

Keeping in contact with friends and family

A guide to help you keep in contact with people while you have to stay at home because of coronavirus



This document was written by **Public Health Wales**. It is an easy read version of '**Coronavirus Support: Staying Connected**'.

17 April 2020

Things are different right now



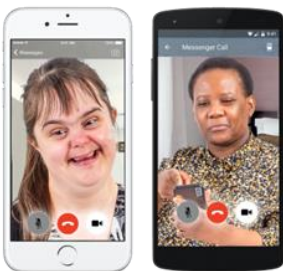
Because of the **coronavirus** you have to stay at home. Everyone has to stay at home to stay safe.



Because you have to stay at home you will probably see and talk to people less.



It is important to keep in contact and talk to friends and family.



You need to find new ways to talk to friends and family.

Talking to friends and family can



- Make you feel good
- Make you feel happy
- Make you feel relaxed
- Make you feel less lonely

New ways to talk to people



Because you have to stay at home you need to find new ways to talk to people.



There are lots of ways to talk to friends and family while you are staying at home.

Video calling



You can use your phone, tablet or computer to video call people. There are lots of apps you can use like:



- WhatsApp on your phone or tablet



- Skype on your phone, tablet or computer.



- Facebook Messenger on your phone or tablet.

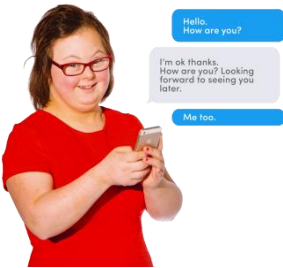


- FaceTime on an iPhone or iPad



There are other ways to have video calls. Talk to friends and family about how they make video calls.

Messaging



There are lots of ways to send messages to people. You can:



- email people. You can write in an email or send pictures.



- text message or WhatsApp people. You can write, or send pictures or videos.



- You can send messages on Facebook. You can write, or send pictures or videos.



There are other ways to send messages. Talk to friends and family about how they send messages.

Letters



You can send letters.



You do not have to just write in a letter. You can send a drawing or something else you make. People love getting something handmade in a letter.



If you are allowed out the house to exercise post your letters then. If you are not allowed out at all ask a friend, carer or family member to help.

Phone calls



You can make phone calls.



You can use your mobile phone. You can use your landline phone at home.

Who to talk to

There are lots of different people to talk to.



If you live with people you can talk to them like you always do.



Talk to friends, family and carers that you do not live with.



There are community groups that you can talk to. Lots of groups are keeping in touch on Facebook or their website.

What to talk about

You can talk about:



- Talk about how you are feeling.



- Talk about what you have been doing.



- Tell stories. And talk about memories you have with each other.



- Talk about things you have enjoyed watching on TV. Or games you have played.



Talking and listening to others can make you and the other people feel better.

Tips for keeping in contact



Agree with people how you are going to speak with each other.



Agree with people how often and when you are going to speak.



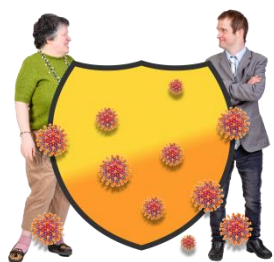
If you need help with using things like your computer and smart phone to keep in contact talk to friends, family or carers.



Digital Communities Wales has a guide to using phones, tablets and computers to keep in contact. You can read it here:

https://padlet.com/dcwalestraining/Keeping_in_touch

Stay safe



Read the latest information about staying safe from coronavirus on the Public Health Wales website here:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/coronavirus-resources/easy-read-resources/>



Read more about how to stay safe online here:

<https://www.mentalhealth.org.uk/sites/default/files/staying-safe-online.pdf>



This information is in easy read. It is from the Public Health Wales website:

<https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/staying-well-at-home/staying-connected/>



The Easy read has been written by Easy Read Wales for Public Health Wales using **Photosymbols.**