



# The Maple Quarterly

Issue 2, April 2020

## Welcome to the second issue of The Maple Quarterly, a newsletter by the Solihull Early Intervention Service (SEIS).

This newsletter is published every three months and is designed to help keep you up-to-date with information and advice. In this extended issue we will inform and advise you about coronavirus, what you can do to stay safe, how to reduce any worries you may have as well as tips on how to keep yourself occupied and active whilst staying at home. We have also included details of additional support, such as local food banks and benefit information.

### How can I try to stay well and avoid spreading the virus?



Wash hands frequently with soap and water or use a sanitiser gel



Work at home where possible and avoid social venues



Catch coughs and sneezes and throw away used tissues



If you don't have a tissue use your sleeve



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

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### Important Updates

- ⇒ As social gatherings are restricted, the Drop-in Service held at the Hatchford Brook Youth Centre is closed until further notice. We will be in touch as soon as we are able to reopen drop-in, and look forward to resuming this as soon as it is safe to do so.
- ⇒ In the meantime, you are not alone. Most contact will be over the phone or via video call, but we will be following the current guidelines on social distancing where face to face contact is needed, for example providing medication depots, or dropping medication to you.
- ⇒ Communication might take place on the app "Whereby", which is a platform designed to help you contact your care co-ordinator when you need them
- ⇒ We will keep you updated of any changes as soon as they happen.

If you have any ideas, contributions or questions/concerns, contact us using the following email: [bsmhft.solihullearlyintervention.nhs.net](mailto:bsmhft.solihullearlyintervention.nhs.net)

*\*Note that there is no "n" at the end of intervention!*

# INFORMATION ABOUT Coronavirus & Social Distancing

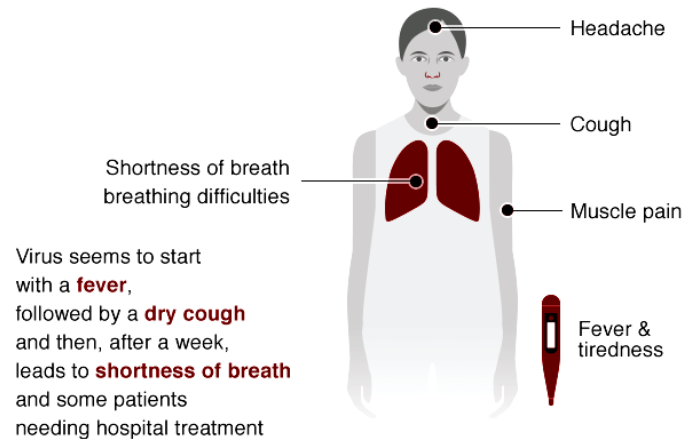
## What is Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease. Most people infected with the COVID-19 virus will experience mild to moderate symptoms and recover without requiring special treatment. Older people, and those with underlying medical problems are more likely to develop serious illness.

## What are the symptoms of Coronavirus?

The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some people may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing.

## Symptoms of coronavirus (Covid-19)



Source: WHO

BBC

AVOID	USE CAUTION	SAFE TO DO
Group gatherings – this means no more than two people except those that you live with	Shopping for essentials – this should be done as little as possible, so you should avoid popping to the shops more than once per day	Go for a walk/jog or run – once per day. This should be done locally to your home and you shouldn't plan to meet up with others along the way
Visiting family or friends	Visiting the hospital, GP or pharmacy except to collect medication	Keeping 2 metres (or 6 feet) away from other people when out
Visiting bars or restaurants	Travelling to work – but only if you cannot work from home	Facetime or video calls with friends and family
Having visitors in your home – except for medical staff in emergencies	Travelling for any medical need – for example to donate blood or to avoid or escape any risk of harm	Exercise inside—take a look at page 3 for ideas
Face to face contact with people from outside your home, except for medical staff in emergencies		Keep in contact with the Early Intervention Team by phone or email
Non-essential travel		

## What is Social Distancing?

"Social Distancing" is a global strategy to help prevent the spread of Coronavirus. It means that people are being asked to keep a distance from others. Some examples of what this involves are included in the traffic lights on this page, but the UK Government stresses that time outside our homes should be kept to a minimum and we should always make sure we are 2 metres apart from anyone outside of our household.

