



KEEPING WELL

July 2020



Bogside & Brandywell
Health Forum An Fóram Sláinte



Hello everyone.

As we move into this next phase of COVID 19, I want to extend a thank you from myself, the BBHF Board of Directors, and our staff and volunteers for allowing us, during this challenging time, to help guide and support you with your health and well-being needs.

We miss all our participants greatly and hope you continue to engage with us as we navigate through this next stage, while ensuring we are following the government's guidance of social distancing to keep everyone safe and well. We want to reassure you all that we are listening to your needs and doing everything we can to bring innovative and accessible services to support you during this time. We are very keen to ensure we provide our services in a safe manner and on behalf of the BBHF team I want to thank and congratulate you all for staying at home which has helped to flattening the curve of this pandemic and kept our communities safe.

Lastly, in these coming months please do what is right for you and your family, whilst following the governments guidelines and please remember;

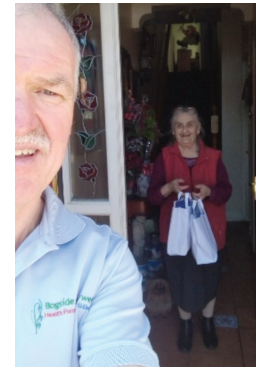
We are changing how we work, but not what we do!

#staysafe

#BoostYourMood

#beoktogether

Aileen McGuinness
General Manager



Contact www.pha.site/coronavirus for a COVID 19 test or call 119 for more information.

HSC Public Health Agency



**TEST TRACE PROTECT
A STEP-BY-STEP GUIDE**

**You can spread
the virus even
if you don't
have symptoms.**

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY SAFE



SAVE LIVES



For further information on services provided by Bogsides and Brandywell Health Forum please visit:

- www.bbhealthforum.org
- Bogsides and Brandywell Health Forum
- Bogsides Brandywell
- Bogsides and Brandywell Health Forum



USEFUL NUMBERS

Bogsides and Brandywell Health Forum have compiled a list of numbers you may find useful during Covid-19.

COMMUNITY RESPONSE TEAMS

If you are in crisis or need help to access essential food or household items, you can contact your local community response team.

The Moor Community Response

(1. Brandywell 2. City Walls 3. Creggan 4. Creggan South) T. 028 71261916

Foyleside Community Response

(1. Springtown 2. Foyle Springs 3. Northland 4. Madam's Bank) T. 028 71268748

Ballyarnett

(1. Shantallow East 2. Galliagh 3. Shantallow 4. Carnhill) T. 028 71358787

Waterside

(1. Lisnagelvin 2. Ebrington 3. Victoria 4. Clondermot 5. Drumahoe 6. Kilfennan 7. Caw) T. 028 7134 2959

MENTAL HEALTH SUPPORT

Lifeline (24 hour support for those in distress or despair) T. 0808 808 8000

Samaritans Helpline (Listening ear for those in distress) T. 116 123

Relate (Support and counselling for relationships and family services) T. 028 9032 3454

Zest (Supporting problems that lead to suicidal behaviour and direct and/or indirect self-harm in young people and adults) T. 028 7126 6999

AWARE (Support and information for those affected by depression) T. 028 7126 0602

Men's Action Network NI (Provides a safe space for men to find support for life issues) T. 028 71377777

CHILDREN AND YOUNG PEOPLE'S

Support Parenting NI (Support for parents and carers including a freephone helpline, counselling and parenting programmes) T. 0808 801 0722

NSPCC (24 hour helpline for children at risk or experiencing abuse) T. 0800 800 5000

Childline (Support and counselling services for children and young people up to 19) T. 0800 1111

Action for Children (Supports the most vulnerable and neglected children and young people locally) T. 028 6632 4181

DOMESTIC ABUSE SERVICES

24 Hour Domestic & Sexual Abuse Helpline (Open to anyone affected by domestic or sexual abuse) T. 0808 802 1414

Foyle Women's Aid (Domestic violence support for women, children and young people) T. 028 7141 6800

Victim Support Foyle office (Emotional support for victims of crime) T. 028 7137 0086

Dove House Women's Advocacy Project (Domestic violence support for women, children and young people) T. 02871 269327

DRUGS AND ALCOHOL

Alcoholics Anonymous (Support to tackle alcohol problems) T. 028 9035 1222

Northlands Centre (Addiction treatment centre for alcohol and drugs) T. 028 7131 3232

Start360 Daisy West (Drugs and alcohol intervention service for 11-25 year olds) T. 028 7137 1162

BENEFITS AND FINANCIAL ADVICE

Advice NI (Provides information and advice on issues such as: benefits, debt, housing, employment, disability and community care) T. 028 9064 5919

Dove House (Community Advice) T. 02871 269327

Disclaimer: The information contained in this list is accurate at the time of print. The organisations and services listed here are NOT part of Bogsides and Brandywell Health Forum.

NEXT STEPS

21/90 RULE

Did you know that it takes 21 days to make a habit and 90 days to make it a permanent lifestyle change? This is also known as the **21/90 RULE**.

CREATE NEW / OLD HABITS

If this applies to you, keep in mind that it may now take you a further **21 DAYS** to **CREATE NEW/OLD HABITS**.

During the Covid19 isolation period, you may have created a lifestyle change of staying at home, working from home, online shopping and little to no face to face contact, which is why you could be experiencing feelings of low motivation, stress and or anxiety when thinking about returning to your daily/weekly routine of work, going out to public places, meeting with friends and family or communicating with other individuals.

PERMANENT LIFESTYLE CHANGE

and **90 DAYS** to create a **PERMANENT LIFESTYLE CHANGE**.

The key is to acknowledge that this could be the reason for why you may be feeling overwhelmed and remember a little at a time is how it gets done. One thing, one task, one moment at a time.

If you find that these feelings have become overwhelming or debilitating, we suggest that you reach out and talk to someone, whether it be a friend or a mental health practitioner.



Connect



**Talk & listen.
be there.
feel connected.**

Take Notice



**Remember the
simple things
that give you joy.**

Keep Learning



**Embrace new experiences.
See opportunities.
Surprise yourself.**

Give



**Your time.
Your words.
Your presence.**

Be Active



**Do what you can.
Enjoy what you do.
Move your mood.**