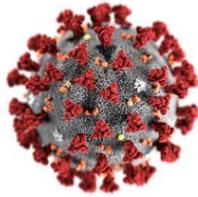


Covid 19 – your experience



Life has changed for all of us due to the outbreak of the covid 19 coronavirus.

Some of us will have been particularly affected by illness, by social isolation, by economic impact of the lockdown. But all of us will have experienced change in one way or another.

The way we have been able to deliver health services has also changed.

We are looking at life after the peak of the virus. Many things will not go back to normal and we want your views about how we should plan for the future and about the services that could help you.

So we want to start a conversation about what we have experienced, what we have learned and what we should do in the future. We have a series of questions which will help us think about this.

Your experience at home



We have all been stuck at home because of the rules on social distancing. Being at home has presented all sorts of challenges. We want to know how you have been managing your health at home.

1. What have you been doing at home to stay well and healthy?
2. Are there things that have made you anxious about managing your health at home?
3. Where have you got information to help you manage your health at home?
4. What resources and support could we give you so that you are more confident in managing your health at home?

Staying connected with family and friends



While we have been at home we have had to find new ways to connect with family and friends.

5. How have you stayed in touch with family and friends?
6. What have been the challenges in this?

Connecting with other people





Tower Hamlets Weavers Ward Covid-19 Mutual Aid

Self-isolating? You are not alone.
Your local community is here to help.

Mutual aid WhatsApp <https://bit.ly/WeaversWhatsApp>
Help requests <https://WeaversWardCovid.org/>
Telephone help **020 8638 7799**

COMMUNITY ACTION RESPONSE: COVID-19

5 things you can do to make a positive difference in your community



There has been an amazing rise in the number of groups who offer support during this time – neighbourhood groups, mutual aid organisations.

7. Have you become involved in any support groups? This might be local neighbourhood groups or groups offering to provide practical support?
8. How have you experienced your involvement?

9. Have you received support from any groups in terms of people helping you with shopping, getting medication or other practical help?

Services from your health centre



We have had to change the way we provide services to you because of the virus. We have had to make sure that if you need to come in you are safe to do so. And we have done a lot more work on the phone or through e-consults.

10. How have the changes affected you? What has been good and what not so good?
11. Have you used e-consult for the first time because of not being able to use your normal way of getting in touch? What has been your experience of it?
12. How has been your experience of telephone consultations?
13. Have you had a video consultation? How was that?
14. Have you looked at the resources we have on our website to support you? Have they been useful? What else could we have there?

Anything else



15. Is there anything else you would like to tell us about your experience during this crisis? And anything we can learn from you as we plan for what we should do in the future?