



At home unwell or in self-isolation? Or looking after a child or caring for a loved one?

We want you to know that we are here for you and that we genuinely care about your wellbeing at all times, even more so during the current circumstances surrounding Covid-19.

Below are some tips and guidance that may help reassure you or just focus your mind.

Hopefully you are aware that you must record your absence with the Force so if this has slipped your mind please call the absence reporting line straight away on 023 80479478 - This also includes where you are self-isolating, even if you are working from home.

The force need to know who is off and where the absences/gaps are.

And remember – Please stay in touch with your team and your line manager. Out of sight is sometimes out of mind and in busier times than ever it is easy to forget about our colleagues absent from the workplace so ping them a message to say hello and update them with how you are.

**Coronavirus: How to exercise while staying at home, see this link here:**

<https://www.bbc.co.uk/news/uk-51933762>

**A short, simple guide on Coronavirus the symptoms, how its spread, when to call 111 etc is found via this link to Boots the pharmacist:**

[https://www.boots.com/coronavirus?cm\\_mmc=Email-Healthcare-Boots\\_180320\\_SS\\_Coronavirus\\_Marc\\_Donovan\\_video\\_one-NULL](https://www.boots.com/coronavirus?cm_mmc=Email-Healthcare-Boots_180320_SS_Coronavirus_Marc_Donovan_video_one-NULL)

**Solent MIND was our chosen charity for 2019 and you might be worried about coronavirus (also known as COVID-19) and how it could affect your life. This may include being asked to stay at home or avoid other people.**

**This might feel difficult or stressful. But there are lots of things you can try that could help your wellbeing. Useful advice can be found here via this link:**

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

## Coronavirus – Managing Anxiety

### ***What's a "Normal" Response?***

We are facing a threat to our mortality, the news is saturated with stories about coronavirus-related deaths. We do not know what the outcome will be, how many people will die.

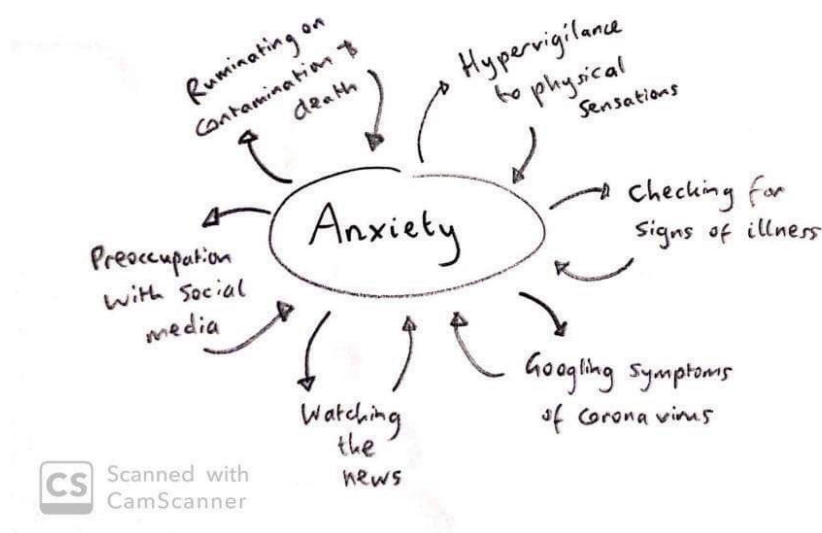
Fear is a normal response to threat, ultimately designed to keep us safe. But when faced with this level of uncertainty about what the future will hold, it can easily spiral out of control, especially if you already experience high levels of anxiety.

Fear commonly involves a '*Fight, flight, freeze*' response – it is normal to experience feelings of anxiety and panic, for your heart to be racing, your breathing more rapid/shallow, to experience fatigue, concentration and sleep difficulties. You might find yourself preoccupied and overwhelmed with thoughts of contamination and death

### ***What Keeps My Anxiety Going?***

The "vicious flower" model is often used to understand how anxiety is maintained and spirals with anxiety disorders such as health anxiety and obsessive compulsive disorder.

