



INDEPENDENT MENTAL HEALTH NETWORK
SURREY & NE HANTS

IMHN lockdown ideas

With the news of a national increase in Covid-19 cases, and 'lockdown 2' coming into force, we are all going to be spending more time at home over the next month or so. Below are a few ideas of things going on to entertain, stimulate and maintain wellbeing.

There may be some talk about services that need to close but the majority of our local services have acted quickly in adapting the way they deliver so that they can stay open in some way during lockdown – do have a look at the local services section at the end of this guide. It is also important to highlight that the NHS remains open and you should seek medical advice during this time as you usually would.

Things to do during #lockdown

If you are looking for places to find things to do 'Time Out' is a great place to start. Time Out [worldwide](#) (or [London](#)) has become 'Time In' during this period of worldwide lockdown and has regularly updated recommendations on what is going on to entertain us from home in the UK and from all around the world.

To watch, listen and read

- Subscribe to '[The Happy Newspaper](#)' to get some good news for a change.
- Some of the paid for subscription TV and Movie streaming services, such as [Disney+](#), [Netflix](#) and [others](#), are offering a week or month free 'try before you buy' before the monthly charge begins. If you are feeling canny you could try one after another making sure to cancel your account before the first charge date. If that's not for you then free video content can also be found on social media sites like Facebook Watch and InstagramTV and YouTube.
- Missing watching sports? F1.com are putting full length classic races on [their YouTube](#) channel

- While away some hours with your mind in a place that's not your living room with an audiobook – [Audible](#) has launched a free website for non-members to enjoy a collection of audiobooks during this time. [Audible Stories](#) features a variety of children's and classic books free to listen to read by well-known narrators. Additionally, if you have an Amazon Alexa ask 'Alexa, what's free from audible?' to hear the selection of free listens available each month. Or alternatively say 'Alexa, start The Great Game' to jump into a Sherlock Holmes interactive murder mystery story.
- If audiobooks seem like too much of a time commitment for you why not try tuning into your [local radio station](#) or access one of 100,000 radio stations and podcasts from [Tune In](#). Alternatively browse through the best [podcasts](#) of 2020 on a never ending list of subjects from TV shows to books, cooking to history. [BBC Sounds](#) is a good resource for these, as is [Spotify](#).
- Want live music? Stream [virtual concerts](#).
- Need more laughter or drama in your life? Watch some live [theatre](#) or [comedy](#) to keep your spirits up.

For the mind and body

- The Community Connections providers rapidly changed the way they deliver services during the first lockdown and they all have something on offer including virtual groups and/or phone support. [Mary Frances Trust](#), [Catalyst](#) and [Richmond Fellowship](#) have loads going on. You can see the schedule of virtual activities on [Surrey Virtual Wellbeing](#).
- Feeling anxious? Read [#EveryMindMatters](#) tips on how to alleviate anxiety during the coronavirus pandemic.
- If you are used to attending places of worship on a regular basis this time of lockdown can pose particular challenges. [GetSurrey](#) and [the Surrey Comet](#) have put together articles on alternative ways to access faith in Surrey during lockdown, and the [Diocese of Guildford](#) have a list of how to interact with each of the churches in Surrey.
- Meditation and mindfulness can be helpful during times of uncertainty and upheaval - [Headspace](#), [Calm](#) and [Zen](#) are apps specifically for meditation and sleep. There are [other apps](#) aimed at keeping your mental health healthy such as habit and mood trackers that could be useful during these difficult times.
- Sign up for a free short course on one of 1000s of topics from [Future learn](#), [Corsera](#) or even the [U3A](#) are starting to run some of

their courses virtually. Or learn a new language with free bite sized courses from [Duolingo](#).

- Adding exercise to your day has been shown to significantly improve mood as well as physical health – there are so many options available online to [get active](#) from traditional exercise classes, dance and yoga. You can check out the '[exercise at home](#)' page that Active Surrey have put together and you could follow the [#StayInWorkOut](#) hashtag on twitter.
- A good read on why [its okay to not want to do anything](#) at all at the moment.

To make you smile

- Live webcams of faraway places such as [Paris](#), [Cornwall's beaches](#) or browse through this list of other [international animal live cams](#).
- If you are feeling isolated join an online community dedicated to an interest - such as fishing or trains - or joining virtual cafes, [pub quizzes](#) and [choirs](#). Take the plunge and join social media, you'd be surprised at how many of your old school friends and neighbours now have a Facebook account, why not use this time to reconnect and catch up with people you've lost touch with.
- If virtual is not for you why not write someone a letter, it will bring them joy to receive it and you may get a return.
- Make plans with people to go somewhere or do something you don't have to set a date but having a plan for seeing people in the future can help improve your mood and hopeful outlook.
- Join an online chat. If you just want a bit of human contact from the comfort of your own sofa why not join in with an activity such as one of the Community Connections groups or the Coalition's Monday morning [Virtual Café](#) at 11.00am.

