

24/03/2020

VOL. 1

# RECOVERY UPDATES



**Keeping us together!**

## Introduction..

*As the number of Covid-19 cases continues to rise across the globe, stress and anxiety around the virus have risen right alongside them. Most working professionals spend a third of their time at work, and to have to adapt to sudden changes is extremely difficult for the mind, body and soul. The Bedfordshire and Luton Recovery College would like to support your Mental Well-Being during this uncertain time, keep everyone together and inform you of updates in this weekly newsletter.*

*For all Mental Health Helplines, please go to [www.nhs.uk/conditions/stress-anxiety-depression](http://www.nhs.uk/conditions/stress-anxiety-depression)*

## Updates in your area

### CLOSURES

- Citizens Advice Bureau closed - Please go to website [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) for information.
- Bedford Borough Council - All playgrounds closed. Including skateparks, Multi-Use Games Areas, and outdoor gym equipment.
- HARRP closed (Luton) (Outreach team on streets, prioritizing people with health conditions. Hostels and supported housing still continuing.)At some point will close referrals.
- LAWC (Luton All Women's Centre) - All groups and activities suspended. Phone and E-mail only. Taking referrals.
- Carers Lounges at Bedford Hospital and L&D closed. Call support workers: 0300 111919 9:30am-4:30pm. Email: [Contact@carersinbeds.org.uk](mailto:Contact@carersinbeds.org.uk)
- Carers in Bedfordshire- events, cafes and training suspended until further notice.
- Central Beds Libraries closed - Virtual books available.

### IN THIS ISSUE

**UPDATES THAT YOU NEED TO BE AWARE OF IN YOUR AREA**

**INFORMATION ON WHO TO CONTACT FOR SUPPORT**

**CRISIS CONTACT INFORMATION**

**ELDERLY AND ISOLATION**

**STAYING WELL TOGETHER!**

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## Make time daily for your Well-Being

# Self Love

15 WAYS TO PRACTICE

### MIND

1. Write yourself a letter
2. Make a list of 10 things you're grateful for
3. Make some flowers out of things around the house
4. Re-read your favourite book
5. Create a vision board for your dreams

### BODY

1. Do a 30 minute home workout
2. Take a long relaxing bubble bath
3. Try relaxing yoga
4. Nourish your body with a healthy home cooked meal
5. Get yourself up, showered and changed everyday

### SOUL

1. Create loving, positive affirmations for yourself
2. Slow down, be present and mindful
3. Make a list of 30 things you love about you
4. Unplug for the whole day from any tech
5. Meditate

## LOCAL SUPPORT

- Most supermarkets running dedicated times for elderly, NHS staff and the vulnerable. Full list shown: [news.sky.com/story/coronavirus](https://www.news.sky.com/story/coronavirus)
- NOAH day centre remains open. 01582 728416 8:15am - 3:45pm
- Dental Care Emergencies - Houghton Regis Dental Practice - 01582 865001
- Tenancy Sustainment Office - Contact Nicole: 01234 880404/07824309049
- MIND BLMK - Well-Being Calls - Call 0300 330648
- IDVA (Domestic Violence) - Call: 01234 763785 Email: [idva.luton@victimsupport.org.uk](mailto:idva.luton@victimsupport.org.uk) (Luton) [idva.bedfordshire@victimsupport.org.uk](mailto:idva.bedfordshire@victimsupport.org.uk) (Bedford)
- Debt Advice Service - Call 01582 343699
- The Hope Programme continue to run telephone counselling - Call 0300 3561045

## CRISIS INFO

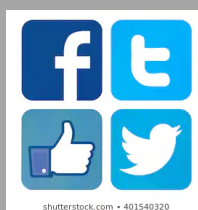
- Crisis Cafe running remotely - Tues- Fri- 5pm - 11pm Call 01525 722225
- Samaritans - Call 116 123 - Email: [Jo@samaritans.org](mailto:Jo@samaritans.org)
- National Domestic Abuse Helpline - 0808 2000247 or E-mail [BDAP@centralbedfordshire.gov.uk](mailto:BDAP@centralbedfordshire.gov.uk)
- Foodbank-Vouchers available online- Contact Sarah Broughton -01234 268569 (Bedford) or 01582 211066 (Luton) Email: [emergencysupport@crisisaid.org.uk](mailto:emergencysupport@crisisaid.org.uk)
- Citizens Advice Bureau - 0844 2451285 - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Luton Borough Council - [www.luton.gov.uk](http://www.luton.gov.uk) - 0800 4561673
- Central Bedfordshire Council Directory: [www.centralbedfordshire.gov.uk/directory](http://www.centralbedfordshire.gov.uk/directory)
- Bedfordshire Council Directory- [www.bedford.gov.uk](http://www.bedford.gov.uk)
- Salvation Army - Emergency support E-mail: [emergencysupport@crisisaid.org.uk](mailto:emergencysupport@crisisaid.org.uk) or call 01582 211066
- Bedfordshire Emergency Volunteers - Telephone Welfare Checks -Email [robert.labe37@ntlworld.com](mailto:robert.labe37@ntlworld.com)

## ELDERLY AND ISOLATION

- Ampt Hill Good Neighbours support - Call 07833 314903
- Email: [ampt Hill@gmail.com](mailto:ampt Hill@gmail.com)
- Free food deliveries for Farley Hill residents. Weekdays 5:30pm-7pm
- Southill Village Stores & Tea Rooms - School Meals Service- See Facebook Page
- Free Dog Walking Service for 75+ in Biggleswade. Call Lewis (Collared Pet Services) 07976674165
- Befriending Service 24hr/365 for 65+ [www.thesilverline.org.uk](http://www.thesilverline.org.uk)
- Barton Food Deliveries - 01582 881302
- Bedford Council Community Hub for elderly, shopping, collecting prescriptions, have a chat - Call 01234 718101 - Email [covid19help@bedford.gov.uk](mailto:covid19help@bedford.gov.uk)

## VOLUNTEERING

IF YOU ARE INTERESTED IN SUPPORTING YOUR COMMUNITY, PLEASE CONTACT KAY HENDERSON: 07584 687657 [volunteer@cabeds.org.uk](mailto:volunteer@cabeds.org.uk)



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