



Seeing the light through the armour
...thrive don't just survive!

Moving forward from shielding



From **1 August** government advice is that you **do not** need to shield.



It is your choice to follow the advice.

MESSAGES FOR INDIVIDUALS



You should:

- stay **2 metres away** from others when you can



- stay **at least 1 metre** away, at all other times

HELP YOURSELF TO STAY SAFE & WELL IF YOU GO OUT



- carry on washing your hands carefully for about **20 seconds**



- carefully **clean** surfaces at home or work that a lot of people touch, such as **door handles**

HELP YOURSELF TO STAY SAFE & WELL IF YOU
GO OUT



If you can wear a face covering then do so.

If you cannot wear one, you may want to get a card that shows you are exempt - but remember you do not have to prove to anyone you are exempt.

HELP YOURSELF TO STAY SAFE & WELL IF YOU
GO OUT



- Flu circulates every winter and generally peaks in December and January. This means that many people can get very ill.
- Flu can be more severe in certain people. As you have been shielding you need to find out more about the Flu immunisation programme.
- It's free because you need it. Please do, contact your GP Practice, Pharmacist or midwife to get more information.

Your shielding journey

The good, the bad & the ugly!

Everyone will have had very different and personal experiences of shielding.

It's important to reflect and use these experiences to help shape how you move forward.

	What mattered to you the most during shielding?	What worked best for you during shielding?	What didn't work so well for you during shielding?
Within my home			
Friends, family and contact with others			
For my health & wellbeing			

Thinking about life after shielding

Now is the perfect opportunity to create a new future for yourself.

As we all adapt to living in a new world, how can you create networks that would support you, if you had to shield again in the future.

Think about what matters to you, what you aspire to and how you can make it happen!

	What matters to you most about the future?	What do you need to do to make this happen?	Who can help you to achieve this?
Within my home			
Friends, family and contact with others			
For my health & wellbeing			

	If you had to shield again, what would be important to you?	What help and support would you need?	What networks do you already have in place / or could you put in place that would support this?
Within my home			
Friends, family and contact with others			
For my health & wellbeing			

Sources of help and support

**There are lots of
sources of information
and support available
for you here on Wirral.**

Take advantage of the
resources overleaf to help
you.

Your health needs and lifestyle may have changed

Be as healthy and as happy as can be!

If you have concerns your GP Practice has a variety of ways of helping you that doesn't always need an appointment with your GP. It's important to talk!

[This link also provides guidance on how to manage your health and prescriptions - Health at Home](#)

Did you know 1 in 4 GP appointments are not for medical reasons?

All Practices on Wirral now offer Social Prescribing Link Worker or Wellbeing Practitioners who can offer non-clinical support and personalised advice on:

- ✦ Dealing with practical problems
- ✦ Connecting to others
- ✦ Improving your mental wellbeing

Contact your surgery today to talk to a Link Worker

If you have a Learning Disability it is important you have an Annual Health Check [MENCAP](#)

- An Annual Health Check is done by your doctor once a year. Your doctor will take a closer look at how you are doing – making sure you're healthy.
- You don't need to be ill to get a health check, but you can ask your doctor about anything that is hurting or worrying you.
- It is a good way to get to know your doctor better, and for them to find out more about you.
- You can find out if you can get a health check by asking your doctor.

You can also contact Wirral Mencap to have a chat: 07597986437

My Mental Health and Wellbeing

Reframing unhelpful thoughts:

Talking Together Wirral- Improving Access to Psychological Therapies. Offers a free, confidential talking therapy service on behalf of the NHS. They can help with common issues such as: depression, anxiety, stress, bereavement, relationship difficulties, family problems, phobias and trauma **-0151 649 1859**

Wirral Mind offers a drop-in centre with counselling support and hosts events throughout the year to keep you connected- **0151 512 2200**

Feeling in Crisis? CWP

If you need **urgent support** Wirral has a mental health **helpline**. The line is open 24 hours a day, seven days a week and is open to people of all ages. The phone line is now the **first port of call** for mental health help – it is operated by people local staff who will know how best to support you **0800 145 6485**

Wirral Ways to Recovery - Alcohol/substance misuse services **0151 556 1335**

ABL Wirral - Smoking cessation service **0151 541 5656**

Health Junction is currently offering self-management support – with all contact using telephone or internet (Zoom) support:

- Mental health and wellbeing support
- Personalised wellbeing planning and resilience
- Coping with anxiety
- Information, advice and guidance
- Referral on to appropriate support services

info@healthjunction.org.uk 07714 820166

Be More Active!

You are twice as likely to be inactive if you have a health condition, however being active can help to manage long-term conditions

'We Are Undefeatable' is here to support people with a range of long term health conditions. Their purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them. They offer one to one support through Ambassadors who are there for you. **07795813196**

weareundefeatable@wirral.gov.uk

Other organisations which could help:

- **Ask Us Wirral** – help with a wide range of topics including issues relating to benefits, housing, debt, community and social care, immigration and relationship breakdown. 0300 33 00 111
- **Age UK Wirral** – a variety of local services - support with social isolation, digital inclusion and loneliness for all age groups. 0151 482 3456
- **Healthwatch Wirral**- Help to find the right health and care services for you and make sure your voice is heard on the services you receive. 0151 230 8957
- **Wirral Change** 0151 647 8177 and **Wirral Multicultural Organisation** 0151 792 5116 support for people from BAME backgrounds.
- **WIRED** 0151 522 7990 Offers support to carers including a Carers Wellbeing service and advice on accessing carers support
- **Merseyside Society for Deaf People** 0151 228 0888 Services to support Deaf, Deaf Blind and Hard of Hearing People

Wirral InfoBank



STAY CONNECTED

Wirral InfoBank is a place where Wirral residents can find local community support services, online events and up-to-date advice and information

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

If you can't find what you are looking for or just need a little more help to be pointed in the right direction, you can contact your local Community Connector on 0151 644 4516 (option 3) or email connectus@involvenorthwest.org.uk

[Download the ConnectUs Leaflet](#)

KEEP INFORMED

To help us all understand more about the virus, its impact and the future for us on all on Wirral- you could be a Community Champion!

By having and sharing clear information, you, your loved ones, workmates and community can make informed choices and help to Keep yourself and Wirral Well.



Wirral.
Community.
Champions.

Helping to **stop the spread**
of coronavirus in Wirral

Live or work in Wirral?
Want to help Keep Wirral Well and
stop the spread of coronavirus?
Become a Community Champion.

How does it work?

-  You sign up to be a Community Champion.
-  We provide our champions with the latest information about COVID-19 in Wirral.
-  Champions share this information with anyone in their community by word of mouth, socially distanced meeting or electronically, safe in the knowledge it is from an official source.
-  Our Community Champions let us know what is and isn't working.

Find out more about becoming a Community Champion at:
www.wirral.gov.uk/communitychampions

Key sources of information and support

ACTION PLAN

Within my home

**Friends, family and contact
with others**

For my health & wellbeing