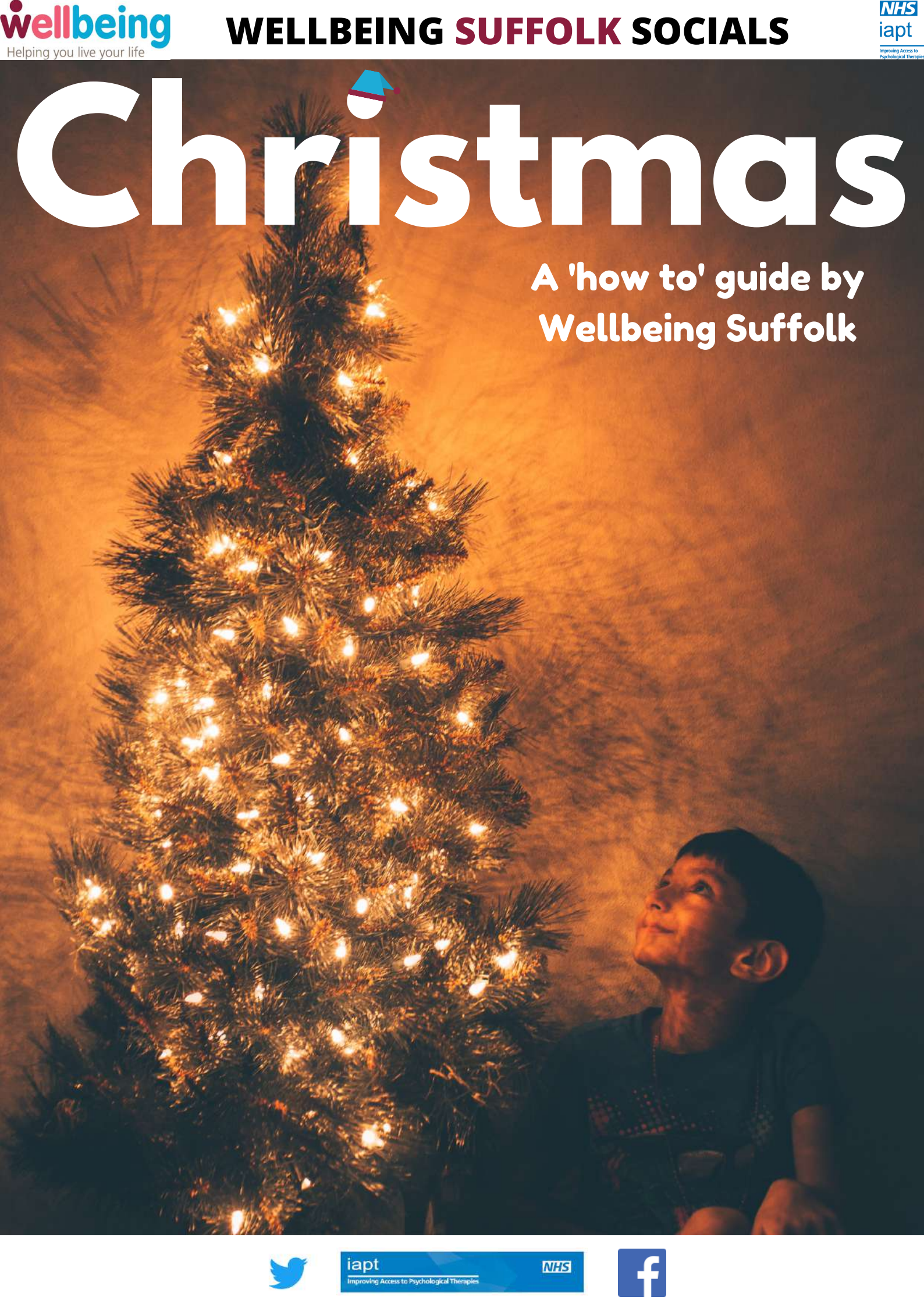


Christmas

**A 'how to' guide by
Wellbeing Suffolk**





- 3 What Wellbeing Do**
- 4 Wellbeing at Christmas**
- 5 Covid Christmas**
- 6 Online Webinars**
- 7 Christmas guide to wellbeing**
- 8 Wellbeing Suffolk Socials**
- 9 Wellbeing's Winter Warmer**
- 10 Special Feature - Lipswich**
- 12 Vital Vitamin D**
- 14 Five ways to wellbeing**
- 14 Write Prescription**
- 15 Are you winter ready?**
- 17 8 Ways to Stay Warm**
- 18 Jumpstart January**
- 19 Colouring for Calm**
- 22 Social Prescribers**
- 23 Help from our Friends**
- 24 Five ways to get in touch**
- 25 Emotional Wellbeing Hub**
- 26 Support and Self-referral**



Welcome from Wellbeing

Welcome to Wellbeing Suffolk's how to guide for this Christmas Season. This Christmas is going to be unlike any we have seen and for many it will mean missing out on those important social reunions that are at the heart of our yuletide celebrations. Of course Christmas can be a source of love and support for many but it can also traditionally be a source of stress and loss for others. I lost my father just before Christmas 16 years ago and I still feel his loss acutely at this time of year. So being mindful of all that Christmas is, this newsletter is our guide to making the most of it but also how to get through it with your wellbeing intact.

All the love and best wishes for this unique festive season.

Enjoy,

Julie



wellbeing

Helping you live your life

Wellbeing Suffolk is your local IAPT service. IAPT stands for improving Access to Psychological Therapies and is meant for people with low mood, depression, stress and/or anxiety. We also provide Wellbeing support for people experiencing long term physical conditions. Our services are currently offering support by telephone, video call, instant messaging and webinar. We offer a range of webinars, courses, talking therapies such as cognitive behavioural therapy, counselling for depression, interpersonal therapy and couples counselling, and access to online social events. Our service provides support to anyone age 16 or over. For more information please visit our website.

