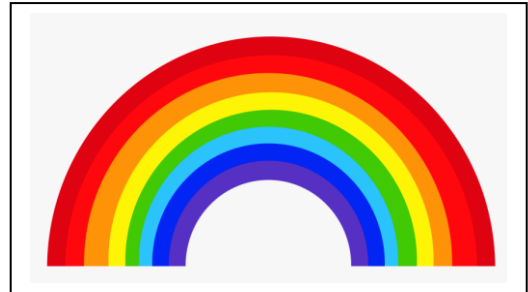


NEDDC Employee Wellbeing Update – 12 May 2020

Steps we can all take to help?

- If you go out, stay 2 metres (6ft) away from others at all times
- Limit contact with others as much as possible
- Wash your hands regularly



Today's Theme: Staying Positive and Treating People with Kindness

In times of uncertainty, it can be easy to feel a little hopeless and at a loss of what to do with yourself.

That's why now more than ever, it's important we must all try and stay positive and look after ourselves and each other. Some things you can do to make a positive difference could be;

- Share accurate information and advice from trusted sources
- Make the most of local online groups – To stay up to date and share information in your local community
- Connect and reach out to others – Find new ways to stay connected and check in on one another for our physical and mental wellbeing
- Think of others, consider your actions and be kind – Everyone will face the challenges of Covid-19 in some way, others challenges may differ from yours. Be respectful of this
- You are not alone – Remember we are all in this together, show solidarity
- Maintain a routine – Make realistic goals each day to give yourself time for work, chores, exercise and keeping in touch with friends and family

Useful Links:

- Public Health England has published guidance for the public on how to manage the mental health challenges of COVID-19. It includes sections concerning people with learning disabilities, autism and dementia, as well as how to deal with mental health crises or emergencies at this time.
<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>
- SHOUT: the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text **85258** or visit; <https://www.giveusashout.org/>
- Cruse: the bereavement care charity is helping families affected by coronavirus. You can find a broad range of guidance, including easy read fact sheets online.
<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.