

# HCA GUIDE TO SELF-ISOLATION

Thank you for self-isolating and helping to protect the others.

We understand that there is no ideal time to feel ill or to have to self-isolate to keep yourself and others safe, but keep in mind that you are not alone and that HCA is here for you.

In this document you will be able to find lots of useful information that you can refer to during your time in self-isolation.

This complements the PHE Staying at Home Guidance

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

This is a brief guide to:

- The Essentials: Food deliveries
- Community and Entertainment
- Advice on health and wellbeing
- Talk to us: Who to contact with any queries you may have

Your course team will stay in touch to support your learning.

## THE ESSENTIALS

### **Food deliveries**

If you are self-isolating, you may ask a friend to shop for you and deliver food but they cannot enter your house. You can also order food deliveries to your accommodation so that you have everything that you need. Please see below for a food ordering guide.

An on line supermarket shop can be delivered directly to your student accommodation or home, see below for a list of supermarket chains that offer this service locally.

ASDA - <https://www.asda.com/>

Tesco - <https://www.tesco.com/groceries/>

Waitrose - <https://www.waitrose.com/ecom/shop/browse/groceries>

Iceland - <https://www.iceland.co.uk/free-delivery.html>

Sainsburys - <https://www.sainsburys.co.uk/>

Lidl - <https://www.lidl.co.uk/>

Morrisons - <https://my.morrisons.com/doorstep-deliveries/>

**(Morrisons have prioritised their food deliveries to the ones who need it most, this applies to students isolating in halls and accommodation)**

You will need to set up an account with the supermarket before you can start your online shop but the only details you need to provide are your contact details, bank details and your current address.

You can then place items you would like in your shopping cart and arrange a time for the goods to be delivered to your doorstep.

To save on funds we would recommend that you do a joint food shop with your housemates as you will be able to get more for your money and enjoy the process of cooking and eating together.

Disruptions in routine and having to share a kitchen may have a knock-on effect on your eating habits. Try not to have too many takeaways, make sure to make some time for self-care and treat yourself to a home cooked meal. We have put together some [student recipes](#) that are quick and easy to make that won't cost you a fortune.

## COMMUNITY AND ENTERTAINMENT

### HE Students

#### Virtual bar night information

The SU is planning more virtual bar-nights during this period

Please register your interest by emailing our Student Union Officer [k.ayres@hca.ac.uk](mailto:k.ayres@hca.ac.uk) and we will send you an email to confirm that you have been added into the virtual bar night group!

#### Entertainment

You may have a lot of extra time on your hands. There are many student discounts offered to you through NUS/Totum card including Spotify, Netflix and other entertainment services. We would recommend that you apply for a NUS card and apply for Netflix and Spotify.

#### NUS /Totum

TOTUM is the UK's No.1 student discount card and app.

It is the new name for the student NUS discount card and your TOTUM membership opens up a wide range of brilliant student discounts, offers and vouchers on your everyday essentials. We highly recommend that you apply for an TOTUM card as it could save you some money.

How to apply:

- Visit <http://www.totum.com>
- Click the LOGIN option in the top right corner
- Set up an account & register place of study
- You will need your bank card and a photo
- Card will be sent to you within 7 days

It is also worth noting that Amazon prime have a new offer on specially for students, the first 6 months free and is only £3.99 after the first 6 months.

## **FE & HE Students**

### **Play games over video call**

Houseparty is a great app you can use to video call friends, either individually or in groups. You can also play fun games together through the app!

### **Learn something new**

If you fancy learning something new, The Open University has made a number of courses available - you can learn about anything from history, to psychology to science...all for free!

### **Learn a language**

If you want to use this time to learn a language or brush up on your language skills, there are lots of resources available online. We like Duolingo and Drops, which both help you get to grips with the basics of a number of languages with fun games, and can both be downloaded as smartphone apps.

### **Try some indoor exercise**

If you want to get a bit of exercise from the comfort of your home, Joe Wicks, a fitness trainer, has loads of different workouts all available on YouTube.

### **Practise mindfulness and meditation**

You could also use the time to practise mindfulness. Apps like Calm and Headspace offer loads of guided meditations.

# HEALTH

Please take extra precautions to reduce the risk of infection within your household.

- Try and maintain physical distancing from anyone asked to self-isolate because they are in the close contact group.
- Regularly clean frequently touched surfaces and shared areas such as kitchens and bathrooms and keep indoor areas well-ventilated by opening windows where possible and wipe down toilets and other surfaces carefully after individual use if you have to share a bathroom.
- Wash your hands regularly for at least 20 seconds with soap and water or use hand sanitiser. Cover your mouth and nose with a disposable tissue when you cough or sneeze, bin it promptly and wash your hands. If you don't have a tissue, cough or sneeze into the crook of your elbow. Avoid touching your face.

## **Medications**

If you are on a repeat prescription it is important that you keep up to date with your prescriptions to maintain your physical and mental health. Some pharmacies are doing a delivery service so that you can have your medication delivered straight to your door.