Who
are we?



1. Call 0300 123 1503
2. Self refer on line at www.wellbeingnands.co.uk
3. Self guided CBT (option of clinical support) www.LLTTF4Suffolk.co.uk
4. Open webinars to give you the tools to boost your wellbeing
5. Check out our online Social Events



NHS
iapt

Improving Access to
Psychological Therapies



The Five Ways to Wellbeing



Wellbeing at Christmas

There are many reasons why people might find the festive season hard.

The onslaught of Christmas advertising often means that we feel pressure to have the 'perfect Christmas' and be happy and this can be a struggle even for those with no existing mental health issues.

Christmas encourages people to spend more, socialise more, eat and drink more...

Things which are supposed to be fun can become overwhelming and even isolating for many people.

- If you are lonely, you might feel this even more at a time when everyone seems to be surrounded by loved ones.
- If you are depressed, you might feel even worse about not feeling your best during such a 'happy' season.
- If you have suffered a bereavement you may feel the loss of your loved one more at this time.
- If you are living in a domestic abuse situation this can also be a difficult time of year.
- If you are in debt, or just haven't the resources to fulfill all the wants and needs of your family, this time of year can lead to feelings of inadequacy and low self worth.

In reality, a lot of people find the festive period something to be endured rather than enjoyed. Many people feel an expectation to be happy over the holidays, yet Christmas depression is a common experience. So, if you're asking yourself 'Why do I feel depressed at Christmas?', know that you are not alone.

It's believed that 1 in 5 people in the UK will suffer with depression at some point.

As Christmas can be a stressful and pressure-filled time, it's no surprise that the season can exacerbate symptoms of depression.

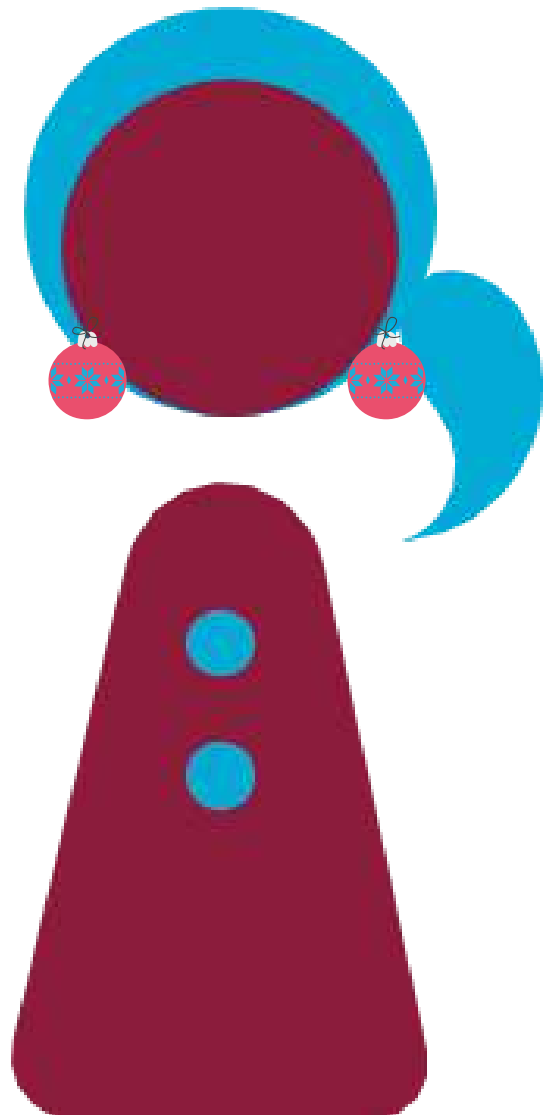
If you have an existing diagnosis of depression, one of the most important things you can do over Christmas is to keep up with your treatment and management plan.

Don't neglect to look after yourself mentally and physically during this period. If you take medications, keep up with them. If certain meditations, exercises or therapies have helped you, make sure you make them a priority even over the holidays.

How many of these hats can you find in this special edition? No prizes, just for fun!

"It's the most wonderful time of the year!" This is what we hear throughout December, whether it's on the radio, the telly or out in public, we are constantly told that Christmas is a time to be happy.

But what if you're not happy? What if Christmas brings with it problems and sadness? The reality for many of us that the pressure to be happy all the time masks internal turmoil that we keep under our party hats.





Covid Christmas

This Christmas is going to be unlike any most of us have experienced. Social distancing and the lockdown measures the government are enforcing this winter will mean that for many of us we won't be gathering with our family and friends over the Christmas season. It also means that many of the charities that help to reach out to those home alone at Christmas will also not be able to offer their support to the lonely and isolated. The Salvation Army are just one such organisation who have had to tailor what they offer this year.

Loneliness at Christmas

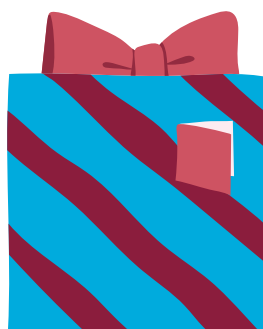
So the impact of COVID on our Christmas is going to result in many of us feeling isolated and lonely. For those who are bereaved, it will be an especially hard time. The season stirs up memories and highlights feelings of loss and isolation. And it's not just older people who suffer from feelings of loneliness. Many younger people too will find themselves missing friends and family. In most normal years the media images of communities and families coming together to celebrate can underline any loss or loneliness felt. This year will be different in that way but no less isolating and probably more so despite this being a community wide issue.

So what can you do to combat loneliness this Christmas?

Charities play a vital role in helping to beat loneliness. Check out the section at the back of this newsletter for details of local charities and organisations who are providing outreach services around Suffolk. It maybe that you want to volunteer for one of these charities too, either way it can be a great opportunity to meet new people and enjoy the festivities.