It helps us understand that what we attend to and what we do can have a considerable impact on our anxiety levels. For example:



### ***What Might Help?***

- Practical guidance, such as taking steps towards better hygiene and avoiding potential contamination might be helpful if rooted in FACTS. So be selective about what you read.
- Don't spend too much time fixated on negative news stories and social media posts.
- Anxiety and fear often make us want to hide away but we become stronger when we connect with other people and maintain a sense of community. Connect, reach out, find ways to stay in contact with other people.
- If you're at home (with or without family), maintain or establish daily routines. It can be tempting to sit in front of the television all day and fixate on all of the awful things happening across the world but this will not help.
- Find ways to exercise (online videos/classes) and eat healthily. Think of activities that you enjoy. Be creative.
- Get some fresh air and time outside if possible. Look at the sky, listen to the birds, connect with nature.
- Talk to other people as much as possible. Share your fears and anxieties. Combat feelings of loneliness by talking to other people – in person, on the telephone, online.
- If you feel overwhelmed with anxiety then find ways to calm down – a bath, breathing exercises, meditation, some relaxing music. Utilise the strategies and strengths you have already.
- Be KIND to yourself. It is understandable you feel anxious, lonely, depressed. This is a really uncertain and difficult time.
- Remember that this period is finite, it will pass and "normal" life will resume again.

### ***Useful Reading***

World Health Organisation – Guidance on the Coronavirus:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

World Health Organisation - Mental Health and Psychosocial Considerations During COVID-19 Outbreak: [https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af\\_10](https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_10)

Centers for Disease Control and Prevention – Manage Anxiety and Stress:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

A Resource on Talking to Children about the Coronavirus:

<https://twitter.com/thelovelymaeve/status/1238399538878087169/photo/2>

### ***Organisations for General Support and Guidance***

MIND <http://www.mind.org.uk>

The Samaritans <http://www.samaritans.org>



# 5 TIPS TO KEEP YOU GOING DURING SELF ISOLATION

**1**

## KEEP A ROUTINE

Try to stick to a basic routine each day to give yourself some structure and sense of purpose.

**2**

## GO BACK TO BASICS

Time to switch off and dig out that book you've been meaning to read for the last year, create some music playlists for your moods, rediscover an old passion or hobby.

**3**

## LEARN SOMETHING NEW

Take advantage of the wealth of information, resources and formats available online - download a language-learning app, listen to a podcast on a new topic or enrol on an online course.

**4**

## GET OUTSIDE

Fresh air and vitamin D will be crucial to helping you feel better and staying healthy, but even if you can't get out, home exercises will help to clear your mind and keep you fit - you don't need any special equipment.

**5**

## INVEST IN YOURSELF

Now that you have a bit of time, use this opportunity to review your CV, update your LinkedIn profile and think about your future career path. We can work on any of these things with you remotely - so give us a call!

**THANK YOU TO ALL OUR EMERGENCY SERVICES STAFF WHO ARE KEEPING THE COUNTRY GOING**

[WWW.MIGHTIFY.CO.UK](http://WWW.MIGHTIFY.CO.UK)





Are you in the group insurance scheme?

Then the following may be of interest to you, please read and if you have any queries please email the federation or call us.

[federation@hampshire.pnn.police.uk](mailto:federation@hampshire.pnn.police.uk) or 02380 478 920

### **GP Care on Demand**

The GP Care on Demand service provides the subscribing member and their resident family with unlimited access to a GMC licensed practicing GP from the comfort of their home or workplace.

You can conveniently schedule a video consultation or request a telephone call back consultation from an experienced GP who'll take the time to support your individual needs. Where appropriate, they will be able to issue an open private specialist referral letter or a private prescription.

