

Staying Healthy During Coronavirus

West Yorkshire and Harrogate
Health and Care Partnership



(Covid-19)



PHYSICAL HEALTH

TIPS

Home-Gym Substitutes

- Rice or Flour Bags
- Bottled Water
- Cans



Outdoor Cardio:

- Walking
- Running
- Cycling
- NHS "Couch to 5K" for Beginners



**FIND YOUTUBE
FITNESS
CLASSES**

20 MINUTE MOVEMENT!

Being active doesn't have to be a workout!

- Squats whilst brushing teeth
- Dance whilst cleaning
- Write a letter and walk to the postbox



MENTAL HEALTH TIPS

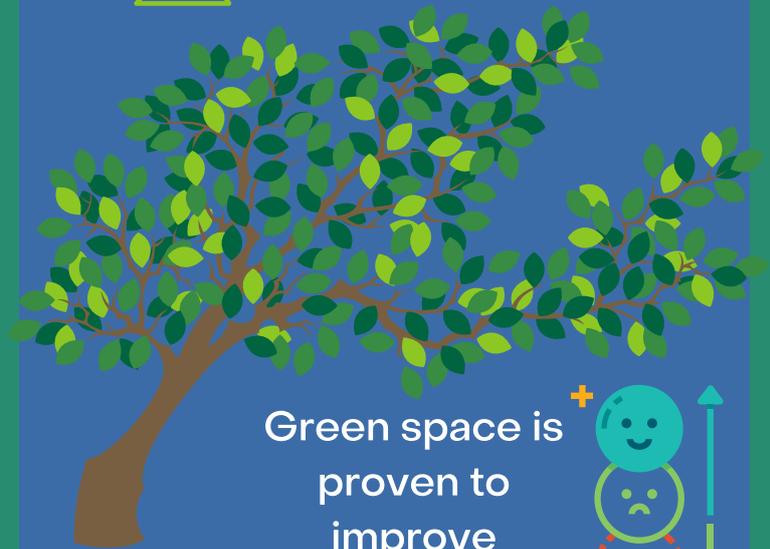
Create a routine and make space in the day to care for yourself. Try to get used to good sleeping habits.



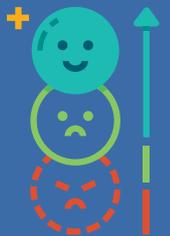
Keep in touch with loved ones



Practice mindfulness for a clearer mind



Green space is proven to improve moods!



Recommended MH Contacts

Mind - 0300 123 3393
www.mindinbradford.org.uk
CALM - 0800 58 58 58
www.thecalmzone.net
Step2 - 01274 683118
<http://www.step2.org.uk/>
First Response Bradford
01274 221181



Coronavirus (Covid-19) Information

VACCINATION

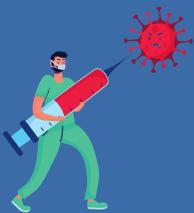
The NHS have been busy rolling out the Covid-19 Vaccination. With it being such an important event you may encounter some misinformation.

Under no circumstance will you be asked to pay for the vaccine. You will be contacted by the NHS when your vaccine is available.

If you hear something about the Vaccination that you aren't sure about then make sure to check this against the NHS and Gov.uk websites below:

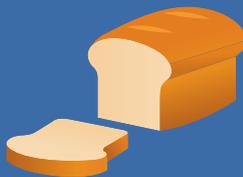
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>

<https://www.gov.uk/government/collections/covid-19-vaccination-programme#leaflets,-posters-and-resources>



FOOD BANKS

If for any reason you are struggling to put food on the table consider visiting www.bradfordfoodbanks.org.uk or call 01274 431000.

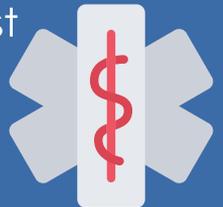


111 AND COVID-19 FACILITIES

NHS 111 can help if you have an urgent medical problem and you're not sure what to do.

Using 111 will let you know whether you need to:

- Contact your GP
- Visit the Pharmacist
- Visit Minor Injuries
- Go to A&E



111 can prevent unnecessary trips to A&E easing the workload of hospitals!

Each of these testing centres are open, make sure to book an Appointment.

- Centenary Square Bradford,
- Victoria Hall, Keighley,
- Bradford University, Bradford

If you are dealing with loneliness due to the pandemic then Bradford and District Befriending Network are here to help.

Contact: 01274 522231
Email: info@bradforddistrictbefriending.org

No one should have to deal with Domestic abuse alone:

Staying Put – 0808 2800 999
National Domestic Violence – 24 Hours a day 0808 2000 247.
Call 999 if you're in immediate danger.



Refuge



For women and children.
Against domestic violence.