If you are really struggling, the Campaign to end Loneliness offers advice and resources to help relieve your feelings of isolation. For more information follow the link. www.campaigntoendloneliness.org/

Just a few ways in which the Salvation Army is helping out this Christmas.



Providing 'meals on wheels' Christmas lunches and companionship to older people living alone.

Distributing modest toys to children whose parents are unable to afford presents this Christmas.



Giving Christmas food parcels to families who are struggling to afford a proper Christmas lunch.



Online Webinars

Wellbeing Suffolk have a range of one off workshop webinars to help you learn to live your life well. Life has its challenges, especially now, and we want to give the tools you need to step up.



- Living Well Through the Lockdown Lows - **NEW**
- Relaxation Station - On stress and relaxation techniques **NEW**
- COPD - On living with COPD **NEW**
- Managing Life - For 16-19 yr olds to manage wellbeing tackling exam stress, Covid and lockdown **NEW**
- Coping with Bereavement during Coronavirus
- Coping with Coronavirus Related Trauma
- Coping with Worry during Coronavirus Times
- Healthy Relationships Couples, children, teenagers and families
- Irritable Bowel Syndrome On living with IBS
- Online Successful Study
- Improving Your Sleep
- Online Mindful Living - Guided learning course
- Carers Support

Learn to Live Well with Wellbeing



We are running regular online webinars to support you through the Coronavirus pandemic. Our courses will help you learn relevant cognitive behavioural therapy (CBT) techniques to help you break out of negative patterns and make positive steps forward. Different courses focus on unhelpful thinking styles, physical symptoms of anxiety and panic, and patterns of responding to thoughts and feelings that can keep us stuck. The strategies you learn will be useful well beyond the duration of the course to prevent and manage bouts of stress, anxiety and depression.

Wellbeing Suffolk offer a range of different webinar courses, which are specifically aimed at supporting you.

Find out more at:

<https://www.wellbeingnands.co.uk/suffolk/get-support/courses/>

Christmas Guide to Wellbeing



Manage your expectations

Try not to get hung up on the unrealistic idea of having the 'perfect Christmas'. Real life is, almost without exception, nothing like the adverts. Having high expectations of the holiday period just heaps extra pressure on you and the people around you. At the same time, it is easy to anticipate disaster, especially if you have had a negative experience in previous years. Take the festivities as they come and try to keep an open mind.

Take care of yourself

At Christmas, it is easy to drop all of the good habits you adopt to keep your mind healthy throughout the year – just when they are most important. It's cold and dark, and you're busy, but finding time to exercise and practise relaxation techniques will help you stay in control of how you feel. If you have routines that work for you, try not to let Christmas activities disrupt them. In the midst of the festive whirlwind, make sure you remember the essentials such as taking your medication. If you see a therapist or counsellor, it may be good to schedule extra sessions so you can talk through your concerns. Above all, remember it's okay to take time out at Christmas and focus on yourself.

Let go of the little things

Between shopping, hanging the decorations and sending endless cards, Christmas has a tendency to feel like nothing more than a mission to get through a long to-do list. If it is starting to get to you, make a conscious decision not to care about the trivial things. You can still have a great Christmas without lights on the house, and your office Secret Santa does not require you to spend hours sourcing the perfect gift.

Keep the peace

If worry over family arguments is making you anxious, it may be worth telling the worst offenders about your concerns so they can try and keep a lid on the conflict. You could also try confiding in another neutral party who can support you and help you diffuse a tense situation if it arises. If that doesn't work, remember you can always just walk away and give yourself some breathing space.

Make a budget

Christmas can be expensive, but it doesn't have to be. Make a budget, and start shopping early so that you can spread the cost and feel in control. Shopping online means you can avoid the crowds and resist the temptation of panic buying.

Alcohol is a depressant

Most people drink more than they should at Christmas. Try not to rely on drinking to ease your anxiety. Excessive consumption of alcohol will make you feel worse in the long run and may make your depression worse. If you are taking anti-depressants, it is usually recommended to avoid alcohol completely.

See the light

Some people with depression experience worse symptoms in winter, with many being diagnosed with seasonal affective disorder (SAD). This is caused by a lack of exposure to daylight, leading to a deficiency of vitamin D. Get outside in your lunch break if possible and make the most of sunny days, even if it's cold. You could also try light therapy to improve your mood – speak to your doctor if you think it could help you.

Ask for help

If your friends and family know about how you are feeling, they can support you. If you feel like you can't cope, ask for help and be specific about what people can do to make you feel better. Loved ones are usually willing to lend a hand but probably need guidance; otherwise they may just worry about you and feel that they are powerless to help. If you feel you are displaying signs of clinical depression, it's important to seek professional help as soon as possible.

**What's on
the Menu?**



Wellbeing Suffolk's Socials Menu



Special Editions

Crafty Christmas

Winter Warmer

Jumpstart January

a whole range of socials
presented in partnership
with Suffolk Libraries

Cultural Connections

Relaxation Station

Cuppa and a Chat

Naptime Natter

Song Writing

History Club

Quick Quiz

Book Worms

All Things Art

Nature Nurture

Virtual Men's Shed

Story Writing for Fun

Where to Walk in Suffolk

The social team have a whole range of ways in which you can connect with others online. It's an appetising mixture of sessions all designed to enable you to work on the five ways to wellbeing. To check for the latest information on our Virtual Socials please visit:

www.wellbeingnands.co.uk/suffolk/social-events/

If you need help downloading this application simply follow this link here for all the help you will need to get you started to join us on Zoom. Downloading Zoom isn't essential though you can join by just clicking on the link on the website.

<https://www.wellbeingnands.co.uk/suffolk/social-events/how-to-zoom-guide/>

Wellbeing's Winter Warmer

Join us on Thursday 10th December for our Winter Warmer Event. We have a packed programme of zoom socials from 12pm through to 9pm at night.

