

## Useful Apps



**Nike training club:** At home workouts, nutrition advice and expert help with keeping fit whilst indoors. Download here: <https://www.nike.com/gb/ntc-app>



**Headspace:** Mindfulness for your everyday life. Helps with stress, getting moving, and sleeping. Download here: <https://www.headspace.com/headspace-meditation-app>



**Calm:** helps with reducing anxiety and stress, building self-esteem and happiness, and improving sleep. Download here: <https://www.calm.com/>



**Silvercloud:** helps manage stress, anxiety and depression. An 8 week course that you can complete at your own pace. Download here: <https://www.silvercloudhealth.com/>



**Duolingo:** Why not learn a new language in your spare time? Duolingo has multiple courses to help! Download here: <https://www.duolingo.com/>

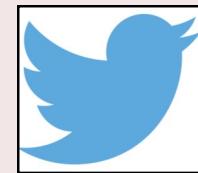


**Skillshare:** an online learning community where you can take courses on whatever fascinates you! Download here: <https://www.skillshare.com/mobile>

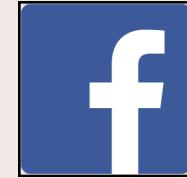


**Munch:** This app helps find local food banks, obtain vouchers and information easily as well as providing healthy recipes on a budget. Download here: <https://apps.apple.com/gb/app/citymunch/>

## Radford Medical Practice and Student Health Centre's Self- Isolation Support Leaflet



@NTU\_Health

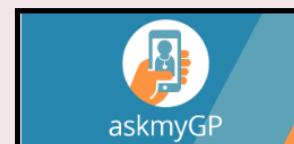


Radford Medical Practice and  
Student Health Centre

We would like to say a big thank you for your patience and positive feedback you have given during these unprecedented times. It has really helped the staff and doctors to keep the moral going! We have created this leaflet to hopefully spread some positivity and to support those who may be in need.

Here at Radford Medical Practice, we are helping to limit the spread of coronavirus by:

- Closing our Student Health Centre and operating only from one site.
- Using telephone or video call consultations to limit the need for patients to come into surgery.
- Encouraging the use of the Electronic Prescription Service to negate the need for you to collect your prescriptions from the surgery. Instead they can be sent straight to a pharmacy of your choice.
- Using our new system 'Ask My GP' where you can send a message to the doctor electronically and almost all queries are dealt with the same day. You can access this by going onto our website (<https://www.radfordmedicalpractice.co.uk/>) and clicking the 'Ask My GP' button on the top left hand side.



- Social Prescribing 'Keep in Touch Service'. Our Social Prescribers are still operating via telephone for vulnerable patients.
- Keeping our social media platforms and website updated with information from reputable sources and services.
- Staff bringing in treats to share, aiming to keep spirits up and morale high!

Colour in this page!



- **Talk to friends!** Whether it's on Facetime, Skype, Houseparty, or zoom, keeping in touch with friends is important during this time. Here are some links of how to download and use these platforms:
  - ◊ **Houseparty:** [https://www.youtube.com/watch?v=FEcvSN6t\\_MI](https://www.youtube.com/watch?v=FEcvSN6t_MI)
  - ◊ **Zoom:** <https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>
  - ◊ **Facetime:** <https://www.youtube.com/watch?v=TXLZ-egtle0>
  - ◊ **Skype:** <https://www.youtube.com/watch?v=S38e-t6rhKA>
- **Disney Plus:** Disney Plus offers a 7 day free trial. This one is especially good for keeping children entertained! <https://www.disneyplus.com/>

### Stay active!

- **FitBit Premium 90 Day Trial:** if you own a FitBit, you can now get a 90 day trial of FitBit Premium which allows you access to at-home workout videos and in-depth health statistics! <https://www.fitbit.com/us/products/services/premium>
- **YouTube:** There are plenty of workout videos on YouTube! Popular channels include:
  - ◊ **Joe Wick's (The Body Coach) PE Lessons on YouTube:** Daily live workouts to keep active and suitable for the whole family <https://www.youtube.com/user/thebodycoach1>
  - ◊ **Yoga with Adrienne:** Guided yoga catered for all abilities. <https://www.youtube.com/user/yogawithadriene>
  - ◊ **Madfit:** Real time workouts, music, no equipment needed and HIIT workouts! <https://www.youtube.com/channel/UCpQ34afVgk8cRQBjSJ1xuJQ>
- **Get outdoors:** Walking is a great way to clear your head. Find routes to take in your area by inputting your post code here: <https://www.walkingbritain.co.uk/find-walks-by-me.php>

