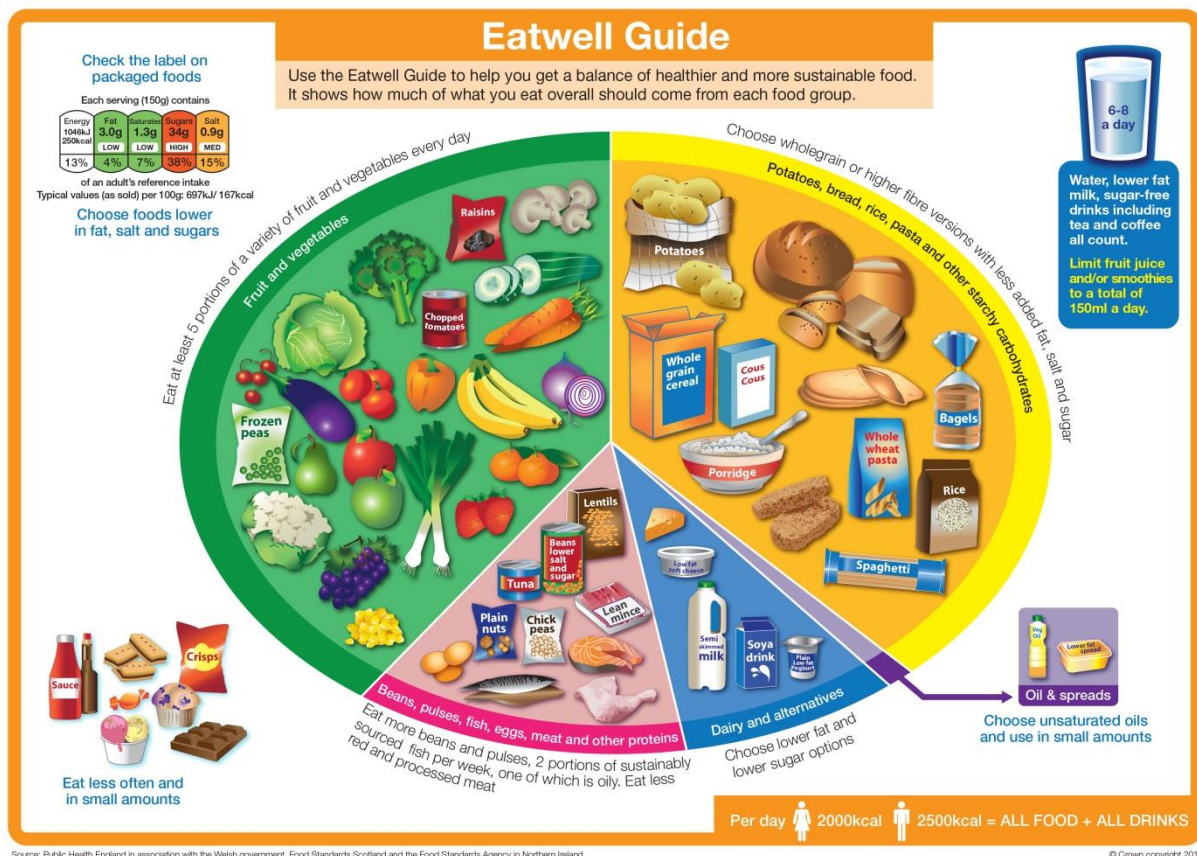


It is normal to feel anxious, emotional or stressed in the current situation. Mental well being and physical well being are connected, it is important to take care of both. Take care of your basic needs; stay hydrated, ensure rest, eat sufficient and healthy food and try to stay active. Avoid unhealthy coping strategies such as alcohol, tobacco and other drugs.

The British Dietetic Association has many food fact sheets that you may find useful, please access the following link: <https://www.bda.uk.com/food-health/food-facts/all-food-fact-sheets.html>



As you are aware the NHS is currently under immense pressure due to the current COVID 19 pandemic. During this period we are not able to provide our usual service as we need to prioritise to reduce the risk to our patients. In view of this, we unfortunately are unable to offer you an appointment in our Dietetic clinic. Should the national position change we will be able to resume our service as normal and you can self-refer back into our service.