[Boots pharmacy](#)  
[NHS Prescription delivery service](#)  
[Lloyds pharmacy](#)  
[Pharmacy2U](#)

If the pharmacy does not offer a delivery service, you can select a representative to collect your medication for you and drop it through your door.

## WELLBEING

Maintaining and boosting your wellbeing during this time is particularly important. Please see below for lots of useful online resources and chat services that can help you maintain your mental wellbeing and signpost you to further external support.

Our Wellbeing Development Lead wellbeing officer Mel Williams and Graduate Ambassador Kath Ayres will be checking in with you with regular phone calls while you are self-isolating.

The check in phone calls are an opportunity for you to let us know how you are getting on, request extra support or to just have a chat.

You can also use the wellbeing button on studentnet. Please note this is checked in office hours but if you are in crisis you must use external emergency services.

### Wellbeing Resources

#### HE Students\_

##### [Student space](#)

Student Space is run by Student Minds, the UK's student mental health charity. It has been developed collaboratively with services, higher education professionals, researchers and students to complement the existing services available to students during the coronavirus

There are 3 main ways that Student Space can support you

- **Access to dedicated support services for students, by phone or text**
- **Information and tools to help you through the challenges of coronavirus**
- **Helping you find what support is available at your university.**

You can get free, confidential support by phone or webchat from a trained volunteer, from 4pm to 11pm every day.

It is a very uncertain time at the moment but there are resources put in place to support you through this time. You can visit student space for a [useful webinar](#) outlining how to manage your uncertainty and give your techniques to help you manage your mental health.

## **FE Students**

### [Young Minds](#)

On this page you will find information about how to manage anxiety, OCD and tips for coping with self-isolation. There is also tips, advice and guidance on where you can get support for your mental health during the Covid pandemic.

### [Young Minds Crisis Messenger](#)

A free 24/7 text support for young people across the UK experiencing a mental health crisis. All texts are answered by trained volunteers, with support from experienced clinical supervisors.

## **HE & FE Students**

### [Every mind matters](#)

A mental health resource put together by the NHS, on this site you can find lots of useful self-care tips and of helpful videos outlining how to deal with unhelpful thoughts, how to regulate your sleep, how to stay safe on social media and advice of how to deal with change.

### [The Mix](#)

Offers support to anyone under 25 about anything that's troubling them from mental health, money, break-ups to drugs...

- Free 1-2-1 web-chat service available.
- Free short-term counselling service available.

Phone: [0808 808 4994](tel:08088084994)

Opening times: 4pm - 11pm, seven days a week

You can also [email](#) them to request support and someone from their team will get in touch with you.

### [NHS Urgent mental health helpline \(England only\)](#)

Offers mental health support and advice, help to speak to a mental health professional, and can arrange an assessment to help decide on the best course of care. Opening times: 24/7

### [Shout](#)

[Shout 85258](#) provides free, confidential, 24/7 text message support in the UK for anyone who is struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying. Text "Shout" to 85258 to speak to an empathetic, trained volunteer who will listen and work with you to solve problems.

### [Kooth](#)

Kooth are providers of online support for young adults up to the age of 19, again you can chat to qualified counsellors and support workers.

# TALK TO US: USEFUL CONTACTS

If you have any concerns or would like a little bit of extra support, please see below for some useful contacts:

[wellbeing@hca.ac.uk](mailto:wellbeing@hca.ac.uk) Your wellbeing is something that is very important to us at HCA and our wellbeing Development Lead Mel Williams ([m.williams@hca.ac.uk](mailto:m.williams@hca.ac.uk)) can offer you advice, signpost you to extra support and make sure that you feel safe, secure and settled. (If you are ever in crisis though you must contact emergency services)

[studentunion@hca.ac.uk](mailto:studentunion@hca.ac.uk) Your Students Union wants to help you to make the most of your time at HCA offering support and representation for HCA students at all levels.

We are here to support you, represent you, and make your time here a truly rewarding experience that stays with you for life. You can email the SU if you have any event ideas, would like to get in contact with your fellow students or to ask if you have any questions about the virtual bar nights. You can also get to know some of the faces in the Student Union by visiting:

<https://www.hca.ac.uk/life-at-hca/student-union>

[finance@hca.ac.uk](mailto:finance@hca.ac.uk) This email address will direct your queries to the HCA finance team so if you do have any financial concerns or questions you can send them an email and they will assist you.

[library@hca.ac.uk](mailto:library@hca.ac.uk) If you are fit and well but have to self-isolate, then you may be keen to use this quiet time to research and read.

You can access many library resources via the library page of [Student Net](#) including the library catalogue, digital resources and eBooks, the ATHENS databases, the huge Proquest collection of online art and design journal articles, and many other useful online resources on the creative arts. You can also browse through the [library catalogue online](#). Please feel free to contact our Head Librarian Jo Lacy on [j.lacy@hca.ac.uk](mailto:j.lacy@hca.ac.uk) with any queries.