

Black Country Health & Well-being Foundation

Project: Creating Better Chances

Keeping healthy in Covid-19

We know how difficult the lockdown will be for a lot of you and we want to support you.

Lock down and the different Tier levels

Just recently, the Prime Minister of UK, Boris Johnson announced a Level 5 Lock down in UK, but what does it all mean? Here is a breakdown on the different levels associated with a Lock down and how it all works:

The five levels are as follows:

- Level 1 (green): Covid-19 is not known to be present in the UK – no social distancing needed
- Level 2: Covid-19 is present in the UK, but the number of cases and transmission is low – minimal social distancing needed
- Level 3: a Covid-19 epidemic is in general circulation – social distancing relaxed
- Level 4: a Covid-19 epidemic is in general circulation; transmission is high or rising exponentially – social distancing in force
- Level 5 (red): as level 4 and there is a material risk of healthcare services being overwhelmed – strict social distancing needed. transmission of the virus is "high or rising exponentially".

Level 5 is the highest setting on the government's system and indicates a risk of hospitals being overwhelmed within three weeks if urgent action isn't taken

BCHWF plans to undertake a series of online sessions via Zoom to address current topics surrounding Health and well-being during the Covid-19 Pandemic.

Timetable:

Date	13/01/2021 *17/01/2021 * = URDU	20/01/2021 *24/01/2021 * = URDU	27/01/2021 *31/01/2021 * = URDU	03/02/2021 *07/02/21 * = URDU	10/02/2021 *14/02/2021 * = URDU	17/02/2021 *21/02/2021 * = URDU	24/02/2021 *28/02/2021 * = URDU
Time	7.30pm * 8.00pm	7.30pm * 8.00pm	7.30pm * 8.00pm	7.30pm * 8.00pm	7.30pm * 8.00pm	7.30pm * 8.00pm	7.30pm * 8.00pm
Subject	Motivational Tips	Healthy Eating – Balanced diet	Importance of Exercise	Tackling Mental Health and Depression	Online Social well-being (Being safe online)	Quit Smoking Techniques	Questions and Answers session
Date	3/03/2021	7/3/2021 URDU	10/03/2021	14/03/2021 URDU	17/03/2021	21/03/2021 URDU	24/04/2021
Time	6pm	6pm	6pm	6pm	6pm	6pm	6pm
Subject	Motivational Tips	Healthy Eating – Balanced diet	Importance of Exercise	Tackling Mental Health and Depression	Online Social well-being (Being safe online)	Quit Smoking Techniques	Questions and Answers session

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For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

www.blackcountryhwhf.org.uk

info@blackcountryhwhf.org.uk

Disclaimer: This is a general guidance and it is always recommended to consult your physician or GP should you have any medical condition or are worried about anything in this leaflet