20 seconds



Chest opening

Feel gentle stretch across your chest

Hold for 20 seconds



Breathe

3 deep breaths in and out

Standing Exercises

Always warm up before you start

Remember to have something sturdy, like a work surface, next to you. Use it to stay steady and safe.

Marching



Slow march on spot, gradually lifting the knees slightly higher, or by marching a little faster and adding arms in.

30 seconds

Shoulder rolls



3 each way

You should feel warmer and be breathing a little harder now.

Pursed-lips breathing This exercise can be used at any time to help you control your breathing. You can also use it while you are doing something that makes you breathless and it will help you to feel less short of breath.

How do I do pursed lips breathing? Breathe in gently through your nose, then purse your lips. Blow out with your lips in this pursed position. Imagine “blowing out a candle” when you breathe out. Try to blow out for as long as is comfortable; do not force your lungs to empty.

Blow-as-you-go This exercise helps make tasks easier. You can use it while you are doing something that makes you breathless. You can use it with ‘pursed lips breathing’.

How do I do blow-as-you-go? Breathe in before you make the effort. Then breathe out while making the effort. For example, when lifting a heavy bag, breathe in before you lift the bag and then breathe out through as you lift the bag. It can be helpful to use pursed lips as you blow. Here are some other examples of when to use ‘blow as you go’:

- As you stretch your arms above your head to reach for something
- As you reach for something – such as a glass of water by your bed
- As you reach or bend down
- As you lift a heavy object or weight
- As you step up
- As you stand up
- During the most difficult part of any action



Useful Breathing Exercises

Breathing Control means breathing gently, using the least effort. It will help you to use breathing control when you are short of breath or feeling fearful, anxious or in a panic. By using breathing control the effort of breathing is reduced.

How do I do breathing control? Get into a comfortable position so that you can relax. Make sure that your arms are supported. Breathe in gently through your nose and breathe out through your nose, if you can. If you cannot breathe out through your nose breathe out through your mouth instead.

- If you breathe out through your mouth you can use it with 'pursed lips breathing'
- Try to let go of any tension in your body with each breath out
- Gradually try to make the breaths slower
- Closing your eyes may help you to focus on your breathing and relax
- Do not force your breath

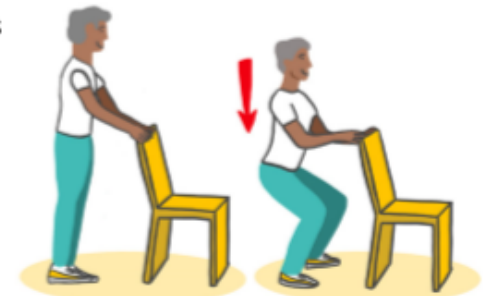
Relaxed slow deep breathing is very useful when you are active. It should be used from the start of an activity that makes you out of breath. For example, walking or making the bed. It is not helpful to use this exercise if you are already very breathless.

How do I do relaxed slow deep breathing? As you start to exert yourself, slow down your breathing and breathe in more deeply. Breathe in through your nose if you can. Use it with pursed-lips breathing and /or 'blow-as-you-go'.

Exercises

Mini squats

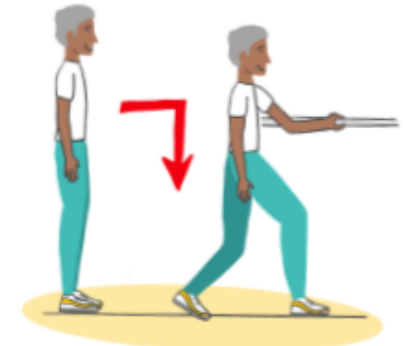
Stand tall, slowly bend your knees keeping your body upright. Push up and return to standing. Start with **3 repetitions** then build up.



Make this harder by going a further into the squat, and holding for longer.

Small lunges

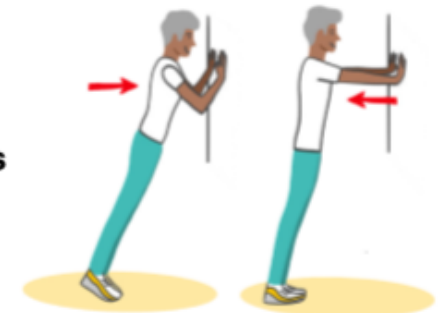
Take a small step forward and bend both knees. Push back into standing. Start with **3 repetitions** each leg and build up.



Make this harder by stepping further forward, ensuring you return from the lunge position in one steady step backwards.

Wall press up

Slowly bend both arms so that your nose moves closer to the wall. Slowly push back into standing. Start with **3 repetitions** then build up.



Make this harder by moving very slowly and smoothly.

Heel/toe raises

Push up onto your toes, keeping bottom in, then slowly lower back down. Do these slowly whilst maintaining good posture. Start with **3 repetitions** and build up.

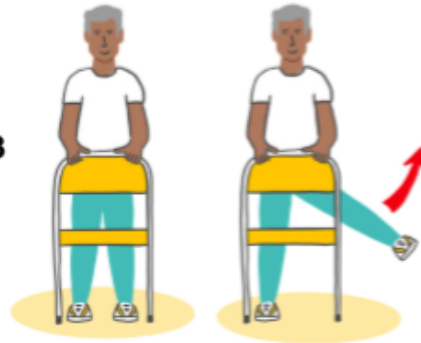
Make this harder by lowering down very slowly.



Sideways leg lift

Lift one leg slowly out to the side keeping your upper body straight. Slowly lower back down. Start with **3 repetitions** each leg then build up.

Make this harder by moving the leg very slowly.



Cool down

Let your breathing settle and enjoy the feeling of accomplishment!



Hamstring stretch
Hold for 20 seconds



Chest opening
Hold for 20 seconds



Breathe
3 deep breaths

Ways to build activity into your day

As well as doing these exercises 2-3 times a week, **try to avoid any long periods of inactivity and find ways to build movement into your day, every day.** Any movement is good, particularly if it makes you feel a little bit warm and makes you breathe a little faster.

Here are some ideas of ways to stay active at home:



Cleaning



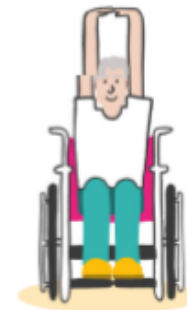
Dancing



Gardening



Going up and down stairs



Stretching regularly