

# THE WILSON PRACTICE

## Coronavirus useful contacts

### General

- The NHS website has lots of general and symptom-specific information [www.nhs.uk](http://www.nhs.uk)
- eConsult also has lots of self-care advice – click the link on the home page of our website [www.wilsonpractice.co.uk](http://www.wilsonpractice.co.uk)
- NHS-approved symptom checker information is also available at [www.patient.co.uk](http://www.patient.co.uk)

### Children's symptoms

- It is unusual for younger children to have many, if any, symptoms related to COVID-19. If you are not sure about your child's symptoms and whether they need to be seen, click <https://www.what0-18.nhs.uk/national>, contact the practice or, out of hours, call NHS111.
- For information about crying babies, click <http://iconcope.org/parentsadvice/>.

### Mental health and wellbeing

Useful advice on staying well whilst staying at home from the NHS Every Mind Matters team: [www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips](http://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips)

Please remember, if you have worrying symptoms or an exacerbation of previous concerns, you should contact the practice or your usual support team (or NHS111 if out of hours).

### Eating and drinking well

Practical tips from Bournemouth University, Wessex Academic Health Network and the Malnutrition Task Force are available on our website:

<https://www.wilsonpractice.co.uk/website/J82157/files/Eating%20and%20Drinking%20Well%20in%20Later%20Life%20and%20Coronavirus.pdf>

### Citizens Advice East Hampshire: help available during lock down

- Coronavirus page – including advice re: possible scams: <https://www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you/>
- Universal Credit 'Help to Claim' service for new claimants. Advice online: <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/help-to-claim/> or call 0800 144 8 444
- Online chat service: <https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/web-chat-service/>
- East Hampshire Citizen's Advice: Adviceline 0300 330 9028 (9am -5pm Mon-Fri) or by email: [digital@caeasthants.org.uk](mailto:digital@caeasthants.org.uk)

### Volunteer support groups

If you have been advised to shield or self-isolate and you need **help with getting medicines or essential supplies, or if you live alone and are missing human contact and a bit of a chat**, the wonderful local volunteer networks can help with all those things.

Please contact:

- Alton Covid Mutual Aid Group **(0800 066 3697)**; [altonmutualaid@protonmail.com](mailto:altonmutualaid@protonmail.com)
- Binsted, Bentley and Froyle Care Group **(01420 23440)** or
- Help for Hampshire **(0333 370 4000)**