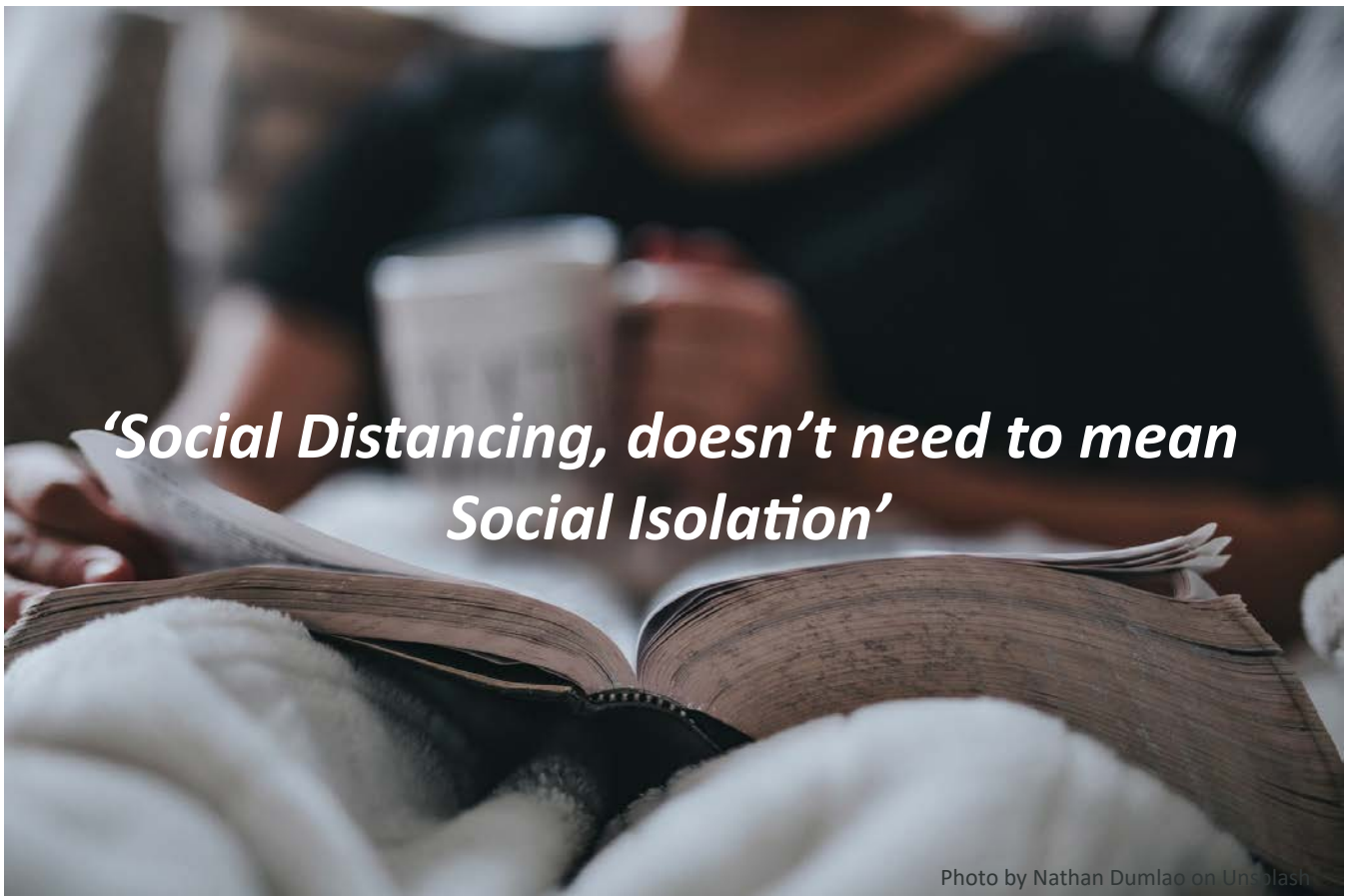




A little guide to social distancing *from your managing agents*



In light of the recent government advice regarding social distancing and staying home, we’ve pulled together some tips and resources to help you stay positive and keep in touch with the world from inside your home. Social distancing doesn’t need to mean social isolation, stay connected with your neighbours, friends and family over the phone and internet. Take the opportunity for a bit of me-time, read your favourite book, listen to your favourite music, enjoy long chats on the phone, and above all remember that you are not alone.

While it is important to stay informed about the current situation surrounding coronavirus, with the constant stream of information it is easy to be overwhelmed. Recent information released by the World Health Organisation suggests to “Limit worry by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting”. Try watching a news update in the morning and then check in again at night. And ensure you are getting your information from a trusted source, for accurate up to date information. Some of these can be found below:

- <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Please see some of the below resources available for support:

The Silverline

If you need advice, help or just want a friendly chat, the charity helpline for older people – Silverline is there to listen.

0800 4708090

The Charity - MIND

MIND has put together some great resources which might be useful to you if you are worried about coronavirus, which include some tips for taking care of your well-being and how to keep busy.

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

The NHS Fitness studio

Exercise is a great way to stay positive and release endorphins and the NHS has a great resource of online videos to guide you, from yoga, meditation to gentler aerobic exercise, there's something to suit everyone:

www.nhs.uk/conditions/nhs-fitness-studio/

Mutual aid groups

Mutual aid groups are popping up all over the UK, which consist of groups of local volunteers helping people to cope while self-isolating. They can assist with food shopping, picking up prescriptions, or even walking the dog round the block. You can find your local groups on Facebook through the below link:

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

Local Activities

We have tasked your estate managers with finding local ventures near your estate, like jigsaw shares, knitting and baking challenges, local garden centres willing to deliver seeds and plants, and local takeaways who will deliver in bulk, more information on this to follow. We are also keeping our ears open for other events which might be of interest; we've heard whispers of Gareth Malone trying to implement community singing, which people can do from within their homes, and Coldplay's Chris Martin taking song requests and live streaming them from his living room, we'll keep you posted.

Take care of yourselves and remember all the ELM staff are available via the usual channels