## What do I do if I have symptoms?

Do not leave your home if you have coronavirus symptoms, including:

- \* **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- \* **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

**To protect others, do not go to places like a GP surgery, pharmacy or hospital. Stay at home.**

**The NHS 111 Coronavirus service can be used to check your symptoms and provide advice on what you need to do. It can be accessed at**

<https://111.nhs.uk/covid-19/>

# Things To Help You Keep Busy

We understand that staying at home can be frustrating, but there are some things you can do to keep busy. Try some of the activities below, or check out the links at the bottom of the page for more ideas!

## Watch & Read

- \* Watch a movie
- \* Watch a TV show
- \* Watch a YouTube Video
- \* Start a new TV series or movie
- \* Read a favourite book
- \* Read a new book
- \* Read the newspaper
- \* Read your favourite website

## Create

- \* Draw a picture
- \* Paint a portrait
- \* Take a photograph
- \* Doodle / sketch
- \* Organise photographs
- \* Make a photograph album
- \* Start a scrapbook
- \* Finish a project
- \* Do some sewing / knitting
- \* Do some colouring—try the last page of this newsletter!



## Music

- \* Listen to music you like
- \* Find some new music to listen to
- \* Turn on the radio
- \* Make some music
- \* Sing a song
- \* Play an instrument
- \* Listen to a podcast



Keep your brain engaged by grabbing a jigsaw or pulling out the old monopoly box from the shed or just turning on that old games console. Catch up on a games series you never got around to or master one that was just released.



## Useful Links

### Exercise ideas & health tips:

- \* <https://www.nhs.uk/oneyou/>
- \* <https://www.nhs.uk/conditions/nhs-fitness-studio/>
- \* <https://www.sportengland.org/news/how-stay-physically-active-during-coronavirus-restrictions>

### General advice & ideas:

- \* <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#PracticalAdviceForStayingAtHome>
- \* <https://www.newmexico.gov/2020/03/21/things-you-can-do-to-fight-loneliness-boredom-while-self-isolating-for-covid-19/>

## Quick 5 min workouts you can do at home!



Pushups



Squats



Beginners: Attempt the above for 3/4 sets of 6-8 every day

Intermediates: Same as above but instead do 6 sets of 10-12 reps

Experts: Dare to take the challenge? Head to **[Darebee.com](https://darebee.com)** for limitless amounts of workouts

# What To Do If You're Feeling Worried

## Worried About Coronavirus?

**You are not the only one.** It is normal to worry about something like the coronavirus. New situations (that we have no experience in dealing with, that are difficult to understand and hard to predict the outcome of) are strong triggers for worry.

Worrying can be helpful. For instance, worries about our safety, and that of families and friends, can help motivate us to do things to prevent the virus from spreading, such as hand washing and social distancing. But, worrying can also be unhelpful. For example, if we are worrying too much and it stops us from doing things in life that are important. Excessive worrying might also make us feel more restless, tired, tense and make it difficult for us to sleep or concentrate. On the right hand side there are a few things you can try if you are feeling worried.

**Contact your care co-ordinator for more support or guidance if needed.**

Tip: Staying connected is important but if reading the news is making you feel more worried try to limit or avoid reading the news for a while.

## Talk To Someone About Your Worries

Either your partner, family, friend or care co-ordinator.



## Try To Distract Yourself Using An Activity

The more we try to ignore our worries the more we think about them. Instead, do an activity that requires your full attention.

## Focus On Your Breathing

This will help your body relax. Take long breaths in through your nose and out through your mouth. Repeat this ten times.

## Try Our Guided Imagery Exercise

Just as your body can become tense in response to thoughts that make us worried, it can also become more relaxed in response to calm and happy thoughts.

