



Summary of updates to One You Merton (OYM) website for COVID-19

Here is a summary of the changes that have been made to assist residents in Merton as much as possible during the COVID-19 crisis as requested by commissioners. Please take some time to familiarise yourself with the new content of the website to best be able to support service users with this new information during this difficult time.

Moving - the Moving page now has 44 different links on it and the activities have been split into: Adults, Older Adults, Disabled people and those with Long Term Conditions, Pregnant Women and Children and Families. There's also links to the NHS Fitness Studio.

Smoking - information on the face-to-face drop in clinics has temporarily been removed and we inform people the clinics are currently closed at the top of the page. At the same time the page informs people that support is still available via phone, Skype and WhatsApp and to contact us to set up this support.

An info graphic about the dangers of smoking and COVID-19 has been added along with a video from PHE about the benefits of stopping smoking. Info has also been added about COVID-19 for pregnant smokers.

OYM will be adding a map that shows people the pharmacies where they can get their Nicotine Replacement Therapy (NRT) across the borough.

Eating the Eating page now has links to a number of very informative blogs written by an NHS nutritionist or dietitian informing people about how they can continue to eat healthily and make the most of their food during the current lockdown. There are now also links to some healthy eating video recipes on our YouTube channel.

Stress - links have been added the national One You Stress page, which has lots of info and videos on dealing with stress.

There is also a link to apps to help with a range of mental health conditions in the NHS Apps Library. We also have a link to our Every Mind Matters page where people can get their own personalised 'Mind Plan' using the embedded tool from Public Health England. There are also new links on our Every Mind Matters page with support information for those worried about the COVID-19 crisis.

Sleeping - links have been added the national One You Sleep page, which has lots of info and videos on improving sleep.

There is also a link to apps to help with sleep in the NHS Apps Library. We also have a link to our Every Mind Matters page where people can get their own personalised 'Mind Plan' using the embedded tool from Public Health England. There are also new links on our Every Mind Matters page with support information for those worried about the COVID-19 crisis.

Drinking - the Drink Less page is currently being updated with info on alcohol units and support info.