Get active in your kitchen

- Daily live baking classes on Instagram stories with [Bread Ahead Bakery](#) see what they are making today on [their website](#)
- Craving a Katsu Curry or Yaki Soba? Learn to cook your favourite Wagamama's dishes with [Wok from Home](#)
- Learn to make [Pizza Express' famous dough balls](#) at home
- Not a cook but want to try making something from scratch? Try one of these easy recipes: [Mary Berry's Fork Biscuits](#), [Cornflake Cakes](#), or make a [vegetable soup](#) with whatever you have hanging around
- Or try a [Mob Kitchen](#) recipe. Just pick one they are all delicious!

What are you doing to stay entertained during lockdown? If you have any recommendations, please let us know. We hope to share photos of your [#lockdown projects](#) on our [twitter pages](#) – send them in!

Other Information

Local service updates

Community Connections providers have rapidly changed the way they work to respond to the government guidelines. You can find the latest updates here: [Catalyst](#), [Mary Frances Trust](#) and [Richmond Fellowship](#)

Action for Carers Surrey have enhanced their telephone support and virtual service offer – [find out more here](#).

Medical Advice - Your GP remains open; however they may wish to book you a virtual or phone appointment rather than a face-to-face if possible.

For Coronavirus medical advice look to [NHS 111 online](#) or phone NHS 111.

Domestic Abuse

If you are in immediate danger, please contact 999. If you need help but cannot say anything you can dial 999 and press '55' once connected. Be aware that if you are using a mobile phone your location cannot be traced (but if you are using a landline then it can be).

If you are experiencing domestic abuse you can get support and advice from local support organisations. The best place to find out more about what is available is on the [Healthy Surrey website](#).

Your Sanctuary: A Surrey helpline which is open from 9am to 9pm offering listening support, information, and signposting. 'Your Sanctuary' also runs two safe houses for women and children and a specialist male support service for men across Surrey.

Mental Health Crisis support

Surrey's Safe Havens remain open for people in crisis to visit in person. You can find out [more information here](#).

Surrey and Borders NHS Partnership Trust (SABP) and the Community Connections providers have launched virtual Safe Haven's. The virtual Safe Haven's are open from 6.00pm to 11.00pm every day of the week for people in crisis.

The IMHN produced a guide to using the virtual Safe Haven service and you can find this here in your preferred format:
<https://www.imhnsurrey.com/usefu-documents>

Virtual Safe Haven Links

Safe Haven provider Virtual Safe Haven link

Epsom Safe Haven	https://nhs.vc/sabp/safe-haven-Epsom
Guildford Safe Haven	https://nhs.vc/sabp/safe-haven-guildford
Redhill Safe Haven	https://nhs.vc/sabp/safe-haven-redhill
Woking Safe Haven	https://nhs.vc/sabp/safe-haven-woking
Aldershot Safe Haven	https://nhs.vc/sabp/safe-haven-aldershot

[SABP Crisis line](#): 0800 915 4644

SABP SMS Crisis line (for people who are Deaf or Hard of Hearing):
07717 989 024

[Samaritans](#): 116 123

[Shout](#): TEXT 85258

Are you struggling to get shopping or prescriptions?

[Surrey County Council](#) have information on where to go for help if you are in need of assistance getting shopping or prescriptions whilst in

lockdown. They have also set up the community helpline to give advice on such matters.

The Surrey community helpline was set up to help with:

1. To help direct residents who need support – if friends or family are unable to help – with such things as picking up shopping, prescription collections or having someone who can be a telephone friend, and to other services that can help.
2. To provide advice on where to register your offer of help to support your community.

[Surrey Community Helpline](#) : 0300 200 1008 or (for people who are Hard of hearing or Deafened) by SMS text on **SMS**: 0786 0053 465 for Deaf and hearing impaired residents only (**Monday to Friday**: 9am to 5pm)

If you would like to get involved in the IMHN, please do get in touch with us by email on imhn@surreycoalition.org.uk or by phone on 01483 456 558 or by SMS text on 07305009869. You can join the network online here <https://www.imhnsurrey.com/>