

Together in Isolation

These are unprecedented times for us all and it's going to be very testing for the next few months, together we can make it a bit easier.

Many SCI people have already lived through a period of incarceration and uncertainty; we should see that as a strength. Here are some links and ideas that may make life a bit more productive and enjoyable.

This list begins with some important information links but whilst keeping up with the latest news is important, it's vital to look after mind, body and spirit so aside from these we have provided links to help you take a break from the Coronavirus news.

General Information

Government information and guidance with regard to the virus:

<https://www.gov.uk/coronavirus>

NHS information:

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

Disability Rights have a comprehensive listing of helpful resources – including advice about benefits

<https://www.disabilityrightsuk.org/coronavirus>

Covid-19 Mutual Aid <https://covidmutualaid.org/> – umbrella organisation for community help groups set up to support people collecting shopping etc. Visit their website to find a local group.

ChatterPack, <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home> – a very comprehensive listing of online 'boredom busting' resources.

Mind:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Online courses can not only stimulate you; they might even help open a new career path:

<https://www.edx.org/>

www.futurelearn.com

<https://alison.com/courses>

Learn a new language: www.duolingo.com

Get some art and culture:

artsandculture.google.com/

www.britishmuseum.org/

www.louvre.fr/en/visites-en-ligne#tabs

www.guggenheim.org/collection-online

www.naturalhistory.si.edu/visit/virtual-tour

www.nasa.gov/

www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html

Free E-books: www.gutenberg.org/browse/scores/top

Listen to weekly podcasts from: <https://www.thisisspinalcrap.com/> . SIA is currently working in partnership with the This is Spinal Crap team on the podcasts and a series of online 'cafes'.

More information on our website: www.spinal.co.uk/coronavirus_support/

Body:

We're lucky to have some sunshine at the moment, but be careful not to burn; especially the parts where you lack sensation!

Avoid pressure sores: don't forget your regular pressure lifts, sit in a reclining chair for a while; get back on the bed during the day and do some stretching exercises.

Try to keep a healthy diet: try some new recipes: <https://www.bbc.co.uk/food/recipes> is just one place with ideas. If your larder is getting empty you can list what's there into Google and it will suggest a range of ideas for recipes with those ingredients.

Gardening: <http://www.fredshed.co.uk/homepage.htm> has top tips for tools. Fred was instrumental in setting up <https://www.carryongardening.org.uk/> which also has tips for gardening with a disability. The shops may be closed at the moment, but you can still order things online.

Exercise: If you can get your heart rate up through exercise then please try to do some every day: Ben Clark's Adapt to Perform channel features aerobic workouts as well as stretches that can help reduce spasms: www.youtube.com/channel/UClosZzwrXmjPzDCwD9OcC0A

You can also head over to WheelPower for their adaptive yoga videos - <https://www.wheelpower.org.uk/resources/adaptiveyoga>

Spirit:

Control anxiety levels by taking a free online course: <https://alison.com/courses/Mental-Health>

Really popular way to relax, reduce anxiety and get to sleep: www.headpeace.com download the app for free.

Keeping in touch:

If you don't know how to keep in touch via video now's the time to learn. You can use Facebook Messenger, WhatsApp, Zoom, Teams or Skype. If you have an older relative, then teach them how to use it so that they aren't feeling so isolated.

If you're on Facebook then ask to join this group: <https://www.facebook.com/groups/sciownersclub/>

Follow us on our Facebook <https://www.facebook.com/SpinalInjuriesAssociation/> or Twitter @spinalinjuries

We also have local SIA groups, some with their own Facebook presence, a great way to link up with people in your area: <https://www.spinal.co.uk/how-we-help/peer-support-service/local-groups/>

Don't forget that our Peer Support Officers are still available for support and can chat with you face to face over most of the social platforms listed above. Drop us a text / email and we'll call you back on whichever platform you prefer.

<https://www.spinal.co.uk/how-we-help/peer-support-service/peer-support-officers/>

If you have a medical issue and need support you can contact our recently expanded Nurse Specialist team: www.spinal.co.uk/how-we-help/nurse-specialists/

Finally, our website will be regularly updated with news and helpful advice about looking after yourself throughout this situation, there is a useful document you can download just in case you need to be admitted to hospital www.spinal.co.uk/coronavirus/

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