### Useful Contacts!

- **The Golden Number**—The golden number is to be used by those who fall within the vulnerable category and do NOT have friends or neighbours who can help pick up medicine, food or household supplies. **Call 0115 915 5555 9:00am-5:00pm Monday to Friday, or visit [www.nottinghamcity.gov.uk/coronavirus](http://www.nottinghamcity.gov.uk/coronavirus).**
- **Domestic Abuse**— If you, or anyone you know, is or might be a victim of domestic abuse, below are some support services.
  - **Call 999** from a mobile in an emergency and **dial 55** if you are unable to speak. This will put you through to police call management and a BT operator will remain on the phone.
  - **National Domestic Abuse Helpline:** run by Refuge, this helpline offers confidential support 24 hours a day to victims and those worried about friends or loved ones. Telephone or TypeTalk **0808 2000 247**
  - **The Men's Advice Line**— A confidential helpline for male victims of domestic abuse.  
Call **0808 801 0327** or  
email [info@mensadviceline.org.uk](mailto:info@mensadviceline.org.uk)
  - **Women's Aid**—a live chat service is available Monday to Friday between 10am-2pm. They have also created a Survivor's Handbook providing information on housing, money, legal rights and helping your children.  
**Live Chat:** <https://chat.womensaid.org.uk/>  
**Handbook :** <https://www.womensaid.org.uk/the-survivors-handbook/>

Lots more support services, as well as other useful information regarding domestic abuse, can be found on the Government website: <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

- **Samaritans**— “Whatever you’re going through, a Samaritan will face it with you.”  
Call for free, day or night, on **116 123**  
Email [jo@samaritans.org](mailto:jo@samaritans.org)
- **Nottingham City Council’s Useful Links Webpage**— Includes help and support for people who are self-isolating, resources for staying at home, advice on how you can help other people, and accessing food parcels.  
Web: <https://www.nottinghamcity.gov.uk/coronavirus>
- **Nextdoor**— The best way to stay informed of what is happening in your neighbourhood. Nextdoor allows you to join your neighbourhood and see what support is available to you, share safety tips, reach out for help or just keep the community together.  
Web: <https://nextdoor.co.uk/>
- **Mind’s Coronavirus useful contacts:** a really handy contact book of support services during the Coronavirus pandemic including bereavement services, disability support, mental health and domestic violence support.  
Web: <https://www.mind.org.uk/information-support/coronavirus/coronavirus-useful-contacts/>
- **Campaign Against Living Miserably (CALM)**: a listening service for men at risk of suicide. A web chat service is available everyday from 5pm-midnight.  
Call: 0800 58 58 58  
Web chat: <https://www.thecalmzone.net/help/get-help/>
- **Nottingham Covid-19 Mutual Aid Facebook Group**— a useful group to join where members seek and offer support during the coronavirus outbreak. Posts include promoting small businesses, craft ideas, helping those in need and sharing positive words of encouragement.
- **Get Coronavirus support as an extremely vulnerable person**— you can register yourself, or on behalf of someone else, as a vulnerable person on the government website. This will allow you access to help such as obtaining essential goods and supplies. <https://www.gov.uk/coronavirus-extremely-vulnerable>
- **Nottinghamshire Coronavirus Community Support Hub**— Request support or volunteer yourself here! Support includes accessing food/medicine, dog walking, befriending and supporting each others physical and social wellbeing. <https://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-coronavirus-community-support-hub>
- **Stay at Home for Ramadan advice**—
  - ◊ <https://publichealthmatters.blog.gov.uk/2020/04/22/stay-at-home-for-ramadan/>
  - ◊ <https://www.tuc.org.uk/blogs/ramadan-and-coronavirus-supporting-muslim-workmates>

#### Take your mind off it!

- **Virtual quiz— get your friends and family involved or join a virtual pub quiz to pass the time and exercise your brain!**
  - ⇒ **Create your own:** Create a Google Docs slideshow and share with family and friends!
  - ⇒ **Weekly Pub quiz:** [https://www.youtube.com/channel/UCLcSqjJWHJeDWD\\_SbdorBRw](https://www.youtube.com/channel/UCLcSqjJWHJeDWD_SbdorBRw)
- **Peregrine nest cam:** Peregrine falcons have nested on top of Newton Building at Nottingham Trent University. Watch the live here: <https://www.nottinghamshirewildlife.org/peregrine-cam>