12-1pm - Warming Reads - Books that raise the spirits and make you smile

1.30-2pm - Relaxation Station - Get comfy and chill out with Nikki

2.30-3.15 - Cultural Connections Special - We are joined by Lulu from the Suffolk Chinese Family Welfare Association who will be showing us some Hand Reflexology

3.30-4.30 - Feel Good Movies - For those long days indoors, we talk about your favourite movies to snuggle down to

5pm -6pm - What have you been cooking? - Join Julie who'll be cooking one of her favourite winter dishes and chatting about yours

7.30 - 8.30 - Quiz Night - Quiz Master Julie will have a good old fashioned 'pub' quiz to round off the day. Hot toddy optional!

It's going to be a winter like no other and we want you to know that Wellbeing are there to support you all the way.

If you would like to know more or you fancy getting involved in the day then contact us at

SuffolkSocials@nsft.nhs.uk

Links for the day can be found on our website at

www.wellbeingnands.co.uk/suffolk/social-events/

Lipswitch

Don't speak about it, be about it!



Pierre Rollins was impacted in March last year by the suicide of his cousins' daughter. Kia Russell, aged 19, died together with her son, Kamari. It was a tragedy that hit the family hard. As a result Pierre wanted to do something to honour both of their memories and also to highlight the issue of suicide.

Wellbeing spoke to Pierre to find out more and offer him our support. He explained that above all he wanted to do something. For him actions speak louder than words and he wanted to do something to raise awareness and prevent further deaths by suicide. In October last year he came up with the idea of getting the message across through music and started the process of putting together an album to raise money for the mental health charity Mind. That idea has developed into the Lipswitch Project. The motto behind the project is:

"Don't speak about it, be about it."

Pierre is an inspirational man who wanted to do something positive. He is keen to emphasise that this isn't just his project but a collaboration of many individuals who feel as strongly as he does about the issue. Pierre has been joined by Curtis Blanc of the Radical Lounge recording studio in Ipswich and photographer Jermaine Bernard in putting the album together.

"Jermaine captures the point perfectly in his images, they are really powerful"

The images are a striking and have a powerful impact. The black and white portraits with taped mouths are a salient metaphor. The album features a wide range of local artists with the final release date this winter.

The album has a mixture of different kinds of music, some uplifting but some more sombre with the focus on mental health. One of the contributors to the album is Jade Mayjean who appeared on the TV series 'The Voice'. They are in the final stage of mixing the album at the moment and once it has been mastered copies will go on sale. Notably the hard copies of the album will have details of support organisations on it.

"I wanted to use music to get the message across. I think it is something that we can all relate to"





The album is just the start of a series of projects designed to raise awareness and prevent more tragic deaths. Pierre is looking to work with schools to spread the message to teens in particular. He has been amazed by the response to the project and the momentum it has gathered. He wants to build further on what they have achieved and is open to working with anyone who can help to spread the message and prevent further suicides. He has even been featured on the BBC who will be coming back to follow up on their feature once the album is released.

The name of the project comes from a family name for Ipswich. "Ipswich is a small community and people talk". The hope is that the project will be on the lips of all to effect change in the way all communities view mental health.

"The project is about all communities getting the message, we are including everyone here"

When Wellbeing spoke to him Pierre wanted to stress that this was an issue that affects everyone. This is why music was the perfect way to get the message across. Music unites us and has a cathartic effect when we need it most. Above all Pierre wanted to turn a negative into a positive.

"It's not my project, it's all our project. Everyone coming together has got us where we are"

Community and connection are the power behind the project and Wellbeing are proud to be with him and offer our support.



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of all ages in Norfolk and Suffolk requiring mental health care, advice and support.

If you are in crisis call First Response or contact your GP. or the Samaritans 116 123



Are Suicide rates higher at Christmas Time?

Suicide rates are not higher at Christmas time, in fact, suicide rates are fairly consistent throughout the year. This myth has been perpetuated by popular culture, such as movies like *It's a Wonderful Life*. This myth can actually detract from the real facts surrounding suicide, and the temptation of the media and other informers to refer to it may mean a missed opportunity to effectively and responsibly spread awareness about suicide.

Not only is this a myth, but to the contrary, some researchers claim that the holidays can lessen the chance of a suicide, as people feel more connected to those around them. Despite this, we can all agree that the holidays can indeed be a stressful time. Loneliness, intensification of feelings of loss, financial hardships, family conflict and substance misuse can increase during the holidays.

Remember self care: take the time to be mindful of your own mental health this time of year – remember to do the things you love.

The vital importance of vitamin



Public Health England are recommending that all adults from ethnic minority communities and those with SAD (Seasonal Adjustment Disorder) should consider taking vitamin D supplements this coming winter. But why is this sunshine in a pill so important?

Vitamin D is sometimes called the sunshine vitamin because it is produced in your skin in response to sunlight. Your body produces vitamin D naturally when it's exposed to sunlight but you can also get it through certain foods and supplements.

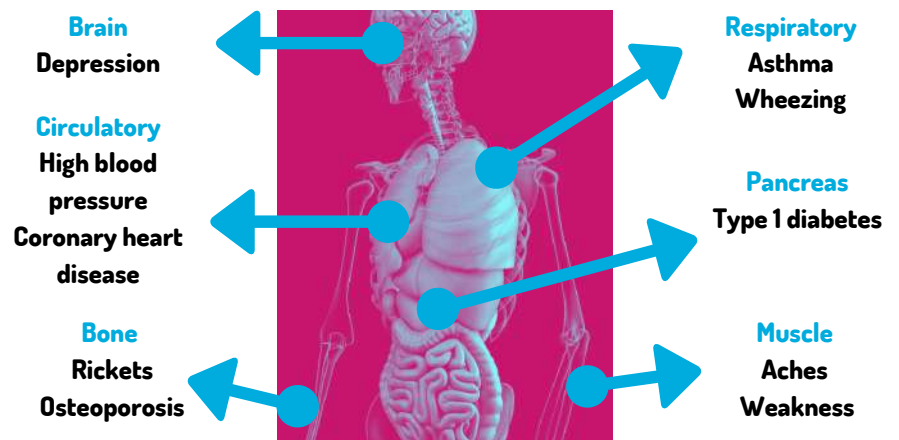
Vitamin D is particularly important for those of us with darker skin. This is because the melanin that helps to protect darker skin from the sun also acts as a block for vitamin D. This is one reason why humans evolved lighter skin as they migrated to colder northern climates.

