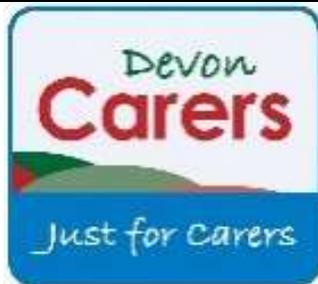


Help and information

<u>Local</u>	<u>National</u>
 <p>ECHO by Lloyds Pharmacy</p> <p>NHS repeat prescriptions delivered</p> <p><small>Providing 116 services</small></p> <p>Echo by Lloyds Pharmacy works with your NHS GP to ensure that your repeat prescription gets to you FREE of charge.</p> <p>http://www.lloydspharmacy.com/en/info/nhs-repeat-prescriptions</p> <p>PLEASE NOTE ALL PHARMACIES OFFER A VERSION OF THIS SERVICE so please chat to yours to find out how to register.</p>	 <p>The Silver Line helpline for older people 0800 4 70 80 90</p> <p>FREE confidential helpline providing information, friendship and advice to older people 24hrs a day, every day of the year</p> <p>https://www.thesilverline.org.uk/</p> <p>Want to chat to someone?</p> <p>The Silver Line also offers weekly calls to people age 55 and over, who would like to receive regular weekly telephone friendship from a friendly and supportive volunteer, called a Silver Line Friend.</p> <p>If you think that you would benefit from this service please call the helpline on 0800 4 70 80 90</p>
 <p>DIOCESE OF EXETER</p> <p>THE CHURCH OF ENGLAND IN DEVON</p> <p>If you are unable to get to church but would like to worship then a number of radio stations broadcast services including:</p> <p>BBC Radio Devon Sunday Service (06.30 Sunday and then on BBC Sounds) and daily Pause for Thought (06.35 weekdays, 07.35 weekends):</p> <p>https://www.bbc.co.uk/sounds/play/live:bbc_radio_devon</p> <p>Below is a link to a simple act of worship for people who are unable to attend church:</p> <p>https://exeter.anglican.org/wp-content/uploads/2020/03/Simple-Acts-of-Worship-V4.pdf</p>	 <p>ageUK Love later life</p> <p>Age UK Advice Line 0800 055 6112 Free to call 8am – 7pm 365 days a year</p> <p>Call in Time is a free telephone friendship service for people 60 and over. We'll match you up with a likeminded person who's keen to make a new friend, and every week they'll give you a call.</p> <p>Not having someone to talk to regularly can be lonely, particularly if you're used to sharing your home and time with others. A friendly, 30-minute chat on the phone every week can make all the difference.</p> <p>To sign up for Call in Time, you must be:</p> <ul style="list-style-type: none"> • over 60 • have your own landline or mobile phone • able to hear and be understood over the phone • able to commit to a regular weekly call at the same time. <p>https://www.ageuk.org.uk/services/befriending-services/sign-up-for-telephone-befriending/</p>



Information and advice for carers in Devon

<https://devoncarers.org.uk/>



Useful information on:

- Plan for staying at home or indoors
- Taking care of your mental health and wellbeing
- Checklist: are you ready to stay at home for 2 weeks?

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

Need help to relax visit:

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Would you like to find out more about mindfulness, how to practice it and how it can help with mental health problems visit:

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>

FREE emergency helpline to support businesses affected by coronavirus. Contact 0330 088 4421 <https://www.cosmic.org.uk/>



Would you like some guidance on how to do some easy and gentle exercises at home? The NHS has produced 4 booklets to help get you started.

https://www.nhs.uk/.../documents/NHS_sitting_exercise.pdf

<https://assets.nhs.uk/.../NHS-flexibility-exercise.pdf>

<https://assets.nhs.uk/.../documents/NHS-balance-exercise.pdf>

https://www.nhs.uk/.../documents/NHS_strength_exercise.pdf