

June 2020

Dear Member

Hello! from staff and trustees at Headway Preston and Chorley.

We hope you are keeping well and staying safe, we are thinking of you all during this very difficult time.

As soon as we are able to safely begin meeting again we will contact you straight away.

In preparation for this we are risk assessing the buildings we rent and planning safety measures ahead of reopening. Many of you have asked how the charity is doing and we want to assure you that financially we are coping and determined to get through this, so we can continue supporting adults with acquired brain injury and their families.



Keeping in Touch

Regular telephone calls during the lock down are proving to be a lifeline and many people have asked if they can continue afterwards. We certainly hope they can, and have applied for some funding so fingers crossed! If you are not on the list and would like a weekly telephone call, text or WhatsApp www.whatsapp.com of between 5 and 15 minutes please let us know.

Telephone Laura: 07583 637197

<https://www.headwayprestonandchorley.org.uk/keep-in-touch/>

Gentle Exercise Sessions by Catherine Mitchell

Catherine Mitchell, who usually runs our relaxation classes at the Activity Day, has made 5 videos of her sessions for anyone to follow online. She has also produced an information sheet to accompany each session. To watch the five videos and download the information sheet go to: www.headwayprestonandchorley.org.uk - services - gentle exercise page.

If you want a paper copy of the information sheet or the videos on a memory stick (USB), please let us know. Telephone Liz: 07557123493

Stay Alert, Control the Virus, Save Lives

Advice about staying safe due to COVID-19 is changing weekly. The new slogan is:

Stay Alert, Control the Virus, Save Lives.

For full information about what the government is saying we can do, go to:

www.gov.uk/coronavirus or listen to the news briefing each day on BBC1 at approximately 5pm (sometimes earlier at the weekend).

If you are not sure what to do, or have no access to the internet give us a call. 07557123493.

What people are asking?

Can I go to my GP about other illnesses I may have?

If you feel unwell for any reason, please do not put off ringing your GP. The surgery will tell you what to do next. If you feel it is an emergency or it is out of normal GP surgery hours you can dial 111.

What do I do if I am worried about my mental health?

Everyone is finding the lockdown difficult and cannot wait for life to get back to normal. However, if you are worried about not coping, there are a few things you can do:

- Keep yourself occupied: read, listen, or watch programmes on TV and radio, tidy cupboards, start a hobby.
- Look after your physical health: eat properly, do some gentle exercise including stretching, go for a walk outdoors if you can, even if it is around your garden, keep a structure to your day.
- Contact a mental health charity where you can speak in confidence: you can contact Lancashire Mind 0300 123 3393
Email: info@mind.org.uk
Samaritans 116123 (24 hours)
Email: jo@samaritans.org to talk about your feelings, however large or small the problem might be.
- Contact your GP: tell your GP you are worried about how you are feeling.

www.headwayprestonandchorley.org.uk

Learn from Home

Lancashire Adult Learning has moved online due to current restrictions and they are providing opportunities for learning across the county.



Online activities include:

- Art - learning a skill or rekindling a hobby.
- IT - learning how to use Zoom or Skype.
- Health and Wellbeing – learning how to stay calm, learn Eco Art or learn how to make soup!
- Personalised Support (employment or volunteering - How to write and adapt a CV or covering letter and interview tips and practice telephone interviews.

More is added every week! Go to <https://www.lal.ac.uk/what-we-do/learn-from-home/> for resources and online tutorials. You can also follow Adult Learning on Facebook <https://www.facebook.com/LancashireAdultLearning/>

Welfare benefits update

Universal Credit: New claims:

if you need help with your online claim or want to know more about the claim process please let us know. <https://www.gov.uk/sign-in-universal-credit>

New Style ESA: New claims:

You can still make a claim for New Style ESA by downloading the claim form from: www.gov.uk/government/publications/new-style-employment-and-support-allowance-esa-claim-form

UC50 or ESA50 forms: if you need help to complete the form please let us know.

Personal Independence Payment: New claims:

you can still make a claim for PIP over the phone Tel: 0800 917 2222. We can talk you through what to have ready, let us know if you need help.

Attendance Allowance (Over 65s) New claims:

Telephone for a form 0800 731 0122 or contact us for help.

All face to face assessment are suspended and are being done over the telephone.

If you need any help with claiming welfare benefits, please contact:

Kayleigh on 07808 648 733.

We are sorry to let you know that the following Headway sessions are cancelled, but we will open as soon as it is safe to do so:

5th June Drop In Salvation Army CANCELLED.

9th June Walking Group CANCELLED.

30th June Activity Day Salvation Army CANCELLED

7th July Drop In Salvation Army LIKELY TO BE CANCELLED.

Weekly exercise classes on a Wednesday CANCELLED.

Headway Office at Preston North End is CLOSED.

How to contact us:

Telephone: 07557123493

You can email:

services@headwayprestonandchorley.org.uk

Or you can write to us at Headway Preston and Chorley, Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA (*even though the office is closed we will still receive your letters*).

Keep well everyone.

Kind regards, Liz and the Headway Team

Charity number 1144388

COVID-19 Symptoms

If you feel you have any COVID-19 symptoms you can check what to do here:

www.nhs.uk 111

Or you can telephone 111.

Latest symptoms include:

- A high temperature (you feel hot to touch).
- A new and continuous cough.
- Loss or change to your taste or smell.