

Please stay 2 metres apart

SAVE LIVES

2 metres (6ft or 3 steps)



Coronavirus - COVID-19  
Stay at home. Protect the  
NHS. Save lives!

**healthwatch**  
Brighton and Hove

## Coronavirus (Covid-19)

Information and advice on how to stay physically active indoors and how to look after your mental health

This information has been collated by Healthwatch from various sources. There are many others which are available online. Should you have any questions, or would like to add services not covered in this briefing, please contact us by email:

[office@healthwatchbrightonandhove.co.uk](mailto:office@healthwatchbrightonandhove.co.uk)

## STAYING PHYSICALLY ACTIVE



A wide range of tips, advice and guidance on how to keep or get active in and around your home can be found [here](#)

You can also use #StayInWorkOut to share how you're getting active during this time.



[24 instructor-led videos](#) including aerobics exercise, strength and resistance, and Pilates and yoga



[Brighton & Hove Healthy Lifestyles Teams Youtube channel](#)

You can subscribe to this free channel which has inclusive physical activity sessions for families, young people, and adults.

There will also be videos with hints and tips on healthy living around the teams 5 healthy lifestyle areas: stop smoking, healthy eating, reduce alcohol consumption, and supporting your wellbeing.

New videos being uploaded over the next few weeks!

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### With the kids



[Kids workouts to do at home](#)

[Disney dance-alongs](#)

[Indoor activities for kids](#)

[Cosmic kids' yoga](#)

[Exercise and your child with SEND during lockdown](#)

[10-minute shake up games](#)

[Five minute work out for Key stage 1 children from The Body Coach on YouTube](#)

### Older Adults



[10-minute workouts](#)

[Move it or lose out \(improve balance and stability\)](#)

[NHS sitting exercises](#)

### For those living with cancer

Albion in the Community's Brighter Outlook programme is still taking referrals to support physical activity for people living with and after cancer Details and referral form [here](#)

### Pregnant women



[NHS exercise in pregnancy](#)

[How to get active, as well as pelvic floor workout](#)

### If you have a disability or long-

[Parasport are routinely producing home workout routines especially designed for disabled people](#)



## term health condition



[Workouts designed by the MS Society for different levels of mobility](#)

[Audio workouts, both live and on demand, for people with visual impairments](#)

[A variety of exercises for those with long term health conditions](#)

## For everyone



Joe Wicks, the nation's personal trainer during the Coronavirus. If you haven't heard of Joe Wicks yet, have a look. He is providing free workouts, for different ages and abilities all available through his YouTube channel [here](#).

If you are a keen football fan Albion in the Community have launched [Together in the Community](#), with resources and video tutorials including football skills and challenges.

Brighton and Hove City Councils Active for Life team have got lots of great ideas and guidance of [how to keep active at home](#)

Make use of your daily exercise allowance! Take a brisk walk around your local area, increasing your vitamin D intake and even connecting with passing neighbours (whilst following social distancing guidelines)

Active Sussex are sharing local ideas, initiatives, online classes or webinars from across Sussex on their social media platforms. Check it out [here](#)

Do you enjoy dancing? Take the opportunity to join in dance classes from all around the world! A huge variety of [online classes here](#) through Dancing Alone, Together.

Take part in #stayactivebrightonandhove and join in the weekly challenges from Active for Life [here](#)

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## LOOKING AFTER YOUR MENTAL HEALTH



People across Sussex struggling with their mental health during the coronavirus (COVID-19) outbreak can access telephone and crisis support.

Sussex Partnership NHS Foundation Trust has expanded the Sussex Mental Healthline - **0300 5000 101** - to provide a 24/7 service to people needing urgent help with their mental health.

It provides crisis support and psychological support to people who have general concerns about their mental health.

Registered clinicians are at the other end of the freephone number to provide help, support and advice to anyone who needs it, at any time of the day or night, regardless of their age or where they live in the county.

The team at the Sussex Mental Healthline can offer advice and support to callers who are experiencing a crisis in their mental health, and if needed they can refer them to one of five newly created urgent help hubs for assessment and treatment.

[Visit the Sussex Partnership website](#) or follow them on [Twitter](#) or [Facebook](#) for general advice about how to manage your mental health during the coronavirus outbreak.





[Every Mind Matters: 10 tips to help if you are worried about coronavirus](#)

[Every Mind Matters: how to look after your mental wellbeing while staying at home](#)

[Every Mind Matters sleep page](#)

Easy-read: [Things to do if you are staying at home](#)

Support for your mental health

- Advice from [MIND](#) including [Weekly Wellbeing Information and Tips Sheet](#)
- [Self-help for anxiety](#)
- The [NHS Every Mind Matters pages on Covid-19 - 10 tips](#)
- The Mental Health Foundation [advice on looking after your mental health during the coronavirus outbreak](#)
- [Community Roots Mental Health & Wellbeing Support](#), help for navigating and accessing services in Brighton and Hove
- Helpful advice from Kimberley Wilson ([on instagram](#))
- Invaluable [advice from Russ Harris with helpful exercises](#)

The following sources of support are also available:

- [Samaritans](#) 116 123 (free number) or 01273 772277
- [Saneline](#) 0300 304 7000, 4.30pm-10.30pm daily
- [Grassroots Suicide Prevention](#)
- The Sussex Mental Health Line 0300 5000 101, 5pm-9am on week nights, and on a 24 hours basis during weekends and Bank Holidays



- The Brighton and Hove the Mental Health Rapid Response Service is able to offer support: 0300 304 0078 (24 hours a day, 7 days a week including bank holidays, if you live in the Brighton and Hove area).

### Key workers



[Support for frontline health, care, emergency and key workers](#)

### Young People



Advice about [how to support children with anxieties about Covid-19](#) from the Flourishing Families Clinic at Sussex Partnership (NHS) Trust.

[Advice on talking to your child about the coronavirus from Young Minds](#)

Chanua provides [Neurolove.org](#), a platform providing a friendly ear and human support for young people to help them to keep virtually social and safe online. Supporting young people to manage anxiety and low mood

[Practical materials for primary and secondary schools to use to train staff about teaching mental wellbeing](#)