

We have compiled this toolkit for you to share with staff, clients and your local communities during this difficult time.

Although the Health Improvement Team have suspended all of its face to face sessions and groups, the team is still available to provide advice and support around its key services, including:

- Stop Smoking
- Fresh Start Weight Management
- Infant Feeding (including breastfeeding support and introducing solid foods advice)
- Exercise on Referral programme
- Falls Prevention Programme
- Sure Start to Later Life – information, help and advice for over 55s

For clients of our Stop Smoking Service who are receiving NRT (Nicotine Replacement Therapies), although our drop in sessions are suspended, our advisers can arrange for products to be picked up at a local pharmacy. Advisors are making regular calls to clients and can be contacted on 0300 029 0029 or HIT@halton.gov.uk

We also recently launched our **Mental Health Info Point** which signposts to local and national services and helplines on a range of mental health topics. We have also added a section relating to Covid-19 and additional support around finance, etc.

Contact details:

Health Improvement Team	0300 029 0029	Mon-Fri	9am – 5pm
Sure Start to Later Life	01928 569498	Mon-Fri	9am – 5pm

Mental Health Signposting

This is a stressful time for everyone. Our Mental Health Information Point is a first port of call if you know you need help or advice but are not sure who to contact. Whether it's for yourself or someone you know, the website provides information and contacts for a broad range of services for people of all ages.

www.halton.gov.uk/mhinfopoint



Resources

Public Health England have designed a range of print and online resources, including short videos, to be used to communicate key messages about hand washing, social distancing and self isolation. Some of these are available in alternative formats such as large print and easy read versions and for social media.

These can be found on the HIT website under our campaign page (please check regularly as resources are updated on a regular basis as things change):

<https://www4.halton.gov.uk/Pages/health/hit/Campaigns.aspx>

Coronavirus / Covid19 2020



HM Government NHS

CORONAVIRUS STAY AT HOME SAVE LIVES

Anyone can spread Coronavirus.
The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family

CORONAVIRUS
STAY HOME
PROTECT
THE NHS
SAVE LIVES



HM Government NHS

CORONAVIRUS WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

CORONAVIRUS
PROTECT
YOURSELF
& OTHERS

For more information and the Government's Action Plan go to nhs.uk/coronavirus



HM Government NHS

Coronavirus

Wash your hands with soap and water more often for 20 seconds

- 1 Palm to palm
- 2 The backs of hands
- 3 In between the fingers
- 4 The back of the fingers
- 5 The thumbs
- 6 The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.

CORONAVIRUS
PROTECT
YOURSELF
& OTHERS



HM Government NHS

Coronavirus

Wash your hands more often

Coronavirus is a serious illness that can make you very ill.

The best way to not catch it is to wash your hands more often for 20 seconds.

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or touch food

Find out more at nhs.uk/coronavirus

CORONAVIRUS
PROTECT
YOURSELF
& OTHERS

Social Media – Suggested Messages



Please use our **#healthyhalton** hashtag where possible, alongside any others you may use as this enables us to monitor the reach of our messages. Thank you!

Mental Health Info Point

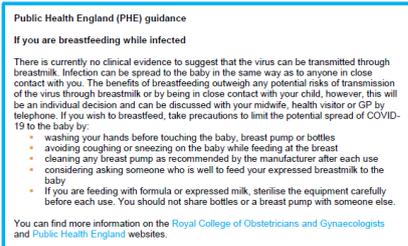
POST	IMAGE
<p>Halton’s online mental health info point has practical tips on how to manage worry or anxiety linked to the coronavirus situation. www.halton.gov.uk/mhinfopoint #healthyhalton</p>	
<p>If you're finding it hard to cope, visit www.halton.gov.uk/mhinfopoint The site has tips for looking after your mental wellbeing, as well as details of mental health support services. #healthyhalton</p>	
<p>If the coronavirus situation is making you feel anxious, isolated or worried, you'll find tips for coping here www.halton.gov.uk/mhinfopoint #healthyhalton</p>	
<p>Halton’s online mental health info point has practical tips on how to manage worry or anxiety linked to the coronavirus situation. www.halton.gov.uk/mhinfopoint #healthyhalton</p>	
<p>Are you self-isolating, or working from home? Remember to look after your mental wellbeing, as well as your physical health www.halton.gov.uk/mhinfopoint #healthyhalton</p>	
<p>If you're finding it hard to cope, visit www.halton.gov.uk/mhinfopoint The site has tips for looking after your mental wellbeing, as well as details of mental health support services. #healthyhalton</p>	
<p>If the coronavirus situation is making you feel anxious, isolated or worried, you'll find tips for coping here www.halton.gov.uk/mhinfopoint #healthyhalton</p>	

POST	IMAGE
<p>Finding things tough right now and not sure what support you need? Check out Halton’s Mental Health info point and find the right support for you www.halton.gov.uk/mhinfoipoint #healthyhalton</p>	
<p>If you're finding it hard to cope, visit www.halton.gov.uk/mhinfoipoint The site has tips for looking after your mental wellbeing, as well as details of mental health support services. #healthyhalton</p>	

