

**Everyone Health Update March 2020**

**STAY IN TOUCH WITH EVERYONE HEALTH**

Did you know, there are **FREE** Stay In Touch telephone, video and postal services for adults living anywhere in Staffordshire?

In light of COVID-19, Staffordshire County Council have expanded Everyone Health’s offering to help reduce social isolation and loneliness. This will be offered to all adult residents living in Staffordshire aged 18 years and over who may be feeling isolated.

Programmes take place throughout the week, and include both telephone and virtual groups. This will give adults living anywhere in Staffordshire the opportunity to connect together, joining in with a range of activities and crafts, and making new friends.

Research shows that feeling lonely or isolated can be as damaging to our health as smoking 15 cigarettes a day. During these challenging times, developing new social networks is a really important and positive way to reduce your feelings of loneliness and anxiety.

Programmes include: telephone Bingo, virtual exercise, telephone book clubs, quiz and puzzle groups, food tip and recipe groups, telephone chat groups and poetry groups. Some groups are ran as virtual dial-in groups – a great way of seeing new faces! We are also running a closed Facebook group for members of our Stay at Home groups.

If you don’t have easy access to the internet – fear not! We also offer a postal programme. Following a short telephone call, we’ll arrange to send you weekly puzzles and crafts to help pass the time during these challenging times.

As part of the Everyone Health programme, a one to one phone call will be arranged to discuss the groups available and also give you the opportunity to raise any questions or queries you may have about joining our programme. The groups are completely free and any necessary resources will be posted out free of charge\*.

If you would like more information on the free services that Everyone Health Staffordshire provide, then please visit: <http://www.everyonehealth.co.uk/staffordshire-county-council/>

Everyone Health is committed to safe information sharing. Personal Data will be shared with the Council, Midlands and Lancashire Commissioning Support Unit (MLCSU) and Centre for Health and Development (CHAD) for evaluation and longer term follow up purposes.

To find our more please phone **03330 050 095** or email [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net) to speak to somebody at the clinical contact centre. You can also find us on Facebook **@EHStaffordshire**

\*Please note that the number of participants per groups may be capped for quality purposes, however we will endeavour to run multiple groups for popular activities to ensure people do not miss out. By joining an Everyone Health Programme, members consent to Everyone Health contacting you by email and consent to your contact email address or telephone number being visible to other members of the group when using a virtual service.

<p><b>Eligibility Criteria</b></p> <p>Free for:</p> <ul style="list-style-type: none"> <li>- Adults (Minimum age 18) living in Staffordshire</li> <li>- Socially Isolated or feeling lonely</li> <li>- Self – Isolating, ‘at risk’ or vulnerable to coronavirus.</li> </ul>
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<p><b>Refer to us using one of the below methods:</b></p> <ul style="list-style-type: none"> <li>- Call 03330 050 095</li> <li>- Email <a href="mailto:eh.staffs@nhs.net">eh.staffs@nhs.net</a></li> <li>-</li> </ul> <p>*Professional and self-referrals accepted *</p>
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### Everyone Health Stay In Touch Programme Timetable

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
10:00-11:00	Telephone group puzzle and quiz of the day with Vic	Telephone group puzzle and quiz of the day with Jayne	Telephone group puzzle and quiz of the day with Jayne	Telephone group puzzle and quiz of the day with Jayne	Telephone group puzzle and quiz of the day with Jayne
11:00-12:00	Telephone group bingo with Louise	Facebook Closed Group: Suz	Food chat group: Abi	Telephone group bingo with Louise and Lilly	Book Club: Harry Potter Book Club: Emma Launching from 6 <sup>th</sup> April
12:00-13:00	Emma: Exercise from home. Launching from 6 <sup>th</sup> April	Adam: Exercise from home Launching from 6 <sup>th</sup> April	Adam: Exercise from home Launching from 6 <sup>th</sup> April	Emma: Exercise from home Launching from 6 <sup>th</sup> April	Emma: Exercise from home Launching from 6 <sup>th</sup> April
13:00-14:00	Book Club: The Guernsey Literary and Potato Peel Pie Society Book Club: Beth and Tiff Launching from 6 <sup>th</sup> April	Telephone group chat of the day: Lisa	Telephone group chat of the day: Jayne	Telephone group chat of the day: Jayne	Telephone group chat of the day: Jayne
14:00-15:00	Puzzle and Quiz of the day with Vic	Puzzle and Quiz of the day with Vic	Puzzle and Quiz of the day with Vic	Puzzle and Quiz of the day with Vic	Puzzle and Quiz of the day with Vic
15:00-16:00	Quiz and puzzle Group via the post: Beth and Jayne	TV Chat Club: Suz	Poetry Group Lisa	Quiz and puzzle Group via the post: Beth and Jayne	Food chat group: Danny
16:00-17:00	Virtual/Online video CBE: Alex Launching from 6 <sup>th</sup> April	Virtual/Online video I CBE: Alex Launching from 6 <sup>th</sup> April	Virtual/Online video CBE: Danny Launching from 6 <sup>th</sup> April	Virtual/Online video CBE: Danny Launching from 6 <sup>th</sup> April	Virtual/Online video CBE: Danny Launching from 6 <sup>th</sup> April

### Session Information:

Bingo with Louise	A phone in group, once booked on caller Louise will lead our interactive bingo group each Monday and Thursday morning. On Thursday morning, she will be joined by special guest, Lilly, who due to recent school closures, is keen to step up community efforts and join the number calling.
Exercise from home	Physical Activity Sessions you can join in with our Physical Activity Instructors - a chance to get up and moving but within the comfort of your own home.
Virtual CBE	Chair Based Exercise sessions with simple exercises demonstrated by our instructors that you can follow from the comfort of your own home.
Book Club	We offer two different book clubs running on a Monday and Friday. Monday's will be focused to begin with on The Guernsey Literary Potato Peel Pie Society book and Friday's will be on Harry Potter Books. If you do not have the book available within your house we will post the book for you. Club limited to 10 places and will run from w/c 6th April. Group can be ran as video call or telephone call
Quiz and puzzle Group via the post	A group for people with not wanting or able to join larger telephone groups, quiz's and puzzles will be posted out to you each week for you to complete at a time suitable for yourself. During the times listed, you can receive a call from one of our team to check in how your finding the puzzles
Food Groups	A virtual group where people can star leaf (a virtual video call) in to see our nutritionist delivering cooking demo's, handy hints and tips, sharing ideas. An open group for people to observe and ask questions and share inspiration
Quiz Group with Jayne	A telephone group where people can you to hear a quiz, answers to be revealed at the end of the call. A great opportunity to test your knowledge and join the fun with others.
TV Chat Group	A small telephone and/or video group with others discussing what TV you have been watching, what's happening within the series and to recommend programmes to others. A great opportunity to share TV interests and discuss the latest story lines.
Chat of the Day	A chance to escape the news and discuss a fun topic. Topics will be changed daily and telephone/video calls will be led by Lisa. Topic ideas more than welcome, a fun laid back group.
Poetry Group	Telephone/Video group discussions on favourite poems, a chance to share these with other likeminded people or even share ones you have written

