



Seeing the light through the armour
...thrive don't just survive!
Thinking differently about shielding

Messages for individuals



This is a moment in time - it's not going to last forever



Advice to stay at home is a precautionary measure – it does not make any pre-existing illness or disability more severe than it was previously



Keep a routine



GP Services are still available if you need them

Access	If you are not already digitally engaged, access one of the Digital Loan projects – don't assume you can't – why not give it a try – what's to lose?
Set	Set yourself goals – celebrate the goals that you achieve
Use	Use your home and garden to exercise as much as you can
Access	Access information resources from trusted sources
Be	Be your own Champion
Try	Try something new

Messages for individuals



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Stay

Stay connected to people – networks, groups

Get

Get outside safely

Make

Make the most of being able to reflect at the moment, benefit from the opportunity to slow down and adapt to a slower pace of life

Recognise

Recognise the positive long-term changes that Covid-19 might bring – and be part of that change yourself



Mindfulness can be very relaxing at times like this



Make sure you continue managing existing conditions and seek help if you need it



Make sure you maintain healthcare appointments – if you have anxieties, share them and talk about them

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- By shielding you are actually helping the fight against Covid – you are making a positive difference not adding to the problem
- Inspire others – share your experiences with people around you
- There are lots of volunteer opportunities for people who are shielding – you can still make a huge contribution from home

It's still okay to have a bad day

It's important you still voice your opinions, experiences and feedback – this is how health and care services can improve and get better

The world hasn't stopped because of Covid – it's just changed its focus

There is lots of practical help and assistance available – don't be ashamed or embarrassed to ask – people are there wanting to help [shopping, prescription collection etc]

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We are all in the same storm – we are all in it together – it's just that we are all in different boats

Wirral Council Covid Line - 0151 666 5050 -
covid19enquiries@wirral.gov.uk

CWP Mental Health Line - 0300 303 3972

Age UK Wirral – 0151 482 3456 –
www.ageukwirral.org.uk

Healthwatch Wirral – 0151 230 8957 –
www.healthwatchwirral.co.uk

Wirral Info Bank – www.wirralinfobank.co.uk

Citizens Advice Wirral - 0300 33 00 111 –
www.askuswirral.org.uk

[Keeping Well at Home Guide](#)



**Key Supports
Available**