Men’s Mental Health Helpline

POST	IMAGE
<p>CALM runs an anonymous & confidential helpline & webchat service for men 5pm-12am 0800 58 58 58 www.thecalmzone.net/ #healthyhalton</p>	

HIT: Infant Feeding

POST	IMAGE
<p>Are you breastfeeding and worried about coronavirus? Here’s some guidance from Public Health England. If you have any concerns or questions about breastfeeding, please call the Halton Infant Feeding Team on 0300 029 0029 Mon-Fri, 9am-5pm. #healthyhalton</p>	
<p>Halton’s breastfeeding support groups are suspended until further notice but you can still call the infant feeding team for advice and support on 0300 029 0029 Mon-Fri between 9am and 5pm. Call 0300 029 0029 or email hit@halton.gov.uk #healthyhalton</p>	

HIT: Stop Smoking

POST	IMAGE
<p>The Chief Medical Officer and Health Secretary have both highlighted that smokers are at increased risk from coronavirus. Smoking harms the immune system, reducing the bodies' natural protection against infections, like coronavirus. For help to quit smoking, call the Stop Smoking Team on 0300 029 0029, Mon-Fri, 9am-5pm. #healthyhalton</p>	
<p>Although the Halton stop smoking drop in sessions are suspended until further notice you can still call the team for advice and support on 0300 029 0029 Mon-Fri between 9am and 5pm. Call 0300 029 0029 or email hit@halton.gov.uk #healthyhalton</p>	
<p>If you are a current client of the Halton stop smoking service, please contact the team who have made arrangements for you to access your NRT products during this time. Although our face to face drop in service is suspended for now, the team are still providing telephone support and access to products. Smokers are at greater risk of lung infections, so quitting is the best thing you can do for your health. Call 0300 029 0029 to speak to our advisors. You can also email hit@halton.gov.uk #healthyhalton</p>	
<p>For clients of the Halton Stop Smoking Service – our advisors are continuing to contact our clients during this period as face to face and drop in sessions are cancelled for now. If you need advice or access to products, please don't hesitate to call 0300 029 0029. The team have made arrangements with local pharmacies for clients to pick up products when they are needed. Call the team for more information or email hit@halton.gov.uk #healthyhalton</p>	

HIT: Fresh Start, Exercise on Referral, Age Well Exercise

POST	IMAGE
<p>While the Health Improvement Team has had to cancel all face to face sessions for Fresh Start and its other classes, the team can still provide you with help and advice over the phone. Call 0300 029 0029 or email hit@halton.gov.uk. #healthyhalton</p>	

HIT: Age Well / Sure Start to Later Life

POST	IMAGE
<p>If you are over 55 and in one of the vulnerable groups who are being asked to self-isolate or if you are self isolating due to symptoms and need support, please call Sure Start 2 Later Life Monday – Friday 9am-5pm on 01928 569498. #healthyhalton</p>	

Affordable Warmth

POST	IMAGE
<p>Spending more time at home and/or financial difficulties as a result of COVID-19 can make it more difficult for people to keep their home warm to protect their health and comfort. Energy supply companies have agreed with the government that they will support those in financial distress and struggling to pay their fuel bills to manage debt and stay connected. From 19 March, anyone who cannot top-up their pre-payment meter should contact their supplier to discuss options to keep them supplied. More details are available here https://www.gov.uk/government/news/government-agrees-measures-with-energy-industry-to-support-vulnerable-people-through-covid-19 #healthyhalton</p>	
<p>Spending more time at home and/or financial difficulties as a result of COVID-19 can make it more difficult for people to keep their home warm to protect their health and comfort. Free individual support for those struggling with fuel bills or heating their home is available in Halton through Cheshire Green Doctor on 0808 1683547 or Cheshire.greendoctor@groundwork.org.uk, or via the Energy Projects Plus Save Energy Advice Line on 0800 043 0151. The teams can advise on tariffs, switching, fuel debt management and the Priority Services Register. #healthyhalton</p>	

Loneliness

Please see our **HaltOnLoneliness Toolkit** for further information about resources and the campaign. <https://www4.halton.gov.uk/Pages/health/hit/Campaigns.aspx>

POST	IMAGE
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General Health Messages

POST	IMAGE
<p>This is a stressful time for everyone and we all have our own ways of coping. If you find yourself reaching for a glass of wine or a beer, make a change and keep plenty of non alcoholic drinks in the house. Alcohol can affect your sleep and it's important we all get plenty of rest. If you are really struggling with anxiety and worry, check our Mental Health Info Point for details of local and national helplines who can help you. #healthyhalton www.halton.gov.uk/mhinfopoint#</p>	

POST	IMAGE
<p>Keeping active is important for your mental and physical wellbeing, now more than ever. Try to go for a walk in your local area every day. While we all need to practice social distancing and protective hygiene measures, we still need fresh air and exercise. You mustn't meet up with friends or family, other than those you live with. If others are out, just make sure you keep a distance of at least 2 metres between you. #healthyhalton</p>	