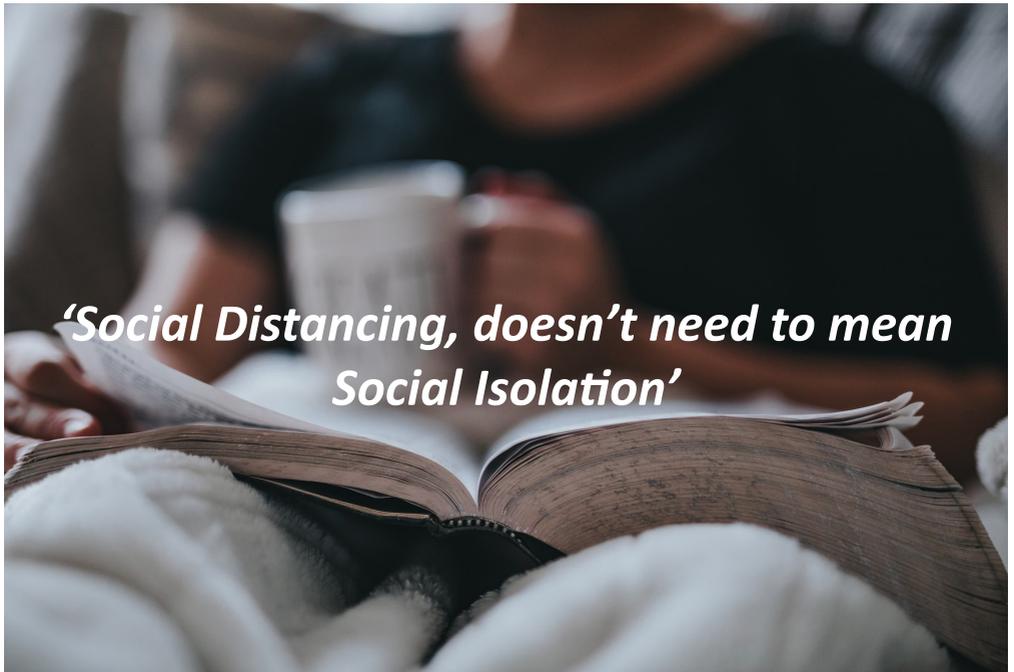




Some useful links and resources *from your managing agents*



In light of the recent government advice we've pulled together some tips and resources to help you stay positive and keep in touch with the world while many of us are staying in. The events of this year have gone on a lot longer than any of us thought they would, but we can remain positive with news that a vaccine is on its way, and there is a light at the end of the tunnel. Make sure to stay connected with your neighbours, friends and family during this time, over the phone and internet and above all remember that you are not alone.

Please ensure you are getting your information from a trusted source, for accurate up to date information, please visit the websites 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**

Age UK

Provide free information and advice to help you on a wide range of topics - <https://www.ageuk.org.uk/information-advice/>

The Charity - MIND

MIND has put together some great resources which might be useful to you if you are worried about covid-19 which include tips for taking care of your well-being and how to keep busy. www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Samaritans

Samaritans works to make sure there's always someone there for anyone who needs someone. Call **116 123** for free, 24 hours a day, 365 days a year.

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

There are now thousands of local groups of volunteers all over the UK, helping people to cope while in lock down. They can assist with food shopping, picking up prescriptions, or even walking the dog. You can find your local groups through this link: <https://covidmutualaid.org/local-groups/>

We ask that you remain vigilant when using the volunteer networks, and only allow people access if you are expecting them.

Support Bubbles

Adults who live by themselves can join up with one other household to create a support bubble, you can read more about the rules at <https://www.gov.uk/guidance/making-a-support-bubble-with-another-household>

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