So what does it actually do and why is it so important to be getting your full dose of the sunshine vitamin? Vitamin D has several important functions. Perhaps the most vital are the regulating and absorption of calcium and phosphorus, and helping your immune system to function efficiently. Essentially it is important for normal growth and development of bones and teeth as well as improving resistance against certain diseases. Which is really important this year particularly.



Vitamin D Deficiency

- Being in an area of high pollution
- Using sunscreen
- Spending more time indoors
- Living in big cities where buildings block sun
- Having darker skin



The symptoms of a vitamin D deficiency in adults include:

- Tiredness, aches and pains and a general sense of not feeling well
- severe bone or muscle pain or weakness that may cause difficulty climbing stairs or getting up from the floor or low chair, or cause you to walk with a waddling gate.
- Stress fractures, especially in your legs, pelvis and hips

Doctors can diagnose a vitamin D deficiency by performing a simple blood test. If you have a deficiency, your doctor may order x-rays to check your bones and put you on a daily vitamin D supplement.

"COVID-19 'ICU' risk – 20-fold greater in the Vitamin D Deficient. **BAME**, African Americans, the Older, Institutionalised and Obese, are at greatest risk." British Medical Journal

Vitamin D fights disease

In addition to its primary benefits, research suggests that vitamin D may also play a role in:

- reducing your risk of multiple sclerosis
- decreasing your chance of developing heart disease
- helping to reduce your likelihood of developing the flu



1



disease



Vitamin D reduces depression

Research has shown that vitamin D might play an important role in regulating mood and warding off depression. In one study, scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms.

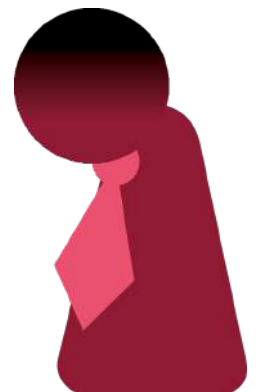
In another study of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.



2



depression



Vitamin D boosts weight loss

Consider adding vitamin D supplements to your diet if you're trying to lose weight or prevent heart disease.

In one study, people taking a daily calcium and vitamin D supplement were able to lose more weight than subjects taking a placebo supplement. The scientists said the extra calcium and vitamin D had an appetite-suppressing effect.

In another study, overweight people who took a daily vitamin D supplement improved their heart disease risk markers.



3



diet



5 Ways to Wellbeing



The Five Ways to Wellbeing are a set of evidence-based actions which promote people's wellbeing. While they don't claim to be the biggest determinants of wellbeing, they offer a set of simple things individuals can do in their everyday lives.

They were developed by the New Economics Foundation and based on the findings of the 2008 Government Office for Science Foresight report on Mental Capital and Wellbeing that aimed to develop a long term vision for maximising wellbeing in the UK.

Knowledge is power and we want you to know these simple principles so that you can start to make the small changes you need to make a big change to your Wellbeing. A thousand mile journey begins with one step so see how you can begin your path to positive Wellbeing by making these five principles part of your everyday.

Write Prescription

Writing can be a cathartic and empowering experience. It is one of the ways in which this writer has managed the many ups and downs of her life. So why not try it yourself. Look out for our Write Prescription PodCasts coming soon but in the meantime try this little exercise to get you focused on what's important.

Either/or/both

Write a list of your favourite things about 2020. I know this may sound like a difficult ask. But its important to look for the positives from any difficulties we have. Spend some time thinking about the unexpected joys you've experienced this year.

Instead of New Year's resolutions why not try writing a wish list of things you would like to achieve this year. It's important to write it in the first week of January and then seal it up in an envelope till next year. It will be surprising how your perspective changes and how somethings no longer seem as important as they did.



Are you winter ready?



Winter conditions can be seriously bad for our health, especially for people aged 65 or over, and people with long-term conditions. NHS Ipswich and East Suffolk CCG is supporting the Stay Well This Winter campaign; we want to help protect you and those you care for. Cold weather doesn't have to go hand in hand with illness. Here are some simple things you can do to help yourself stay well this winter.



1 Keep Warm



Keep warm – this may help prevent colds, flu or more serious health conditions such as heart attacks, strokes and pneumonia. The Met Office also has advice to help you Get Ready for Winter.

Suffolk's Warm Homes, Healthy People project is designed to help vulnerable people and families make their homes cheaper to heat. The project can provide fuel payments paid directly to your heating supplier, loan of electric heaters and financial assistance towards costs for repairs and replacements if your boiler or heater stop working and arrange for an independent surveyor to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills. The project can also access grants to help pay for insulation and basic draught proofing.

To find out more about the project and to see if you are eligible, take a look at the Warm Homes, Healthy People page on the Healthy Suffolk website or contact the team on **03456 037 686**.

Suffolk's
**Warm Homes
Healthy People**
Grant could help:

- Fuel costs
- Emergency boiler repairs
- Cheaper heating oil prices
- Good neighbour schemes
- Help with the cost of home insulation

08456 037 686





2

Eat Well

Eat well – food gives you energy, which helps to keep you warm. So, try to have regular hot meals and drinks throughout the day. For more advice on 'eating smart', visit: www.healthysuffolk.org.uk/healthy-you/eat-smart/ text

Protect yourself from Flu 3

Get a flu jab -

The flu vaccination is offered free of charge to people who are at risk, pregnant women, carers and some young children to ensure that they are protected against catching flu and developing serious complications. Check out the NHS website for the full run down.

www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/

It explains how you can help protect yourself and your children against flu this winter, and why it's very important that people who are at increased risk from flu have their free flu vaccination every year. All the information is translated into different languages, in easy read formats and there is a link to a British Sign Language video too.