If it is identified you will benefit from a second medical opinion the doctor will support you by connecting to the Best Doctors® service which has a network of over 50,000 world leading specialists to review your case in full and help support some of the most important decisions you may have to make around your health. Brought to you by Teladoc Health, a world leader in virtual care, you can use the GP service when you are abroad to access doctors who are practiced in supporting patients wherever they are in the world. Key benefits:

- 24/7, 365 days a year, worldwide access
- Connect via the App, or simply call
- Discuss all aspects of your physical and mental wellbeing
- Unlimited consultations; you can use the service as much as you need
- Connect with a high quality GP\* who has the time to listen and to help you

To arrange an appointment simply download the 'Care on demand' App\*\*, create an account and book a consult:

Apple Store: <https://apps.apple.com/gb/app/care-on-demand/id1481628208?ls=1>

Google Play: <https://play.google.com/store/apps/details?id=com.advancemedical.careondemand>

Using code: HANTS2019

Or you can call: +44(0) 203 499 4891

No pre-existing medical condition exclusion or age limit applies.

\*Teladoc GP's are carefully selected and actively practicing medicine. They have over 6 years professional experience, undergo quarterly appraisals and continuous training.

\*\*As part of Care Quality Commission (CQC) regulations patients, when engaging the service for the first time, will be asked to go through a positive ID process. GP Care on Demand is provided by Teladoc Health, Inc. Teladoc, Inc. is a telemedicine company that uses telephone and videoconferencing technology to provide on-demand remote medical care via mobile devices, the internet, video and phone. [www.teladoc.com](http://www.teladoc.com)

### **Care First Counselling**

At some stage in their lives most people require advice and information on workplace and personal issues, but it can often be difficult to know where to start looking. The pressure of daily life can sometimes be stressful, but having access to the right advice and information can be helpful in combating such pressures.

As a member of the group insurance scheme you have access to an information and counselling helpline service which is available to you 24 hours a day. Advisors, trained by Citizens Advice are at hand to provide answers and assistance on a wide range of issues which may affect your daily life. The helpline provides you with instant support, advice and counselling. All Care First counsellors are accredited to the British Association for Counselling and Psychotherapy (BACP). The counsellors are available to provide support for any issues that you may wish to discuss, such as bereavement, relationships problems, stress and workloads. The service is confidential and impartial, and no one will be informed that you have contacted Care First, you don't even need to give your name if you don't want to.

The Care First online service provides a library of resources, developed and maintained by a team of professionals. The online resource offers immediate information, answers and advice for a wide range of personal issues such as finance management, childcare and relationship advice, as well as health guides and tips. Resources for work related issues are also available, such as returning to work after illness, planning for retirement and working effectively.

Call: 0800 177 7894 to speak to a Care First counsellor Or visit [www.arclegal.co.uk/carefirst](http://www.arclegal.co.uk/carefirst) to access the Lifestyle Online Service

Use the log in details : Hamppol

### **Unsociable Hours Benefit - If you are unable to work due to illness or injury**

Applicable to Serving Officers only. If you are unable to work due to illness or injury, and this absence lasts for more than 7 days, you may claim a benefit equal to 10% of your unsociable hours rate to help compensate for the loss of the unsocial hours payments you were scheduled to receive.

Benefit is payable from the 8th day of absence and for a maximum of 8 weeks, within 24 weeks from the date of disablement. Capped at a maximum of £60 per week, the benefit you receive will depend on your contracted working hours.

For everyone this is a worrying time but if you have a partner who is facing a drop in wages or you are facing financial strain then Police Credit Union or the Force Welfare Fund may be able to assist.



Police Credit Union is a free employee benefit which helps members of the Police family save and borrow with repayments straight from their pay.

We are passionate about improving the financial resilience of those that serve and protect and currently serve over 32,000 members, including Police Officers, Staff, Retirees and their Family Members.

**Here to help our members save, there when they need to borrow.**

Committed to the principles of people helping people – we are a not-for profit financial cooperative owned by and run for our members – offering an ethical alternative to other financial providers and treating you as an individual rather than just a credit score.

- Save with repayments straight from your salary
- Receive a return in the form of an annual dividend
- Loans of up to £25,000 – with no early repayment penalties
- FREE Life Cover
- Completely Confidential
- Join for FREE

We are proud to play our part in helping our members protect the nation, helping them prepare for their financial future, so they are ready to respond to any financial challenges they may face throughout their career.

