

Preparing for the 'New Normal'

Returning to the community or back to work

Using public transport. With many people dependent on buses or trains to attend appointments or to get to work the new restrictions on passenger numbers and safety will need consideration. You might have some anxieties about traveling on public transport: What can I expect? What am I supposed to do? What if I can't cope?



Guidelines and advice can be found on these web pages
<https://www.gov.uk/guidance/coronavirus-covid-19safertravelguidanceforpassengers>
<http://overcomingsocialanxiety.com/socialanxiety-onpublictransport/>

Attending appointments and returning to community services. Many people will have to start adjusting to face to face meetings after months of only telephone or online support. This will understandably cause stress and anxiety for some people. For some it may be fears around catching Covid-19, for other's it may be around socialising and adjusting to meeting people face to face again. Organisations will have government guidance and processes in place to ensure your safety and to maintain the new social distancing measure of 1 meter.

The following links provide some support for these issues.

<https://www.helpguide.org/articles/anxiety/social-anxiety-disorder.htm>

<https://www.nhs.uk/conditions/social-anxiety/>

<https://www.verywellmind.com/how-to-reduce-your-panicrelatedavoidancebehaviors-2584148>



Returning to work. With the easing of Lockdown restrictions and the return to work for many workers, everyone will have mixed feelings. Lockdown has affected us all in different ways, and it is only normal to feel uncertain about what the future holds. Many people will feel confused, worried and apprehensive about going back to the workplace. Organisations will be considering a range of adjustments to the way work is done to comply with government recommendations, so our place of work may look different to how it used to look. Organisations will have government guidance and processes in place to ensure your safety.



Here are some websites you might find useful

[healthproblem.pdf](#) <https://www.mentalhealthatwork.org.uk/toolkit/transitioning-back-to-work-after-lockdown/>
<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19> <https://www.acas.org.uk/coronavirus>
<https://www.nhs.uk/conditions/stress-anxiety-depression/returning-to-work-after-mental-health-issues/>
<http://hrnews.co.uk/life-after-lockdown-practical-tips-for-employers-to-manage-the-return-to-work/>
<https://www.unison.org.uk/coronavirus-rights-work/>
<https://workingfamilies.org.uk/articles/coronavirus>

Everyone's situation is unique. However, as you approach your return to work, there are some General principles that will give you the best chance of getting back to work and staying mentally healthy.

- It is important to keep in touch with colleagues and your line manager. We have all been impacted by the coronavirus in different ways. You may have been bereaved, felt overwhelmed or isolated, or been unwell. If you share this with others they will be better able to help you in the weeks and months ahead.
- Think about your job and your situation. Does anything need to change to help you do your job well? If you haven't been told what to expect, ask what provisions have been made to create a safe work environment.
It can be helpful to
- Think through what will happen on the first day back: How will you get to work? if you are travelling on public transport do you have a face covering? Will anything be different as you enter the building? Who will be there, will everyone return together or will there be a staggered return? Will you need to do things differently to get your job done?
- Could you have a return-to-work conversation with your line manager to ensure that you are as prepared as possible for your return to work? This would be a chance to identify your work priorities and raise any concerns or questions that you have. If you have something important you want to talk about, you could try practicing the conversation with a friend, colleague or family member.
- Take things one step at a time. The way we all work is likely to keep changing in the coming weeks so we will need to keep adjusting. Don't expect everything to quickly return to normal. We have a long journey ahead. We may not be able to go back to our old ways of working for some time and if we are lucky, this could give us an opportunity to do things differently, maybe even better. Look out for yourself, look out for others and take things one day at a time. Monitor and review how you are getting on. It is important to have regular check-ins with yourself, with your team and with your manager. This way you can address issues as they arise and make the required amendments to avoid issues escalating.

There will be some common reactions to returning to work. For some people the mere thought of leaving the safe bubble that home has become can be anxiety provoking. Symptoms can be very similar to agoraphobia and can include cold sweats, dizziness, increased heart rate or disordered thinking.

Here are some useful links to web pages that offer some practical tips to help.

