

## Havens Hospices Wellbeing Support Package

*Our Vision is 'Making every day count' where we focus on life, living and what is important to you and your family.*

*At Havens Hospices we are passionate about providing the best palliative and supportive care to improve the lives of those affected by complex or incurable conditions. Our care will hopefully give you and your family the confidence to cope and enjoy the best quality of life possible.*

In the event that you are advised to stay home we would like to provide you with some information and support you in a way that suits you.

For up to date guidance regarding staying at home please visit [www.gov.uk](http://www.gov.uk)

### Contents

How to access support from Havens Hospices Wellbeing Team .....	1
Practical support.....	2
Relaxation.....	2
Fresh air.....	3
Getting Creative.....	3
Keeping active.....	3
Emotional Support.....	3
Learning a new skill.....	3
Connecting with others .....	4
Spiritual care .....	4
Parenting support .....	4

### How to access support from Havens Hospices Wellbeing Team

We have a variety of ways to support you during this difficult time. See information detailed below or if you would like telephone support of a virtual clinic session the please complete this Form and send to [wellbeing@havenshospices.org.uk](mailto:wellbeing@havenshospices.org.uk)

Name	Email	Telephone number	Support required and for who

Support available:

Exercises, relaxation, creative ideas, someone to talk to, counselling, managing practically at home, spirituality, parenting support or support for children.

## Practical support

If you are not able to get out then you may need help with practical chores. Try online shopping or get friends or family to drop off the things that you need. If you are in need of practical support such as shopping or picking up prescriptions and you do not have friends or family available to help then these are some organisations that may be able to provide support.

- [www.cavsorg.uk/](http://www.cavsorg.uk/) 01268 214000 email [wellness@cavs.org.uk](mailto:wellness@cavs.org.uk) are offering support to people self-isolating or are house bound and live in the castle point and Rochford area.
- Action for Family Carers support family carers across Essex [www.affc.org.uk](http://www.affc.org.uk) 0300 770 80 90
- Southend Carers support carers in Southend [www.southendcarers.co.uk](http://www.southendcarers.co.uk) 01702 393933
- Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk) 0800 0556112

Peabody may be able to help with benefits advice for patients diagnosed with a complex or incurable condition. Please call [01702 445 870](tel:01702445870).

## Relaxation

If you are feeling anxious or stressed you may find relaxation activities helpful. There are many relaxation apps within your app store on your smartphone or tablet and guided session on [www.youtube.com](http://www.youtube.com).

Mindfulness apps and online guided sessions are a good way to help if you're feeling anxious or overwhelmed.

Mind offer a variety of online resources for relaxation

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>

## Fresh air

It is important to get fresh air so try and keep a window open or think about spending some time in the garden where possible.

There are lots of websites with activities for the garden or visit the Royal Horticulture Society website for ideas <https://www.rhs.org.uk/advice/>

## Getting Creative

Reading is a good activity and there are many books available in hardcopy, digital downloads or even give an audio book a go.

Why not try a colouring book? There are many adult colouring books available or look at the free printable colouring pages online.

## Keeping active

It is important to keep up with exercise for your physical and mental wellbeing. Try and make time to do some exercise throughout the day.

## Emotional Support

If you are feeling overwhelmed and need someone to talk to then we can help.

If you would like emotional support from Havens Hospices or just someone to talk to either over the telephone or a virtual clinic session the complete the above form or call 01702 220321

## Learning a new skill

Use this time to learn a new skill using online guidance or books. Speak to other friends or family if they can help. There are also online courses for distance learning.

## Connecting with others

Connect with friends and family through Whatsapp, Facetime, Skype and other virtual resources. It is really important when you spend time at home or feeling isolated to try and connect with others. Look on social media for support groups.

If you would like someone to talk to either over the telephone or a virtual clinic session the complete the above form or call 01702 220321

## Spiritual care

Spiritual care is a process of looking at what is important to you. You don't have to be religious or have a particular faith to be spiritual. We have a spiritual care contact list and can signpost you.

## Parenting support

Havens Hospices Family Support Workers can support you to support your children. Please complete the above form or call the Wellbeing Team on 01702 220321.

## Other useful contacts

[www.samaritans.org](http://www.samaritans.org) 116 123

[www.mind.org.uk](http://www.mind.org.uk) Infoline: **0300 123 3393** Email: [info@mind.org.uk](mailto:info@mind.org.uk) Text: **86463**

<https://www.rhs.org.uk/advice/>

[www.youtube.com](http://www.youtube.com)

[www.cavsorg.uk/](http://www.cavsorg.uk/) 01268 214000

Action for Family Carers support family carers across Essex [www.affc.org.uk](http://www.affc.org.uk) 0300 770 8090

Southend Carers support carers in Southend [www.southendcarers.co.uk](http://www.southendcarers.co.uk) 01702 393933

Age UK [www.ageuk.org.uk](http://www.ageuk.org.uk) 0800 0556112

## Support for parents/carers

<https://www.thebestideasforkids.com>



Body Coach - [Kids workouts to do at home](#)

[Lego Challenges](#)

[BBC Bitesize](#)

[National Geographic Kids](#)

[Learn a new language \(!\) with Duolingo](#)

<https://thekidshouldseethis.com>

<https://www.tinkercad.com>

Blue Peter badges at <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

<https://www.facebook.com/artfulparent/>

<https://www.redart.com>

<https://theimaginationtreee.com>

<https://toytheater.com>

[DK Find Out](#)

<https://www.twinkl.co.uk>