**Emotional support during the Covid-19 outbreak.**

We know how worried you must be during this stressful time and isolating at home can lead to increasing anxiety and low mood. We have some tips to help you to stay as emotionally well as you can:

* Stay connected, but by phone or video calls if you can. Chatting with a friend or family member can help you feel less isolated.
* Keep active, which could be something as simple as marching on the spot to some of your favourite music or following a video on line.
* Keep your mind active with puzzles, reading or maybe do some on line learning. Join up at [www.mylibrary.co.uk](http://www.mylibrary.co.uk) to get free ebooks, newspapers and magazines. You can even research topics of interest including your ancestry!

Your clinical team will continue to support you with your care and treatment as always but from Monday 23rd March we will also be operating a telephone support line from 8am-4pm Monday to Friday. You can contact us on **01670 855533** if you need a chat or some general advice and support. Help is also available from Macmillan Cancer Support on **0808 808 00 00** or Samaritans on **116123**.