

May 2020

HEALTH & WELLBEING CASEWORKER DETAILS:

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Via the LIVES Project: Based in London and supporting GB-based victims/survivors

Being grateful - If you know an NHS worker, a key worker, a befriender, someone who lives alone, a loved one, friend, or someone who's been especially helpful to you. *Why not* write them a nice letter or send a card, to let them know that your thinking of them. During this time of great uncertainty in our lives, those who touch it, have become more important to many of us, as we realise the importance of true friendship.



The **Public Health Agency (PHA)** is recommending that everyone take **vitamin D** supplements during the lockdown period to help keep bones, teeth and muscles healthy.

Vitamin D is an essential vitamin for everyone and we get it from two main sources, sunlight and food.

Caroline Bloomfield, the PHA's lead on Nutrition and Healthy Eating, said: "During the coronavirus pandemic the government has advised that we all stay at home, and while many of us will actually be outdoors more than usual if we have gardens or go outside for our once-daily exercise, for some the lockdown will mean spending much more time indoors.

"As a result of being inside more, we may not be getting enough vitamin D from sunlight. We are advising that everyone should consider taking a supplement of vitamin D every day to keep their bones, teeth and muscles healthy."

Our bodies can make most of the vitamin D that we need from sunlight on our skin during the 'summer' months (April to the end of September).

Our body also uses the vitamin D from foods like oily fish (such as salmon, mackerel, trout, kippers and sardines), eggs and meat, along with foods that have been fortified with vitamin D such as breakfast cereals and most fat spreads.

Vitamin D3 can have an impact on as many as 2,000 different genes within the body, and has a direct role on far more aspects of health than many might realise.

One of the most significant benefits to vitamin D3 though is its impact on mood.

Many people suffer from seasonal affective disorder and generally feel happier when the sun is shining because of the synthesis of the vitamin that happens with direct exposure to UVB rays. Increasing levels of vitamin D is not only a pick-me-up but could effectively help to reduce the symptoms of clinical depression. Other treatments may be needed as well, but first ensuring proper absorption of the vitamin is critical.

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Please ask your pharmacist, herbalist or doctor for further information if you would like further information or advice on how this supplement can support your immune system.

For more information on **vitamin D** please visit the PHA website at www.pha.site/vitaminD

For some of us however, sunlight and foods do not provide enough vitamin D, and it is therefore recommended that:

- * All infants (breastfed and formula fed) from birth to one year of age unless they are drinking 500ml (1 pint) or more of infant formula each day should take an 8.5-10 microgram supplement every day throughout the year;
- * Children aged between 1 and 4 years should take a 10 microgram supplement every day throughout the year.
- * Everyone aged 5 years and over (including pregnant and breastfeeding women) should consider taking a 10 microgram supplement every day, particularly between October and March.

A simple blend for creating a plant based surface spray.

You will need, a spray bottle

Ingredients: 8oz of distilled water, 8oz of distilled white vinegar, 25-30 drops of essential oil/s.



Pour the vinegar and distilled water into the spray bottle, add the essential oils. You can mix various oils for your preferred smell. Some oils can not be applied in pure form directly to the skin, and need diluted. Mix with a carrier oil for HANDS.

tea tree - antifungal, antimicrobial, antiseptic, antiviral, antibacterial

lavender - antiseptic, antiviral, antibacterial, antifungal, antimicrobial

geranium - antibacterial, antifungal, antiviral, antiseptic

lemon* - antimicrobial, antiseptic, antiviral, antifungal

sweet or wild orange - antiseptic, antiviral, antifungal, antibacterial

eucalyptus - antibacterial, antifungal, antiviral, antiseptic, antimicrobial

rosemary - antiseptic, antibacterial, antifungal, and antimicrobial

The **Victims and Survivor Service** support those who are over the age of 18 years, who have been physically or psychologically injured or impacted as a result of a specific 'Troubles related' incident. This is done through a range of Individual needs consultations carried out by a Health & Wellbeing Caseworker who can link the needs to one of the frameworks. During the time of Covid19, some changes are in place to accommodate those who are in physical pain or experiencing the effects of trauma.

Persistent Pain - Physiotherapy - In the current circumstances the service is available through the H&WB team, to those who have access to telephone and video link in their home. To enable those in pain to support themselves with recommended daily exercise, VSS may support them with some resources that can be used during awarded sessions.

Examples of resources are:



Clients should have completed an Individual Needs Consultation with a H&WB Caseworker and be in receipt of an Award from VSS, for this service, before any support can be made. Contact details overleaf.

Other supports through the frameworks are: Online courses for Relaxation, Stress relief, management of pain and trauma. Exercise sessions in the home, resources to support circulation, on the phone Counselling service, Online learning, workshops to help with isolation.

Some of the **frameworks** are not applicable at this time due to social restrictions, but if your new to the process of completing an Individual Needs Consultation form, now is a good time to get through eligibility with a view to being able to access the other frameworks when restrictions are lifted. **Frameworks include: DISABILITY AIDS, PERSISTENT PAIN MANAGEMENT, PSYCHOLOGICAL THERAPIES, EDUCATION&TRAINING, TRAUMA-FOCUSED PHYSICAL ACTIVITY, VOLUNTEERING, SOCIAL ISOLATION - Recreational & Mobility aids.**



Are you finding it difficult to relax or sleep during this time of lockdown?

Lavender is a good oil for sleep and peace of mind

Emotionally it's the oil of communication and calm, it aids verbal expression and calms the mind.

Can be either diffused in the room or a drop on edge of pillow or on pulse points at wrist. Just one drop or two in this case.

If diffusing you can use 3 or 4 drops in the diffuser with water

It is good for burns, headaches and sprains, cuts and insect bites.



Silence at Sunset in Co. Fermanagh

Over the past month, we have experienced some of the most beautiful sunsets. Its almost as if the Earth knows we are in lockdown, and each evening it puts on a spectacular showpiece for us to enjoy. We are aware of some members who have been out capturing these and placing them on Facebook or Instagram for others to enjoy. Many take comfort from the sunset as it sets down on another day where life, and with it comes rest and peace. We would urge you all to take 10 minutes each evening to watch the sun go to rest, reflect on your day, make plans for tomorrow.