

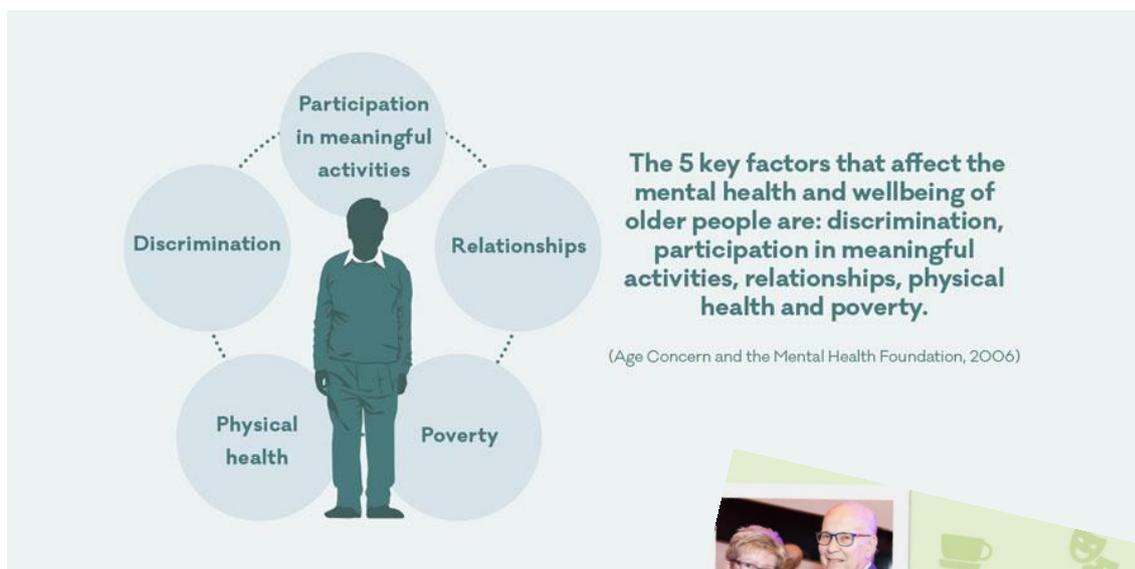


Wellbeing Information & Tips

Ed. 15. 24th September 2020

Mental Health and Older People

1st October marks International Day of Older Persons. The elderly community has become a particularly high risk group of being impacted by the Coronavirus pandemic, not just their physical health but also their mental health. As highlighted below, the five key factors that affect the mental health and wellbeing of older people, are all aspects of life that have further been impacted by Coronavirus. Even before the pandemic started we knew that one in five older people living in the community and two in five people living in care homes experience depression or poor mental health. So looking after your mental health when you are older or looking out for older people that we know, has become even more important.



Silver Sunday will be leading the way with celebrating older people on October 4th. *“With social distancing restrictions still in place, Silver Sunday is going to look very different this year, but it is needed more than ever. We therefore ask you to DO WHAT YOU CAN to celebrate the older people in our communities.”* Find out how you can join in [here](#).



Here are a few ideas of how you can support your mental health and wellbeing this week...

- Brighton and Hove's [Ageing Well](#) service for people aged 50 and over has a wealth of information on how to support older people in the community. They have put together coronavirus resources, including a weekly activity pack. You can find the latest one [here](#).
- [Age UK Brighton and Hove](#), [Age UK West Sussex](#) and [Age UK East Sussex](#) offer a variety of ways to support and enhance wellbeing of older people. You can also find a list of [coronavirus support services here](#).
- If you or someone you know could do with some help in keeping connected to the digital world [Digital Brighton and Hove](#) is here to help. Visit the website or call on 07475 946084 for guidance and support to access a device or get connected during the pandemic.
- As the guidance continues to change around coronavirus restrictions, it can be a confusing time for many and can cause anxiety whatever your age ([click here](#) to view our previous tip sheet on anxiety).
- Getting out and about in nature, taking notice of our surroundings and being active are two of the [Five Ways to Wellbeing](#). Have you found yourself visiting our local national park, the South Downs more often since lockdown? If so, the National Trust and partners would like to hear from you. You can find a link to the [Changing Chalk survey here](#).
- Do you want to start to get active again and feel fitter? Introducing the [Workers Educational Association Get Active project](#) for residents of Portslade, Hastings and St Leonards.
- Visit the Mental Health Foundation for further helpful guidance about [mental health in later life](#)

And finally...

- **World Mental Health Day** is coming! To mark the occasion we are asking people to share one thing they are doing to improve their mental health on our virtual pledge wall. More information from us coming soon.

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

Next edition: 8th October