Need more advice?

Use NHS Choices symptom checkers for a suggested treatment option. <https://www.nhs.uk/conditions/>

Have you tried the virtual doctor?

The doctor may be able to answer some of your questions about coughs, colds, sore throats and the flu. That way, you can manage your symptoms more effectively and can understand when you should book an appointment with your GP.

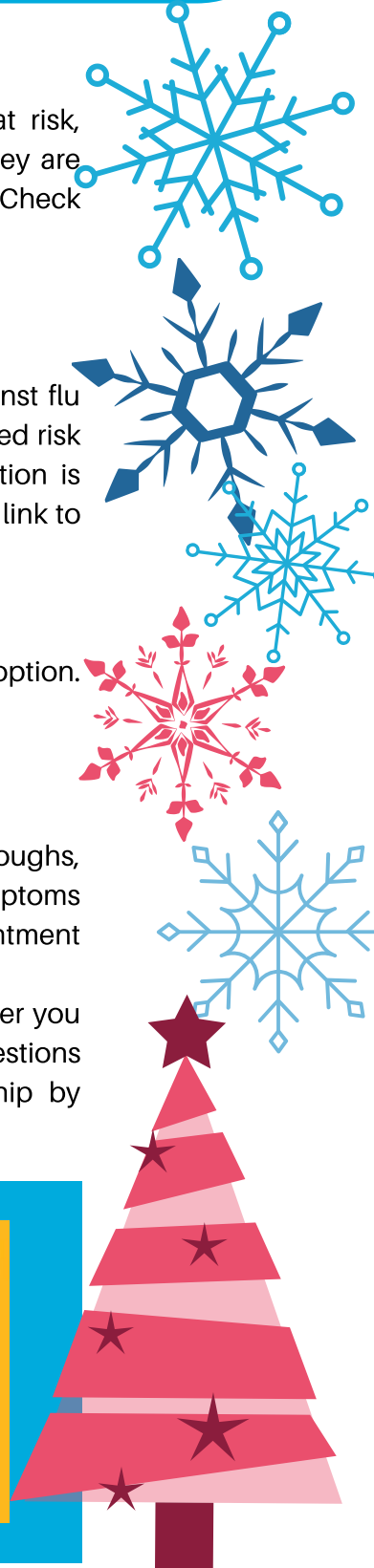
It is available on your mobile, on your tablet or on your PC so wherever you are when you have a question, that question can be answered. Ask questions via the VirtTuri website <http://www.virtturi.com/> (run in partnership by Suffolk GP Federation and StowHealth).



PROTECTS YOU, YOUR FAMILY AND PATIENTS FROM THE FLU

Get your free flu vaccination

NHS



8 Wise Ways to Stay Warm



1. Wrap up warm

Dress in layers and wear a hat, gloves and scarf. Clothes made from wool, cotton or fleece fabrics are warmest. When you're indoors, wear warm socks and slippers to keep your feet cosy.

2. Keep the cold out.

Close doors and use a keyhole cover to block draughts. Buy thermal linings for curtains to keep the heat in.

3. Don't use alcohol to keep warm

Avoid drinking alcohol before going, or when, outside. It makes you feel warm because blood vessels in the skin expand, but this draws heat away from your vital organs. Read about the effects of alcohol on your heart.

4. Check your heating

Have your heating system serviced regularly to make sure it works well.

5. Maintain the temperature

Keep your main living room at 18–21°C (64–70°F) and the rest of your house at 16°C (61°F) at least. If you can't heat all the rooms you use, heat the living room during the day and the bedroom just before you go to sleep. In bed, use either a hot water bottle or an electric blanket.

6. Have warming food and drinks.

Have regular hot drinks and food such as porridge, soups and stews. Visit our recipe finder to get more ideas for warming, healthy dishes.

7. Stay active.

Keep as active as possible to boost your circulation. Move around at least once an hour and avoid sitting still for long periods. Even light exercise will help keep you warm. When you do sit down, put your feet up as it's coldest nearest the ground.

8. Check what support you can get.

Don't miss out on benefits. Depending on your circumstances you may get the Winter Fuel or Cold Weather Payments automatically. If you don't, visit gov.uk/winter-fuel-payment or call **03459 15 15 15** to see if you're eligible. You may also be entitled to claim an Affordable Warmth Grant, which could help with heating and insulation improvements. For more information, call the Energy Saving Advice Service on **0300 123 1234** or visit gov.uk/energy-company-obligation.

Suffolk Libraries are again running their wellbeing campaign Jumpstart January in 2021 in partnership with Wellbeing Suffolk and Fit Villages.

This year we'll be focusing on providing activities, tips and advice to inspire people to be more physically healthy and active. This will be an online campaign this year and there will be online sessions including talks on how to motivate yourself, where to walk in Suffolk, getting active in Suffolk and relaxation sessions. Fit Villages are hopefully going to be setting up some socially distanced Nordic walking sessions and other online sessions potentially including yoga, Pilates etc.

Look out for more details from Wellbeing Suffolk and Suffolk Libraries in the coming weeks. You can also sign up for regular Winter Wellbeing updates on the Suffolk Libraries website and be entered into a prize draw to win a Fitbit Versa 2 smart watch.

The aim of Jumpstart January will be to give people a New Year boost and set everyone up for what will hopefully be a much more positive year in 2021. To find out more click on our link - <https://www.suffolklibraries.co.uk/jumpstartjanuary>.

