

The resources below have been gathered by the newly formed Gwent Community Well-Being Information Group, convened by the Mental Health and Learning Disability Covid-19 Bronze Group. We aim to provide a range of good quality information relating to well-being during the Covid-19 pandemic. These are stressful times for us all and protecting our well-being and the well-being of our colleagues, patients/service users and loved ones will be crucial if we are to sustain ourselves through the months ahead. The function and detail of the various resources vary considerably, so we hope you will be able to use what you need and ignore what you don't, bearing in mind how overwhelmingly busy many of you are already. Please feel free to share widely, with colleagues, with your patients/service users and your own families and loved ones.

There are two areas we are focussing on this week; Mindfulness, and the impact on parents, children and young people of being socially isolated.

Mindfulness is a practice that people can do on a day to day basis. It is about being present and staying in the moment with an attitude of openness, curiosity and care. There is a growing evidence base for the benefits of Mindfulness, including reduction of anxiety. It may seem counter intuitive, but paying attention to our thoughts and emotions can help improve our mental wellbeing.

The links below include a range of mindfulness exercises. Many of them only require a few minutes. Where there are YouTube links (eg in the smiling mind link), they may be blocked by an employer if you're using a work PC or laptop, in which case we recommend sending this to a personal email (if possible).

Mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

<https://www.smilingmind.com.au/thrive-inside>

<https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/?bclid=IwAR0HzDs9-ymmKokJQVmGC14kdUh5ahe-6jGVedxPo-uClvT3kjsd6IbokEM>

<http://www.mindfulnessdailyapp.com/>

The links/apps below are specifically for health care staff – please share them if you have family members or friends in this category

The "Headspace" app introduces people with no prior knowledge of Mindfulness to it in 10 minutes a day, and the full version is available for free for all NHS staff until Dec 31st using the link below – use your personal email to register, then it will prompt you to enter your work email afterwards to verify you as staff. You can download the app to your phone to use it.

<https://work.headspace.com/nhs-clinical/member-enroll/login>

<https://www.themindfulnessinitiative.org/covid-19-mindfulness-resources-for-health-and-care-staff>

<https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff>

Information for Children and Young People

The current social distancing measures have impacted all of us. Those of us living in family groups are less likely to feel isolated than people living on their own, but there are different challenges. The two blogs below have been written by a Child Psychologist and consider the issues children, teenagers and their parents/ carers are facing. The first one focusses on younger children and the second one on teenagers.

<https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/27/tips-to-share-with-children-to-help-them-cope-with-the-new-normal/>

<https://weneedtotalkaboutchildrensmentalhealth.wordpress.com/2020/03/29/2and-getting-through-lockdown-together-with-teenagers/>

The two links below have an amazing array of online resources including virtual tours of museums, zoos, galleries etc, music, history, nature, and the chance learning new skills. We hope you find something inspiring!

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

<https://www.marchnetwork.org/creative-isolation>

Community Well-Being Information Group

Benna Waites - Benna.Waites@wales.nhs.uk (Co-chair – Psychology)
Kathryn Walters - Kathryn.Walters@wales.nhs.uk (Co-chair – Psychology)
Michelle Boyd - michelle.boyd@hafal.org (Third Sector – Mental Health Alliance)
Karen Morris - MORRIK@CAERPHILLY.GOV.UK (Local Authority rep)
Jackie Williams - Jackie.Williams6@wales.nhs.uk (Public Health rep)
Amy Mitchell - Amy.Mitchell@wales.nhs.uk (Occupational Therapy - Mental Health and Learning Disability)
Morve Scriven - Morve.Scriven@wales.nhs.uk (Primary Care Mental Health Support Service)
Adrian Neil - Adrian.Neal@wales.nhs.uk (Employee Well-Being)
Rhiannon Cobner - Rhiannon.Cobner@wales.nhs.uk (Child and Family Community Psychology)