

Good morning,

We hope you are well, and that you managed to enjoy the sunshine over the weekend. During this time where timeframes and outcomes around coronavirus are so unknown we are focusing on the aspects of the project that we can further develop to support the project once we are ready to recruit. To help us keep in touch we wanted to touch base with you every fortnight to keep you up to date with what we have been working on since lockdown started:

1. Development of a SPICES Website

We are in the process of developing our website alongside the universities communication team. As part of this we will have a dedicated section to each partnered community organisation.

Once the website is a bit further along we will send you through the link. This website is being developed to be the main face of the project for researchers and community staff, however there will be also resources for volunteers and project participants available.

2. Development of two social media platforms

We have created social media accounts to support the promotion, engagement and recruitment for the project. The details of our Facebook page are:

- Community based intervention for heart disease – SPICES project UK @SPICESSussex
- <https://www.facebook.com/SPICESSussex/>

We see our Facebook page as our main form of communication with the communities that we are working with.

We have also created a twitter account:

- SPICES project UK @SPICESSussex
- <https://twitter.com/SPICESSussex>

We will be utilising our twitter account to promote the project internationally, engaging with both the local communities and researchers alike. Our aim is to finalise our website before we start having an active presence on our social media accounts.

3. Draft flyer to support volunteer recruitment

We have also developed a draft flyer to support volunteer recruitment once we are out of lockdown. This flyer is attached. We got your contact details from your website. if you would prefer a different contact details to be used please just let me know.

4. One-page summary of the SPICES project

We have written a 1-page summary to explain what the SPICES project is, and what we hope to achieve. This is to support conversations that you may have within your own organisations and later on conversations with potential volunteers.

5. Risk visualisation web-application

We are in the process of designing a heart health risk visualisation and coaching web-application which we aim to deliver to the community groups by the end of 2021. This web-application will allow for all community members, with or without the support of volunteers, to profile their own cardiovascular disease risk and to begin setting behavioural goals to improve their heart health using a standard web-browser. We have begun the procurement process for the app developer partner-organisation who will help us set up and design the technical of this application. The next step in this process will be an interview-based co-design process with community organisations and potential end users to develop the visualisation and function of this tool. We hope to have completed the procurement and to begin the co-design process by autumn 2020.

6. Supporting our Mental Health during lockdown

During this time even more than ever before it is important that we are mindful of our own mental health and those of our staff. There are so many online resources available to support this. The ones that we have found the most helpful include:

<https://whatworkswellbeing.org/blog/remote-management-can-make-you-better-manager/>

<https://www.headspace.com/work/covid-19>

<https://www.16guidelines.org/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.youtube.com/user/thebodycoach1/featured>

How can you help us?

You may have found some other resources that have been useful to support your own or your staff's mental health during lockdown, please share with us, we would love to have a look!



We think it is so important that we support each other through this difficult and strange time. If there is anything that you would like to discuss with us or anything that we can support you with, please do not hesitate to contact us.