**SUFFOLK
LIBRARIES**

**Here's a
message from
our friends at
Suffolk Libraries**

Jumpstart January

Wellbeing Suffolk Socials are proud to be working in partnership with Suffolk Libraries again this January to help you get your year off with a spring in your step. This years theme for Jumpstart January is 'Getting Active'. Being active is one of the Five Ways to Wellbeing and one of the key tools in your wellbeing kit bag. So we have put together a program of Zoom socials to support you to get active and get the motivation to stick at it.

Jumpstart January's Socials

Getting Active in Suffolk - 11.30am Mondays in January (except 1st)

A relaxed online meet up to discuss the many ways you can get active in Suffolk.

Relaxation pitstop - 12.30 on Tuesdays in January

Join Nikki for a few minutes' relaxation. Whether you are at work or home. This space is for you.

How to Motivate Yourself - 6.30 till 7.15pm Tuesdays in January

Starting an exercise routine and sticking to it, can be difficult. Come along to our social for some helpful tips and hints to keep your going and motivated.

Relaxation station - 1 Hour - 11.30am Thursdays in January

Join us for a Relaxation session. Please arrive on time. Open to all, this is not a therapy session, but an opportunity to relax and take some time for yourself and a chance to meet others and build connections with a chat at the end

Where to Walk in Suffolk - 11.30am Fridays in January

Suffolk is home to an abundance of beautiful and historical walks. Our community advisers and guests will be discussing some of the walks they have been on and share ideas on where to go if you are looking for inspiration.

For a handy how to Zoom guide check out our website here www.wellbeingnands.co.uk/suffolk/social-events/how-to-zoom-guide/

All zoom links for the above socials and dates will be doing by accessing the following page on the Suffolk Wellbeing Website. www.wellbeingnands.co.uk/suffolk/social-events/



Colouring for Calm

Colouring can be a great way to take your mind away from the worries of life and focus on something in the present. Being present is one of the five ways to wellbeing. We've provided you with some examples here, you can buy books too but alternatively just go online and type in adult colouring on an image search and you will get a whole range of free images to print off and enjoy. You could even frame them when you have completed them to brighten your walls, or laminate them for unique place mats.







Life Link West Suffolk

LifeLink helps hundreds of residents and saves NHS thousands. This social prescribing project has helped improve the lives of hundreds of **West Suffolk** residents and has saved the NHS thousands of pounds. LifeLink was established to achieve better outcomes for people living with loneliness, poor self-esteem, low mood and anxiety by helping them through coaching support and involving them in community groups and support available on their doorstep.

All that in turn, reduces some of the dependency on trips to the GP, prescription costs and hospital admissions, a saving that has been estimated to run into thousands of pounds.

LifeLink began as a pilot in Haverhill in 2018 funded and supported by West Suffolk Council, the Government and Suffolk County Council. It grew to include Brandon and Mildenhall in October through funding from Suffolk Public Sector Leaders and West Suffolk Clinical Commissioning Group - and then expanded to cover the rest of West Suffolk in February 2020 thanks to funding from GP practices that form the Primary Care Networks in West Suffolk. LifeLink adapted its delivery so that it continued to support participants during the Covid19 lockdown period.

What is Social Prescribing?

Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.

Between April 2019 and 1 July this year, LifeLink has seen more than 500 people.

Of those that took part in surveys to measure their progress with LifeLink, the vast majority showed an improvement to their sense of wellbeing.

Around two thirds of the people who were referred to LifeLink have either a disability, long term condition or frailty. Of those that took part in a survey, 86 per cent felt more empowered and motivated to take the steps to better manage their condition. That in turn reduces some of their likely need for NHS services such as GP appointments, hospital visits, treatments and medicines.

LifeLink partners include Abbeycroft Leisure, West Suffolk NHS Foundation Trust, ONE Haverhill Partnership, Suffolk County Council, JobCentrePlus, West Suffolk Clinical Commissioning Group, West Suffolk Citizen's Advice, the West Suffolk Primary Care Network and West Suffolk Council. To find out more visit;

www.westsuffolk.gov.uk/community/lifelink

Connect for Health

Ipswich and East Suffolk

In Ipswich and East Suffolk, social prescribing is known as 'Connect for Health'.

NHS England describes social prescribing as "enabling all local agencies to refer people to a link worker". Link workers - known locally as Community Connectors - give people time and focus on what matters to the person as identified through shared decision making or personalised care and support planning. They connect people to community groups and agencies for practical and emotional support.

Connect for Health particularly works for a wide range of people, including those:

- with one or more long-term conditions,
- who need support with their mental health,
- who are lonely or isolated,
- who have complex social needs which affect their wellbeing.

The Connect for Health programme aims to do just what it says! It will assist individuals to find non-clinical solutions to improve their own health and wellbeing. This can include referrals to organisations to assist or support them to connect with their local community. The service can connect individuals to social activities, clubs, groups, and like-minded individuals in their community. The programme does this by offering a private face to face discussion with a "Community Connector" to explore what matters to the individual. During the Covid-19 pandemic, like so many of us, community connectors are working differently. There are no face to face appointments and all appointments are telephone-based.