<https://www.nhs.uk/conditions/agoraphobia/> <https://www.verywellmind.com/fear-of-leaving-the-house-2583915>
<https://www.verywellmind.com/agoraphobia-101-2584235> <https://www.stylist.co.uk/life/coronavirus-lockdownagoraphobia-anxious-leaving-house-mental-healthsupport/390997>

Remember, this is a new situation that none of us have ever experienced before. It will be difficult for everyone and there is no right or wrong way to feel. Everyone is finding their own path and things might not always go to plan. It is important to be kind to yourself and to be kind to others. As we all find our way we need to understand that there may be pitfalls along the way as we return to the **'New Normal.'**

To gain further community mental health support across Kirklees



Community Links - CLEAR Service

The Community Links Engagement and Recovery Service (CLEAR) is commissioned to provide support for people in Kirklees with a range of mental health needs, including dementia to reach their goals and aspirations. The CLEAR service supports self-help and promotes choice, wellbeing, recovery and inclusion.

Tel: 01484 519097 or 01924 465054

Email: clear.huddersfield@commlinks.co.uk

clear.dewsbury@commlinks.co.uk

Website: www.commlinks.co.uk



Richmond Fellowship - Kirklees Employment Service

Our employment service supports people to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment. Our service is available to adults in the

Kirklees area who have been diagnosed with mental ill health, an autistic spectrum condition, or other hidden impairments such as ADHD, dyslexia, dyspraxia or early onset dementia.

Tel: 01484 434866

Email: info.kirkleesES@richmondfellowship.org.uk Website:

<https://www.richmondfellowship.org.uk/yorkshire/kirklees-employment-service>



Hoot Creative Arts Hoot offers high quality creative activities with professional community artists for people experiencing issues with their mental health or wanting to maintain their wellbeing.

We also offer a specialist programme of creative activities for people with dementia. Hoot delivers sessions in Huddersfield, Dewsbury and Batley.

Tel: 01484 516224

Email: info@hootmusic.co.uk

Website: www.hootcreativearts.co.uk



Cloverleaf Advocacy – Carers Count Service We support carers whose loved ones have mental health needs, or are using drugs/alcohol or both. We provide 1:1 emotional support, carers groups, short carer breaks, an Information and advice.

We also provide advocacy support to help carers speak up for themselves.

Tel: 0300 012 0231

Email: info@carerscount.org.uk

Website: www.carerscount.org.uk



WomenCentre - Women's Mental Health & Wellbeing Service

We provide safe women-only spaces in both North and South Kirklees, offering drop-in sessions, counselling, therapeutic 1:1 support and group work and self-help groups in the following areas: confidence building, mothers apart from

children, refugee & migration support, LGBTQ, relationships, eating distress, post-natal support, quitting smoking, music/movement therapy, walking and nature wisdom. We recognise life experiences and skills as assets and offer opportunities to 'give back' and get more involved.

Tel: 01484 450866 & 07590 445846

Email: wmh@womencentre.org.uk

Website: www.womencentre.org.uk



Support to Recovery (S2R) - The Great Outdoors Project

Opportunities for adults to engage in activities connected to the natural environment, such as: allotments, conservation tasks, bushcraft, bee keeping, along with seasonal activities. Delivered in small group settings to improve emotional and physical well-being, reduce anxiety and promote social connections. Our activities take place at our venue in Huddersfield and various locations across North and South Kirklees. You will have the opportunity to contribute your ideas and skills to help us shape the service for the future.

Tel: 01484 539531

Email: contact@s2r.org.uk

Website: www.s2r.org.uk



Touchstone - Kirklees Advocacy & Peer Brokerage Services

Provides statutory and non statutory advocacy for Kirklees, includes Mental Health, Mental Capacity, Health Complaints and general advocacy, supporting people to understand their rights and have their voice heard. Group advocacy opportunities are developing and include "Meeting of Minds", a peer-led forum. We also deliver brokerage support for people to use their mental health personal budgets (and/or their own funds) to create personalised support packages to maintain independence and recovery.

Tel: 01924 460211

Email: advocacy@touchstonesupport.org.uk Website:

www.touchstonesupport.org.uk

Get in Touch

To find out more about any service you are interested in, or to make a referral for yourself or someone else, you can call, email or visit our websites.

The Kirklees Mental Health Partnership aims to work together better to:

- Improve community mental health services for people and with people
- Ensure services are accessible to all
- Increase positive outcomes for people in our services
- Enable and create independence and resilience
- Increase prevention and early intervention work

WORKING TOGETHER BETTER

Are you looking for Mental Health & Wellbeing support in Kirklees?

We are the commissioned, Community Adult Mental Health service providers from the voluntary sector, working together to provide a better mental health service in Kirklees.

