

Wellbeing Information & Tips

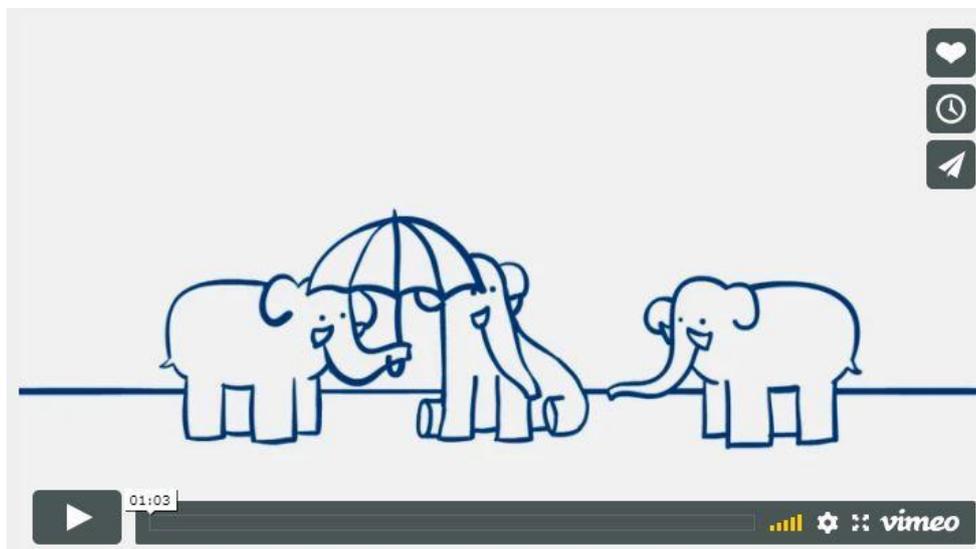


Ed. 12. 13th August 2020

Connecting

To follow on from our previous Wellbeing and Information Tips on Connecting that we shared back in April, (please [click here](#) for a reminder), it feels like a good time to update some information on re-connecting back with services, particularly for those that might be feeling quite isolated. Services are regularly reviewing how they can be delivered, so do keep an eye out and make contact if there is something you are hoping to connect back in with. It is also important to remind ourselves of the benefit that daily structure can have in helping with feelings of isolation and our general wellbeing and keeping us connected with society around us.

Some exciting news about National Mind's online peer support service Elefriends which some of you may be familiar with using.



[Elefriends info video from mind.org](#)

Elefriends is due to change shortly to a new and improved updated service called Side by Side. To find out more about Side by Side ahead of its launch visit www.mind.org.uk

Here are some ideas for connecting with others and services around you...

- We are really pleased to announce that we will be starting a series of Connecting in Nature sessions with Moulscomb Forest Garden on 21st September. Please keep an eye out on our Twitter and website for more information coming soon!
- Pathways to Health which regularly ran ear acupuncture clinics at our New England Street office, have one weekly clinic back up and running from Cornerstone Community Centre. [Click here](#) for more information.
- Befriending and peer support schemes can be helpful and many of these have been adapted to telephone services during the pandemic– check out [Time to Talk Befriending](#), [Together Co](#) and [Hastings Voluntary Action](#). As You Are, based in West Sussex, is providing [Covid19 peer support groups](#)
- Our friends at the wonderful Grow project have [Reconnect sessions](#) running, a great way to connect with others and the lovely Sussex countryside. Follow the link to find out more and register your interest.
- Frazzled Cafés are a great way to connect with others, find out more and sign up [here](#).
- The Brighton and Hove Recovery College is running a variety of activities including an online summer festival running 17th – 28th August, and also a Buddy System for those that may need a little more support. Registration for autumn courses opens on 28 August. Find out more information [here](#)
- You can find up to date information from Mind Out on [coming out of lockdown](#) including a new group on lockdown and the impact of Covid 19 on our mental health.
- Find out more about how you can enhance your wellbeing through keeping learning as well as connecting through training opportunities, as well regular drop ins at the lovely [Centre for Ecotherapy](#).

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

Next edition: 27th August