If you live in...	Contact:	Telephone:
South Suffolk including Hadleigh, Bildeston, East Bergholt, Holbrook and surrounding areas; mid-Suffolk including Stowmarket, Needham Market, Claydon, Debenham, Mendlesham, Eye, Fressingfield, Ixworth and surrounding villages.	Suffolk Family Carers	01473 835477
East Suffolk including Woodbridge, Alderton, Wickham Market, Martlesham, Kesgrave and surrounding villages	Shaw Trust	Jasmine Ross 07967395985 or Dominique Dale 07790922228
East Suffolk including Felixstowe, Saxmundham, Aldeburgh, Leiston, Framlingham and surrounding villages	Access Community Trust	01502 527200
Ipswich	Citizen's Advice Ipswich	01473 298637 or go online

Help from our friends



The Salvation Army - Find local support by going to their website www.salvationarmy.org emailing at info@salvationarmy.org.uk or ringing 020 7367 4500



YANA - Helping those in farming who may be affected by stress and depression. jhoey@yanahelp.org 0300 323 0400 - www.yanahelp.org



Rethink Mental Illness Advice Line 0300 5000 927 info@rethink.org - www.rethink.org



Campaign Against Living Miserably 0800 585858 or visit their website www.thecalzone.net



Mind Infoline - 0300 123 3393 info@mind.org.uk www.mind.org.uk



Community Action Suffolk Good Neighbour Schemes 01473 345359/07884 563370 sally.connick@communityactionsuffolk.org.uk



Suffolk Refugee Support www.suffolkrefugee.org.uk or call 01473 400785



BME Suffolk Support Group - call 07492 691 190 or go online at www.bmesupport.org - includes ethnic minority food bank



BSM Multicultural Services 01473 400081/429740 info@bscmulticulturalservices.org.uk



GYROS - refugee outreach admin@gyros.org.uk - 01473 480701



Phoebe - Supporting minority ethnic women in abusive relationships 01473 231566 - admin@phoebecentre.org.uk - www.phoebecentre.org.uk/



Anglia Care Trust 01473 622888 - admin@angliacaretrust.org.uk



Childline 0800 1111



Multi-agency Safeguarding Hub Enquiry line 0345 606 1499



Healthwatch Suffolk - Office telephone: 01449 703949 - Signposting: 0800 44 88 234 info@healthwatchesuffolk.co.uk



NHS website for how to stay well in winter, the latest coronavirus advice, information on the Flu vaccine or register for help from NHS volunteer responders to arrange support for yourself or someone you know call 0808 196 3646

Farming Community Network 03000 111 999 fcn.org.uk

Saneline Mental Health Helpline 0300 304 7000 www.sane.org.uk

Age UK advice line 0800 678 1602

Reengage - 0800 716543 info@reengage.org.uk

The Silver Line 0300 4 70 80 90

Suffolk Family Carers 01473 835477 www.suffolkfamilycarers.org

Shout - Crisis Volunteers text 85258 or visit www.giveusashout.org

The Source - Info and advice for young people in suffolk www.thesource.me.uk

Young Minds - for urgent help text ym to 85258 www.youngminds.org.uk Parents helpline 0808 802 5544

Homestart in suffolk 01473 621104 headoffice@homestartinsuffolk.org

Cruise Bereavement Care 01473 230888. For more information see www.suffolkcruise.co.uk

Amparo - Support Following Suicide 0330 088 9255 www.listening-ear.co.uk

Beat Eating Disorders - Helpline: 0808 801 0677 Studentline: 0808 801 0811 Youthline: 0808 801 0711 or visit their website at www.beateatingdisorders.org.uk

One Life Suffolk - Help and advice on how to get active and stay healthy. 01473 718193, www.onelifesuffolk.co.uk or info@onelifesuffolk.co.uk

Home but not alone - help and advice for those living alone in Suffolk 0800 876 6926

Simple energy advice Website and advice line 0800 444 202

Warm homes healthy people 03456 037 686

Suffolk County Council advice and help line Helpline: 0800 068 3131 for info on foodbanks



Five Ways to get in touch



Call 0300 123 1503

Self refer on the website at
www.wellbeingnands.co.uk

Self guided CBT (with option of clinical support) **www.LLTTF4Suffolk.co.uk**

Online Webinars available today at
www.wellbeingnands.co.uk/suffolk/get-support/

Check out our online Virtual Socials at
www.wellbeingnands.co.uk/suffolk/social-events/

Your Free local NHS IAPT service



**Supporting 0-25 years
of age**

Phone: 0345 600 2090

Monday-Friday 8am-7:30pm

Information, advice and support for anyone concerned about the emotional wellbeing and mental health of a child or young person aged 0 to 25 years.

The Emotional Wellbeing Hub provides:

- a team of Emotional Wellbeing Practitioners for expert information, advice and support
- an online referral form for anyone concerned about a child or young person's emotional wellbeing and mental health. Young people can also self-refer
- a consultation helpline for emotional wellbeing and mental health issues relating to children and young people

The Emotional Wellbeing Hub is funded by NSFT (Norfolk and Suffolk Foundation Trust) which is the same as for Wellbeing Suffolk. However, Wellbeing Suffolk support people aged 16+. If you are concerned about the mental wellbeing of someone under 16 we recommend you get in contact with Suffolk's Children & Young Peoples Emotional Wellbeing Hub who will provide the support you need. It provides a simple process for families, young people, and professionals to make a referral or get advice about wellbeing and mental health services.

Child and Young Person referral form:

<https://gateway.mayden.co.uk/referral-v2/0f00194a-73be-424c-b4fa-50d8438a0d3a>

Parents Carers and Professional Referral Form:

<https://gateway.mayden.co.uk/referral-v2/2703a180-2ff7-4779-8b6b-6de81ecd8b1b>



To find out more about who we are
and how we can help please visit:
www.wellbeingnands.co.uk/suffolk/

For any general enquiries or to register
with the service,
please call:

Wellbeing Suffolk:
0300 123 1503*

Lines open Monday to Friday
(excluding bank holidays) 8am to 8pm

*Depending on your provider call costs
from a landline or mobile will vary.

Or if you would to self-refer to our
service please visit:
www.wellbeingnands.co.uk/suffolk/
and click on our self-refer page

NHS

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**Improving Access to
Psychological Therapies**

NHS
Norfolk and Suffolk
NHS Foundation Trust



First Response
Call: 0808 196 3494
(Freephone)

A 24/7 service for people of
all ages in Norfolk and Suffolk
requiring mental health care,
advice and support.

www.wellbeingnands.co.uk



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