

# Jesmond and Lower Gosforth Primary Care Network

## MENTAL WELL BEING WHILE STAYING AT HOME

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19). You may feel bored, frustrated or lonely. You may also be low, worried or anxious, or concerned about your finances, your health or those close to you. It's important to remember that it is OK to feel this way and that everyone reacts differently. Remember, this situation is temporary and, for most of us, these feelings will pass. Staying at home may be difficult, but you are helping to protect yourself and others by doing it.



The tips and advice here are things you can do now to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home.

### 1. Find out about your employment and benefits rights

You may be worried about work and money while you have to stay home – these issues can have a big effect on your mental health.

### 2. Plan practical things

Work out how you can get any household supplies you need. You could try asking neighbours or family friends, or find a delivery service; OR VISIT OUR WEBSITE TO FIND OUT ABOUT LOCAL DELIVERY OPTIONS - <https://www.jlgmedical.co.uk/>

### 3. Stay connected with others and keep your mind active

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are all staying at home – by phone, messaging, video calls or social media – whether it's people you usually see often, or connecting with old friends. Lots of people are finding the current situation difficult, so staying in touch could help them too. Try new things—or keep busy with quizzes, sudoku, crafts and reading.



### 4. Talk about your worries

It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are helplines you can try instead.



(SEE SOME EXAMPLES ON THE NEXT PAGE)

Please see NHS guidance for general household hygiene for the rest of the family if you are in one of the shielding groups.

If you are in any of the above groups and it's not possible for others to assist you with food or medication deliveries

please ring 0800 028 8327 Or go to [www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable)

Further information is available at the Newcastle City Council web page [NCC.coronavirus-covid-19/citylife](http://NCC.coronavirus-covid-19/citylife)

## NEWSLETTER 3, June 2020

Who we are and what we do—

We are Jesmond and Lower Gosforth Primary Care Network and support patients of the following surgeries;

The Grove Medical Group,

Roseworth Surgery,

Avenue Medical Practice

Jesmond Health Partnership.

Website: <https://www.jlgmedical.co.uk/>

## UPDATE ON FOOD DELIVERY SERVICES

### South Gosforth Fruiterers

Fruit & vegetable shop

Tel: 0191 258 6751

Hours 07:30 - 17:30

LOCAL DELIVERY AVAILABLE.

PLEASE CALL THE SHOP ON 0191 258 6751 after 8am to arrange delivery.

Have your order ready so it speeds things THERE ARE NO SET BOXES so please order what you need. Once your order is complete we will call you back to take payment and let you know when your delivery will be.

### City Fresh



At City Fresh we are able to supply an extremely comprehensive range of fresh produce, no matter how diverse your requirements, sourcing and stocking a huge variety of fresh vegetables, fruit, dairy, meat, perishable and non-perishable goods.

[www.cityfresh.co.uk/](http://www.cityfresh.co.uk/)

We Deliver to...

Tyne and Wear and Northumberland  
Monday - Saturday

Call 0191 487 4641 or email

[sales@cityfresh.co.uk](mailto:sales@cityfresh.co.uk) to place your order today!

### Jasper's Catering Services

In these challenging times, we can provide delivery of essential grocery items either to your home (prioritising vulnerable people) or at designated collection points. This is a national company with a branch in Newcastle  
Email: [customer@jaspersonline.co.uk](mailto:customer@jaspersonline.co.uk)  
[www.jaspersonline.co.uk](http://www.jaspersonline.co.uk)



IF YOU HAVE ANY PROBLEMS WITH  
MEDICAL or FOOD DELIVERY Please contact

[NCC.coronavirus-covid-19/citylife](http://NCC.coronavirus-covid-19/citylife)

Or Covid 19 Mutual Aid Gosforth

Covid 19 Mutual Aid Jesmond

both on Facebook

**Other Useful Services/Contact Numbers:**

♦ **The Silver Line** (correct as at 30-Mar-2020)  
 0800 470 8090 a confidential, free help-line for older people across the UK that's open 24 hours a day, seven days a week, 365 days of the year. <https://wwwthesilverline.org.uk>



♦ **Samaritans** (correct as at 30-Mar-2020)  
 116123 for help and advice or just someone to talk to <https://www.samaritans.org/>



♦ **Age UK** (correct as at 30-Mar-2020)  
 Age UK 0800 678 1602 for advice and information <https://www.ageuk.org.uk>



**Can you solve these Riddles?**

1) You have me today,  
 Tomorrow you'll have more;  
 As your time passes,  
 I'm not easy to store;  
 I don't take up space,  
 But I'm only in one place;  
 I am what you saw,  
 But not what you see.



**What am I?**

2) If eleven plus two equals one, what does nine plus five equal? (clue: TICK TOCK)



3) What flowers are kissable?

4) There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

5) What is harder to catch the faster you run?



**(CONTINUED FROM FRONT PAGE...)**

**5. Look after your body**

Our physical health has a big impact on how we feel. At times like these, it can be easy to fall into unhealthy patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals, drink enough water and exercise regularly. Avoid smoking and try not to drink too much alcohol.

**6. Stay on top of difficult feelings**

Concern about the coronavirus outbreak is perfectly normal. However, some people may experience intense anxiety that can affect their day-to-day life. Try to focus on the things you can control, such as how you act, who you speak to and where you get information from. It's fine to acknowledge that some things are outside of your control, but if constant thoughts about the situation are making you feel anxious or overwhelmed, **SPEAK TO SOMEONE YOU TRUST!**

**7. Do not stay glued to the news**

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone. You could set yourself a specific time to read updates or limit yourself to checking a couple of times a day. Use trustworthy sources – such as [GOV.UK](https://www.gov.uk) or the [NHS website](https://www.nhs.uk) – and fact-check information from the news, social media or other people.

**8. Relax and get plenty of sleep .....**



**A REMINDER ..... ASK FOR HELP if you need it!**

Being alone, and/or self isolating/shielding can make situations which are not usually a problem, stressful and cause anxiety or worry.

But don't worry there are ways you can help yourself. If you have access to the internet take a look at the following website

Every Mind Matters - Looking after your mental health— offers expert advice and practical tips to help you look after your mental health and well-being; eg low mood, anxiety, sleep problems and more.



<https://www.nhs.uk/oneyou/every-mind-matters/>

The NHS provides helpful easy to read self-help guides for issues such as anxiety, depression, panic and stress [https://](https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/)



[www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/](https://www.cntw.nhs.uk/home/accessible-information/easy-read/self-help-guides/)

**ANSWERS:**

- 1) Memories
- 2) 11 o'clock plus 2 hours = 1 o'clock so 9 o'clock plus 5 hours = 2 o'clock
- 3) Tulips!
- 4) HEROINE
- 5) Your breath!!