

# Looking After Yourself

Healthwatch Bexley took part in the Learning Disabilities Big Health Week

This is our presentation

**When:** Tuesday 3<sup>rd</sup> November

**Time:** 12.45 to 1.30pm

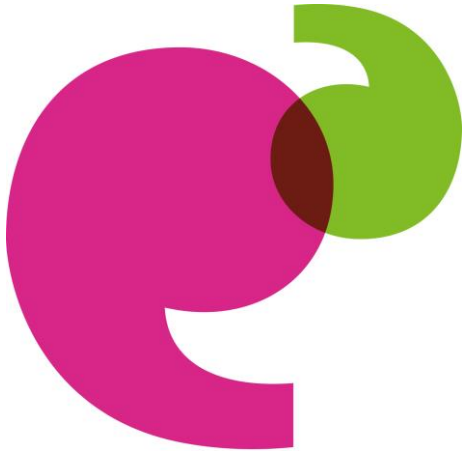
**Where:** On Zoom



[www.healthwatchbexley.co.uk](http://www.healthwatchbexley.co.uk)



# Who Are Healthwatch Bexley?



We speak to people and listen to what they have to say about the health services they use.



They tell us about services such as doctors dentists hospitals health checks and day centres.



We want to know how you have been looking after yourselves and coping with Coronavirus.



We want to give you some ideas to help you look after yourself.

A questionnaire titled "Questions" with two speech bubbles containing question marks. The first question is "1. What do you think about it?". Below the question are three checkboxes: "Good", "Bad", and "Not sure". A hand is shown filling out the "Not sure" checkbox with a blue pen.

**Questions**

1. What do you think about it?

☐ Good

☐ Bad

☒ Not sure

There will be a questionnaire for you to fill out afterwards.



You can contact us if you need help with filling in the questionnaire.

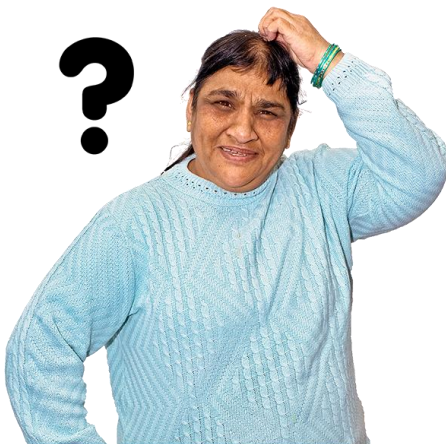
# Coronavirus



Coronavirus is a new disease which we are learning more about all time.



There are lots of new rules from the government that keep changing.



It can be hard to know what you can and cant do and who you are allowed to see and meet up with.



We have all had to change the way we live work and spend our time since Coronavirus.



Things we see on the TV or the news may worry us.



Sometimes this may affect our feelings especially if we cant do the things we are used like seeing friends or attending groups.



It is important that we look after ourselves and stay well.



We need to take care of our body and our mind.



This will help us to cope better with the day to day stress of life work and relationships.

# Eating Healthy



Eat a healthy diet with 5 fresh fruit and vegetables a day.



This will make sure your body has the things it needs to work properly and may help stop you becoming unwell.



Drink plenty of water you may feel tired and have less energy if you don't drink enough.

Over half our body is made up of water.

# Sleeping



Get a good nights sleep at least 6 to 9 hours.



Not enough sleep can make you moody and unable to concentrate.



It can also make you feel dizzy and have a headache.



# Exercise and Being Active



Exercise helps you get fitter lose weight concentrate sleep and feel better about things.



You can go for a walk do gardening dancing or housework.



You can use the stairs not the lift, get off the bus a stop earlier and walk 30 minutes at least 5 days a week.

# Rest and Relaxation



You need time to rest and relax so your body can mend and you feel calmer.



Just taking time to close your eyes and breath slowly and deeply can help you relax.



Something you enjoy like reading drawing or singing are all good ways to relax.

Sarah Casey sang us a song.

# Talking to Friends and Family



Talking can make you feel better it helps you sort things out in your mind and helps you think about ways to solve or cope with problems.



It is important to keep in contact with friends and family over the phone or on Zoom this will help you feel supported.



Avoid people who make you feel bad.

# Take Notice



Take notice of the things around you such as people or nature.

We have some fun ideas on our website [click here](#).



Jayne saw this when she was out running. Can you tell what it is?



A hedge shaped like an elephant.

# Giving



Do something nice for a friend or family member.



You could try some volunteering.

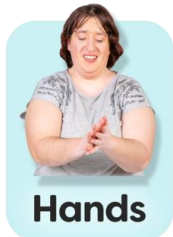
# Look After Yourself From Coronavirus



The rules keep changing and are confusing and different for everyone depending on you and where you live.



The rules may also be different if you have a carer or support worker or live alone.



**Hands**



**Face**



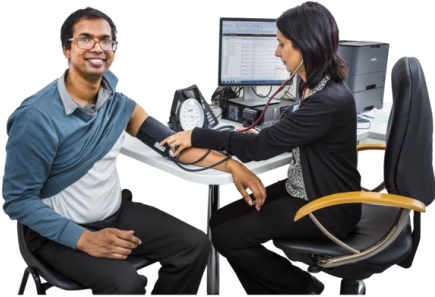
**Space**

Look after yourself by wearing a face mask if you can saying 2 metres apart and washing you hands.

Watch the Hand Wash Rap [here](#).



# Health checks and Flu Jabs



Have your annual health check.



Have your flu jab to stop you getting flu.



The doctors are open but it may be different if you visit the doctors.

# Plans For The Future



What do you plan to do to look after yourself in the future?



Is there a new activity you would like to try.



Is there something new you would like to learn?



# Our Questionnaire



**Questions**

1. What do you think about it?

☐ Good

☐ Bad

☒ Not sure

Our questionnaire can be found on our website [here](#).



Completed questionnaires can be emailed to Healthwatch Bexley at

[admin@healthwatchbexley.co.uk](mailto:admin@healthwatchbexley.co.uk)

If you would like to post it back to us call 07506 910968 for the address.

## Get in touch

If you need help completing the questionnaire contact Sarah Richards



**07506 910968**

[admin@healthwatchbexley.com](mailto:admin@healthwatchbexley.com)

**healthwatch**  
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# Some Useful Websites



Easy Health has over 500 health leaflets.

[www.easyhealth.org.uk](http://www.easyhealth.org.uk)



The National Mencap website has lots of advice and information on Health and Wellbeing.

[www.mencap.org.uk](http://www.mencap.org.uk)



Bexley Mencap are a local charity supporting people with learning disabilities. They run a range of different groups.

[www.bexleymencap.org.uk](http://www.bexleymencap.org.uk)