

Community Impact Bucks' COVID-19 Briefing #37 Mental health resources

Short regular briefing from Community Impact Bucks

18th May 2020

Dear Sir/Madam,

Today marks the start of [Mental Health Awareness Week](#); it is of particular significance this year as the pandemic has proved to be challenging for many in our communities and especially for those who already have mental health problems. With no clear idea of when pre-COVID routines can restart, it is predicted that the pandemic will have a 'profound mental impact' not just now but also in the future.

We have highlighted a few useful resources below which could be used in both professional and personal capacity, including well-being advice from local charity Lindengate.

MENTAL HEALTH RESOURCES

In support of Mental Health Awareness Week, St John Ambulance has collated some resources which will help start conversations about mental health both in and out of the workplace whether it is with your colleagues, volunteers, clients or with family and friends:

- Book in on one of their free online mental health modules (you will need to register for access): [An introduction to wellbeing](#), and [Mental health first aid](#)
- Take the [Mental health in the workplace quiz](#) to test your knowledge of the effects of mental health at work
- Watch the new series of [mental health webinars](#) which St John Ambulance is hosting
- Have a look at their [wellbeing self-assessment tool](#) which can help you understand what may be causing your stress as well as suggest steps you can take to improve your overall wellbeing.

You can also find lots of helpful information on the [Buckinghamshire Mind](#) website, and you can seek help by calling the [Buckinghamshire & Oxfordshire Mental Health Helpline](#).

FIVE WAYS TO WELLBEING

Wendover mental health charity, Lindengate has recently launched [Lindengate@home](#) to help anyone struggling with the effects of COVID-19 or isolation. Aimed at helping people to regain structure and wellbeing into their daily routines, the website focusses on five ways to wellbeing:

- Connect
- Be Active
- Take Notice
- Keep Learning
- Giving

Within each of the five areas, there are suggested activities to help boost wellbeing such as cooking, gardening and exercising. Go to [Lindengate@home](#) and click on the five wellbeing buttons.

#FundAlert FOR INDIVIDUALS AND GROUPS WORKING TOWARDS RACIAL JUSTICE

Grants of between £5,000 and £50,000 are available through the **Resourcing Racial Justice Fund** for work redressing the impact of COVID-19 on those who identify as People of Colour (POC). With a deadline of 15th June, there are three types of investment:

- Supporting individuals: £5k - £30k
- Supporting organisations – Emergency and recovery: £5 - £30k
- Supporting organisations – Long-term structural change: £5 - £30k

A [webinar](#) is being held on 20 May 2020 (7.50-8.30pm) to answer any questions you may have on the application process and eligibility. For further details and to apply, go to [Resourcing Racial Justice Fund](#).

#FundAlert EMERGENCY FUNDING FOR FRONTLINE HOMELESSNESS

The Ministry of Housing, Communities and Local Government has announced £6 million of emergency funding to provide relief for smaller (under £5 m) frontline homelessness voluntary organisations. Grants of between £10,000 and £100,000 are available through the **Coronavirus (COVID-19): Homelessness Response Fund** for either/or both of the following purposes:

- To help alleviate the financial impact of COVID-19 on the organisation. This may be because of a reduction in actual or expected income this year, and/or as a result of higher costs that have been incurred or expected to incur as a result of providing services to beneficiaries as a direct result of the COVID-19 crisis.
- To provide new or adapted services to homeless people affected by COVID-19.

The closing date is 27th May 2020; for more information, click [here](#).

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