For more information call 0121 700 1220 or visit [www.policecu.co.uk](http://www.policecu.co.uk)



For everyone this is a worrying time but if you have a partner who is facing a drop in wages or you are facing financial strain then the welfare fund may be something to consider.

The Fund gives grants and loans to serving and retired employees of the Hampshire Constabulary, and their dependents who are in *extreme financial need* which is means tested and subject to application.

For more details speak with Sam in the federation office: [federation@hampshire.pnn.police.uk](mailto:federation@hampshire.pnn.police.uk) or 02380 478 920



Rev'd Dom Jones | Force Chaplain Mob: 07818578986

Office: 4715009 / 02380451188

Twitter: @HantsPoliceChap



Dear Friends and Colleagues

As your Force Chaplain I am writing to you all at this unprecedented and constantly changing time with sincere and deep gratitude. I thank you for all you are doing as the officers, staff and volunteers within Hampshire Constabulary. We are currently challenged to find new ways of working, responding and even living. While it can feel daunting as we encounter uncharted territory we are here with you every step of the way. Together we will all dig deeply to find creative and courageous resources.

Similarly your Force Chaplaincy team is having to find new ways of offering our support to all. While face to face visits are not practicable due to the risks of spreading Covid-19 the whole team is available to be contacted remotely.

Your local chaplain's contact details can be found on the intranet and please do not hesitate to contact me directly.

The basic principle of chaplaincy is to provide safe, independent, confidential support and understanding to all, whether or not they have a defined religious belief. Sometimes we just need someone to whom we can offload with the assurance that this will go no further. So please do take advantage of this offer.

As I personally reflect on this situation I am reminding myself of a number of points:

1. This too shall pass
2. Kindness towards each other has not been cancelled 3. Kindness towards myself is vital
4. I need to remember points 1-3!

Once again my thanks for all you are doing to keep our communities safe, do remember to stay safe yourself.

Dom



A handwritten signature in black ink, appearing to read 'Dom Jones', with a stylized flourish extending from the end.

Rev'd Dom Jones

Force Chaplain



# ADVICE ON HOME WORKING



## Plan your day

If you are not used to working from home you need to have a clear schedule for the day ahead. When you physically go into your normal work space, the day is very much scheduled for you already, but when you are at home you have to do this yourself. However, make your schedule as flexible as possible. For instance, it might be that due to childcare duties you might have to do some of your work in the evening once the kids are in bed. This is fine, as long as you plan this in advance and tell your family what you are doing.

## Set ground rules

Working without interruption is crucial. Set ground rules with your family about where and when you are planning to work. This is an unprecedented crisis, so get the family around the table and talk about the rules. If you have children tell them you are working from home and also tell them why, but also be careful not to unduly scare them. Life is going to change for all of us, so let's plan ahead.

## Find a suitable space

Finding an appropriate space in which to work in the house is critical. If you are not used to working from home you might have to create a space especially, for instance maybe in a dining room or a child's bedroom. You need to give this serious thought, and again family consultation is really important. As a family get together and say 'let's see if we can organise ourselves effectively'.

## Take exercise

When you are going to work in an office you might walk to the train station or bus stop, but when you are at home this discipline disappears which is why you must make time in your day for exercise, especially at lunchtime. It comes back to scheduling. Get out of the house, go for a walk, get some fresh air.



## Maintain social contacts

Social media can come into its own during this crisis. Whether it's using FaceTime, Skype or WhatsApp, ensure face to face contact continues with colleagues, family and friends. One of the reasons that many people do not apply for home working is the fear that it will be a lonely process, but it needn't be. Eyeball to eyeball remains really important. We have the technology available to us, let's use it.

## Email not always the answer

The temptation when working from home is to only communicate by email rather than picking up the phone or having a video call with a colleague. The worry is that you start using email when actually it would be far better, and wiser, to have a conversation, especially if it concerns a sensitive subject. Rather than dealing with a problematic email simply by replying, say to them 'can we talk about this' and speak to them face to face over video.

## Get dressed

Smart casual is fine, pyjamas definitely not. Think about all those video calls you are going to start having. Look smart but wear something that you feel comfortable in. There is no need to go over the top.