



Weekly Wellbeing Information and Tips

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Connecting

Connecting to other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages.

Your relationships with others will support and strengthen you every day, and it is important to remember these relationships aren't limited to family and close friends. They include connections with neighbours, co-workers, school friends, those with mutual interests and people you meet in the local community.

However, as our ability to connect with others and the world around us is greatly hindered at the moment, it is still really important to find new and safe ways of connecting. [Click here](#) for some useful tips from national campaign **Time to Change** around Connecting and having conversations during these times.

Here are a few ideas you could try this week...

- **Mutual Aid** groups have been set up all over the country in light of the Covid-19 outbreak. These are a brilliant resource for communities to support each other, check in with neighbours, and generally connect with those around us. If you haven't already, be sure to find and join your local group here for [Hastings](#), [West Sussex](#) & [Brighton and Hove](#)
- **Music** is always a great way to connect with people. Along with fun social events, **Misfits Music** hold a weekly online session, free for all to join. If you have an instrument at home, pick it up and get involved at the next session [here](#).
- We are now able to connect through digital platforms in more ways than ever. However, a lot of this does rely on the knowledge to do so...! If you're not feeling too confident, **Digital Brighton and Hove** have volunteer digital champions ready to help. Simply complete this ["digital matchmaking" form](#) and they'll then match you up with a helper.
- The lost art of **letter writing**! The Royal Mail and Post Office are still operating. Take the time to write a letter or postcard to simply say hello and check in with a friend.



- Are you aged between **14 and 25** and want to connect with young people's services for tips and ideas to keep yourself well in **East Sussex**? I-Rock are offering a variety of support including virtual appointments, telephone support and live sessions. Find all the latest information via Facebook here for i-Rock Hastings, Eastbourne and Newhaven.
- **Eastbourne** based service Holding Space is offering parents, children and families a safe online confidential space to connect and chat to others three times a week.
- If you live in **West Sussex** and need some support with your mental health and wellbeing, connect with Pathfinder, an alliance of organisations working together to enable people with mental health support needs, and their carers, to improve their mental health and wellbeing
- Are you a keen reader? How about joining the Feel Good Book Club. Delivered by the Samaritans, who receive all profits, a new book will be delivered to your door each month, and you can connect and chat with other readers at the online community.
- If you are able to get outside, **connect with your neighbours** from a safe social distance. If you don't already, consciously make the effort to say hello and smile at those you see. These simple connections can really lift our mood!
- Finally, don't forget to pick up the **phone** and catch up with a friend or a family member. Talking through our worries with someone else can really help give us some perspective and make us realise that we are not alone.

We will continue to bring you tips, initiatives and ideas so please keep an eye out!

Next week's edition: Being active.

