



**Promoting and Enhancing Community Health and Well Being**

## **Covid-19 and MyHealthnet Remote Service Newsletter**

Dear Service Users and Friends,

Since the outbreak of Covid-19, so much has changed, and we are in uncertain times. We must evolve and adapt with change and do so quickly whilst maintaining our service. It is important that we remind you that our remote service during the day and 'by appointment' evening sessions remains the same.

Our wonderful team will not hesitate, to continue to help people in need, and providing support as and when they need it most.

Our mission is to help new and existing service users to effectively use our remote service better is especially now more important than ever with COVID-19 spreading out of control.

Everyone at MyHealthnet understands what the impact of a lock-down can mean for our most vulnerable service users. Therefore, we are assuring you of our commitment to you and support for others, whilst keeping our partners informed about the latest changes in service now and in the future.

### **How we can help you:**

We are not exempt from the changes and challenges of strict remote working, so we adapt how we operate. We are here to help you manage your relevant health-related matters and to learn from you about what works best. So, let us know how we can help you and others during this lock down period. We will provide specific information about any change in service availability. Meanwhile, get in touch with us online, visit ([www.myhealthnet.co.uk](http://www.myhealthnet.co.uk)), Facebook, Skype or by email administrator at [info@myhealthnet.org.uk](mailto:info@myhealthnet.org.uk).

### **How you can help yourself and others:**

Young people can **Connect with us online or Sign-up via Social Media Pages** in the following ways. (Older children and young adults can help younger ones and people with difficulties) Visit:

**Facebook Pages and Groups** Simply type 'MyHealthnet' and choose preferred service page, join group or share MyHealthnet Clinic | MyHealthnet Agony Aunt Clara etc.

<https://www.facebook.com/MyHealthnet.Online>

<https://www.facebook.com/MyHealthnet.Counsellors/> @MyHealthnet.Counsellors

[https://www.facebook.com/CyberAgonyAunt/?ref=br\\_rs](https://www.facebook.com/CyberAgonyAunt/?ref=br_rs) @CyberAgonyAunt

<https://www.facebook.com/groups/108081085899186/> Free Medical Advice

<https://www.facebook.com/myhealthnet.charity1> Learn and Share with MyHealthnet online

<https://www.facebook.com/groups/46105999356/> **Public Group** for Partners, Volunteer and Friends etc.

**Websites:** <https://myhealthnet.co.uk> [www.myhealthnet.org.uk](http://www.myhealthnet.org.uk)

**Skype ID:** MYHEALTHNET\_08454301904

**WhatsApp:** MYHEALTHNET Group link <https://chat.whatsapp.com/Gaens77yMD16186FTq0Fr6> or text your name number and ask to be added

### **Share your stories anonymously**

We would love to share how you are doing during this time with others like you on the same journey.

Please share your story with us and we'll add it to our social media pages and website for others to learn from.

### **Stay indoors and Stay Safe.**

MyHealthnet [www.myhealthnet.org.uk](http://www.myhealthnet.org.uk) [www.myhealthnet.co.uk](http://www.myhealthnet.co.uk) Skype: MyHealthnet\_08454301904

**Protecting and enhancing community health and well being.**

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