2 metres (6ft or 3 steps)

NHS

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



Coronavirus (Covid-19)

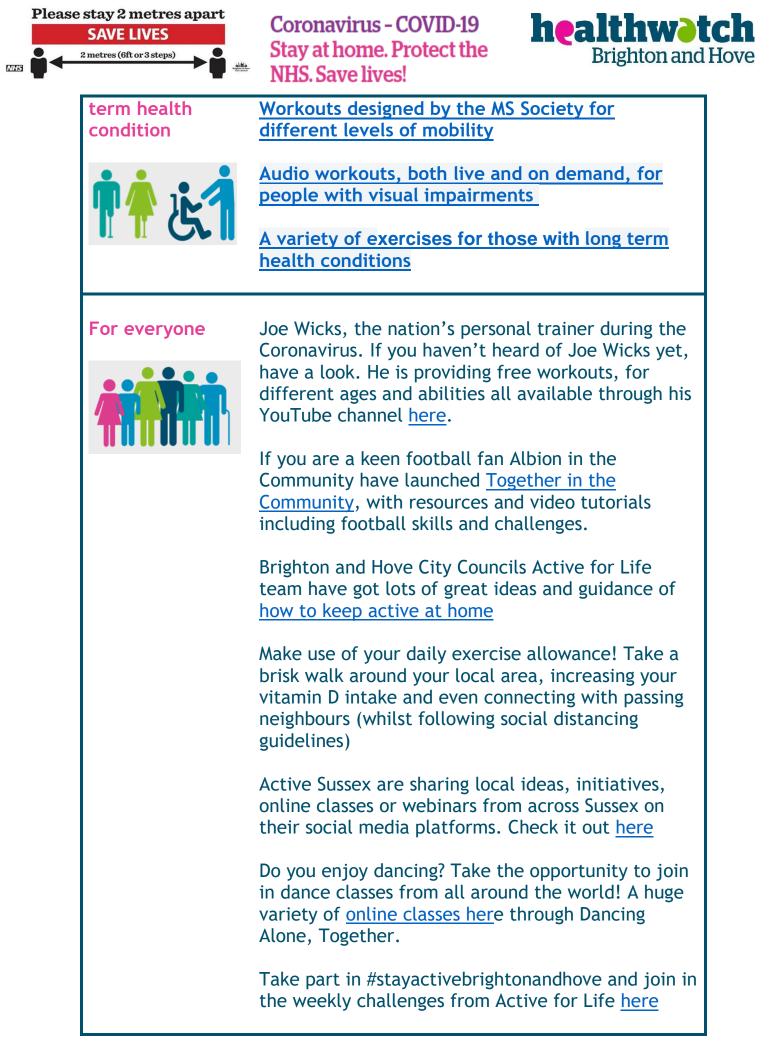
Information and advice on how to stay physically active indoors and how to look after your mental health

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

## **STAYING PHYSICALLY ACTIVE**



Please stay 2 metres apart SAVE LIVES	Coronavirus - COVID-19 Stay at home. Protect the NHS. Save lives!	healthwatch Brighton and Hove
With the kids	Kids workouts to do at home	
<b>Å 🛍 🛻</b>	Disney dance-alongs	
T II TT	Indoor activities for kids	
	<u>Cosmic kids' yoga</u>	
	Exercise and your child with down	SEND during lock-
	<u>10-minute shake up games</u>	
	Five minute work out for Key from The Body Coach on You	
Older Adults	<u>10-minute workouts</u>	
<b>T</b>	<u>Move it or lose out (improve l</u> <u>stability)</u>	balance and
	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 <u>here</u>	
Pregnant women	NHS exercise in pregnancy	
<b>F</b>	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	





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



## LOOKING AFTER YOUR MENTAL HEALTH

Sussex Partnership

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.

<u>Visit the Sussex Partnership website</u> or follow them on <u>Twitter</u> or <u>Facebook</u> for general advice about how to manage your mental health during the coronavirus outbreak.



