

## HEALTH & WELLBEING CASEWORKER

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These are unprecedented times. We must look after each other and our families and heed the advice been given. Everyone is feeling very unsure at the moment and the situation changes daily. We must be considerate when buying essentials and let's not panic.

- 1) Wash hands repeatedly and vigorously with soap/sanitizer.
- 2) Refrain from touching face; esp. mouth/nose/eyes.
- 3) Cover mouth and nose when sneezing/coughing. Into elbow. Discard used tissues.
- 4) Clean and disinfect frequently touched objects/surfaces—your phone!
- 5) Practice Social Distancing; 2m/6ft away from others.
- 6) Avoid handshakes/hugs when greeting.
- 7) Avoid mass gatherings!

If you develop a high temperature and/or a new continuous cough, everyone in your household must stay at home for 14 days. Do not go to GP, pharmacy or hospital but call NHS 111 for further Advice. GP is necessary if you have an existing health condition, immunity problems or very serious symptoms. <https://www.nhs.uk/conditions/coronavirus-covid-19/>



The constant information that we are all receiving regarding COVID-19 (also known as coronavirus) is enough to worry any of us but can specifically cause challenges for those with live with anxiety on a day to day basis/have a pre-existing anxiety condition. Taking care of yourself, your friends, and your family can help you cope with stress.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly in your living room, get plenty of sleep.
- Make time to unwind. Try to do some other activities you enjoy—painting, baking, gardening, listening to music. ([anxietyuk.org.uk](http://anxietyuk.org.uk))

Over the coming period SEFF will be putting in place contingency plans such as:

- Telephone Support Service manned by volunteers (5 days per week from 9am –5pm)
- A drop off service for the vulnerable (those aged 70 plus and /or others with underlying health issues. SEFF volunteers will pick up groceries and/or medical supplies for those eligible and requiring support.

Finally it's important to try not to panic; and remember to look at things factually !

**This too  
shall pass.**

## HOW CAN WE HELP?

Over the next number of months the Health & Wellbeing Caseworkers hope to make direct contact with all members of Seff to go over what forms of support are available within the new Individual Needs Programme. If you are eligible under the new frameworks, you will be invited to meet with the Caseworker on a one to one to complete an INC –Individual Needs Consultation form. This programme started in July 2017 and is available in total for 4 years. It is important to us in Seff that those who are eligible receive all the support that has been made available to them.

### INDIVIDUAL NEEDS PROGRAMME FOR VICTIMS AND SURVIVORS (INC)

The Health & Wellbeing service has been put in place by VSS, to further support those whose health has been impacted through the time known as 'The Troubles'. SEFF have 3 Health and Wellbeing caseworkers based in various parts of the UK & R.O.I, who can arrange to connect with you and discuss your needs. Our aim being to help improve your overall wellbeing and support you in living your life to the fullest. We can do this by signposting you towards existing services that may be available to you, referring you into Counselling, Complementary Therapies, Befriending, Social activities, and also by accessing support through the VSS Additional Needs Frameworks as listed below.

Contact a Health and Wellbeing caseworker to discuss, details above.

Listed below are examples of some of the support already awarded through the VSS.

**Disability Aids** – Hearing aids, rollators, perching stools, wheel chairs. (Recommended by NHS but not covered by NHS.)

**Education & Training** – Degrees, training courses, One to One tuition in numeracy/literacy. (Education impacted by Troubles.)

**Trauma Focused Physical Activity** – Gym membership, swimming pool access, yoga. (Recommended by practitioner)

**Persistent Pain Management** – Physiotherapy, therapies to support pain within NISCC guidelines (Recommended by GP.)

**Volunteering** – Wellies, Safety gear, coats, tools. (Supported by an agency the individual volunteers with.)

**Psychological Therapies** – Counselling. (May need recommendation through GP or other practitioner.)

**Social Isolation** – Recreational classes such as Flower Arranging, Woodwork etc. (Individual is lonely and isolated.)

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### Exercise at home

Working out is often a great way to de-stress at the end of the day and a good way to keep your immune system in tip-top shape. Exercise is important for overall healthy well-being, but it is vital to protect yourself from airborne disease, especially the coronavirus.

One such example is the online yoga platform **EkhatYoga** which is offering free gentle yoga and meditation classes online to people during the outbreak to help counteract the escalation of stress and anxiety that comes with it. It is crucial for seniors to maintain good flexibility and balance skills to reduce the risk of falls. Yoga is an excellent form of gentle exercise that improve flexibility and balance. Yoga can help strengthen mental awareness and concentration, which can further reduce the risk of falls and injuries. [www.ekhatyoga.com](http://www.ekhatyoga.com)

### Eating Healthy

There is no quick-fix for the immune system – genetics, age and exercise are all contributing factors – and no one single addition to your diet will protect you from infection.

A number of foods such as garlic, ginger and spinach build immunity. Fibre provides great fodder for all the different beneficial micro-organisms living in us, and might just be the life-saving food 90 per cent of us aren't eating enough of. Get it from fruit, veg, nuts and seeds, oats, lentils and rice, as well as cooked and cooled white potatoes.

Fluids are just as important as the other food groups. Water is vital for our bodies to work properly so it's important to drink plenty. Not drinking enough can cause constipation, dehydration, and increase your risk of a fall.

Aim for 6-8 glasses of fluid every day. This could be water – milk, soups, tea and coffee.

<https://www.ageuk.org.uk/information-advice/health-wellbeing/healthy-eating/healthy-eating-guide/>

<https://www.healthline.com/health-news/exercise-at-home-to-avoid-gym-during-coronavirus-outbreak>