### Close your eyes.

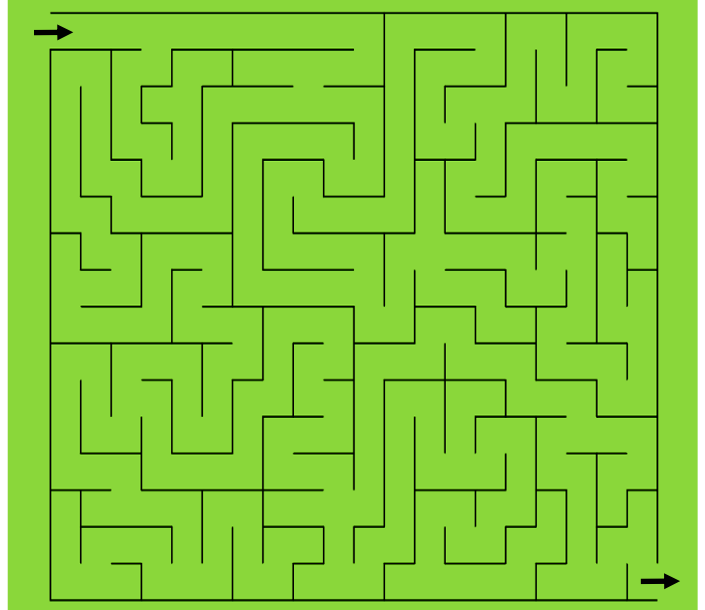
Imagine being in a place that is peaceful and relaxing to you.

### What do you see, hear, feel, smell?

Hold on to this image and come back to this place whenever you need to relax.



## MAZE CHALLENGE!



### Solihull Early Intervention Service Contact Information

0121 301 4967

#### Working Hours

9am – 5pm Monday – Friday

#### Out of Hours Contact

0121 301 5500



<https://www.bsmhft.nhs.uk/our-services/children-young-people-services/early-intervention-service/>



# Additional Support

You may find that the Coronavirus Pandemic has an affect on your financial situation, but the UK Government has made some changes which may benefit you. For more information, please see the Solihull Council website ([www.solihull.gov.uk](http://www.solihull.gov.uk)).

If you are not working because of COVID-19, you may be able to access financial support, such as:

- \* Universal Credit—People on zero hour contracts who are not entitled to statutory sick pay may also be able to claim universal credit. For more information go to <https://www.gov.uk/universal-credit>
- \* Housing Benefit— If you have experienced a change in circumstances and are struggling to pay your rent, contact the council who may be able to provide housing benefit depending on your circumstances. Go to <https://www.solihull.gov.uk/Resident/Benefits/changeincircumstances> for more information.
- \* Council tax reduction—Local councils are offering council tax reduction and hardship payments for people struggling to pay it. More information can be found at <https://www.solihull.gov.uk/Resident/Counciltax/counciltaxreduction>
- \* Your bank will have also removed the penalties for accessing your savings, if you have any
- \* If you are struggling to pay your gas and electricity bills, you can contact your supplier for help. They may be able to provide you with energy credit, although this varies between provider.



## Useful Contact Numbers

Adult Social Services	0121 704 8007
Carer's Allowance	0121 704 8100
Child Benefits/HMRC Enquiries	0300 200 3100
Children's Social Services	0121 788 4300
Claims for ISA/ESA/IS	0800 055 6688
DLA Enquiries	0800 121 4600
General Benefit Enquiries	0800 169 0310
Housing	0121 717 1515
Existing PIP Claims	0800 121 4433
New PIP Claims	0800 917 2222
Tax Credits	0345 300 3900
Universal Credit	0800 328 5644
All Other Services	0121 704 8100

## Local Foodbanks:

Name	Address	Opening Times	Delivery / collection times	Contact details
Around Again Social Supermarket	100 Chapelhouse Road, Fordbridge, B37 5HA	Tuesdays only 11:00-16:00	10 min slots between 11:00-16:00	0121 4480720 and select Option 3 for the social supermarket
Helping Hands	Renewal Family Centre, Vulcan Road, Solihull, B91 2HZ	Mon-Fri 7:00-21:00	Delivery Times 9:00-17:00	<a href="mailto:hello@renewalcc.com">hello@renewalcc.com</a> 0121 7117300
Kingfisher Foodbank (Trussel Trust)	Auckland Hall, Sunbeam Close, Smiths Wood, B36 9JR	Tues & Fridays 12:30-15:30	10:30-12:00	<a href="mailto:kingfisherfoodbank@gmail.com">kingfisherfoodbank@gmail.com</a> 07902030134

