

Appendix B: Campaign Tweets



SBC @SloughCouncil · 5 Dec 2018
 Ever feel like you're surrounded by people but still feeling lonely, isolated or trapped? Support is here if you need it. For advice and tips to help get you back to your best self, see our official #NotAlone page: slough.gov.uk/notalone



Natasa Pantelic, TVP Slough, Slough Libraries and 7 others



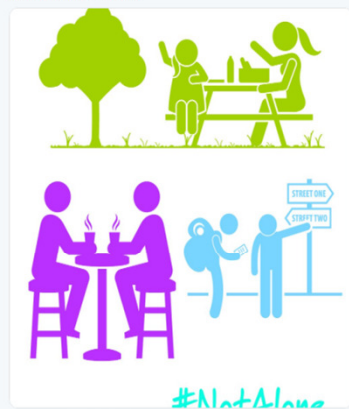
Cycle Slough @CycleSlough · 30 Nov 2018
 Ever feel like you're misunderstood or that people just don't understand how you're feeling? Support is here if you need it. For advice and tips to help get you back to your best self, see our official #NotAlone page: slough.gov.uk/notalone



Slough CVS, SBC Public Health, NHS East Berkshire CCG and 7 others



SBC @SloughCouncil · 27 Nov 2018
 Savouring the moment is part of @MindCharity's Five Ways to Wellbeing - whether it's getting out the house or talking to a friend. You'll be surprised how a change of scenery & company can help! If you have transport or mobility issues, visit: goo.gl/DATp55 #NotAlone



Berkshire Healthcare, Slough CVS, SBC Public Health and 7 others



SBC @SloughCouncil · 3 Dec 2018
 Setting challenges and learning new things is part of @MindCharity's Five Ways to Wellbeing. Taking up a hobby, joining a club or learning a skill may even unlock a new passion. Find out about local activities here: goo.gl/ThhSe9 #NotAlone



Slough CVS, SBC Public Health, TVP Slough and 7 others



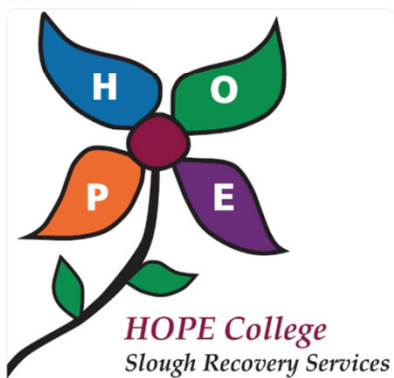
SBC @SloughCouncil · 7 Dec 2018
 Giving is part of @MindCharity's Five Ways to Wellbeing. Helping others is a great way to get out and about, meet new people and give something back to your community. Find out about volunteering opportunities in your local area here: goo.gl/gzoYfp #NotAlone



Berkshire Healthcare, SBC Public Health, Slough CVS and 7 others



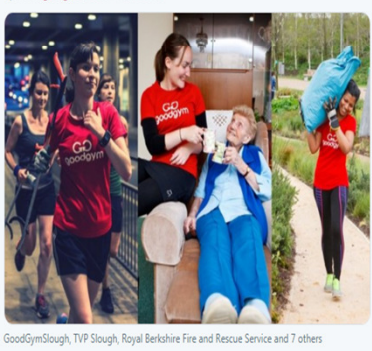
SBC @SloughCouncil · 7 Dec 2018
 Our community mental health team is having an open morning for its recovery college next week, where visitors can learn about the college's work, enjoy taster sessions, a performance from The Vibe Tribe choir & more. Read the full story: goo.gl/AdXw1T #NotAlone



NHS East Berkshire CCG, SBC Public Health, Berkshire Healthcare and 7 others



SBC @SloughCouncil · 10 Dec 2018
 GoodGym is a community of runners that combine getting fit with doing good. It's the perfect way to get fit, make friends & volunteer all at the same time. The group meet every Monday evening & are always looking for new members! Sign up here: goo.gl/ZtCV8m #NotAlone



GoodGymSlough, TVP Slough, Royal Berkshire Fire and Rescue Service and 7 others



SBC @SloughCouncil · 11 Dec 2018
 Ever feel like it's hard to keep on top of things or have a constant sinking feeling? Support is here if you need it. For advice and tips to help get you back to your best self, see our official #NotAlone page: slough.gov.uk/notalone



Slough CVS, SBC Public Health, TVP Slough and 7 others



SBC @SloughCouncil · 13 Dec 2018
 If you think a mental health issue could be causing you or someone you know distress, and perhaps professional help is needed, you should discuss your concerns with a GP, counsellor or a trusted person. #NotAlone



Slough CVS, SBC Public Health, Healthwatch Slough and 7 others

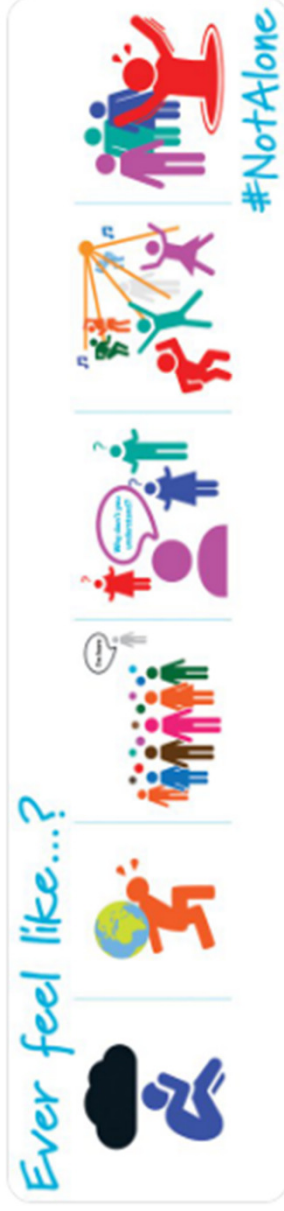


SBC @SloughCouncil · 31 Dec 2018
 If your Christmas wasn't merry and your New Year isn't prompting any happiness you are #NotAlone and there is help at hand. Check our webpages for suggestions and contacts for organisations in Slough offering help whether you are a young person or adult. slough.gov.uk/health-and-soc...



SBC Public Health, NHS East Berkshire CCG, TVP Slough and 2 others

If you think a mental health issue could be causing you or someone you know distress, and perhaps professional help is needed, you should discuss your concerns with a GP, counsellor or a trusted person. #NotAlone



4:01 PM - 13 Dec 2018

5 Retweets 8 Likes

Slough CVS, SBC Public Health, Healthwatch Slough and 7 others

1 5 8



Add another Tweet



GreatUKGovTweets @UKGovTweets · 14 Dec 2018

Replying to @SloughCouncil

Congratulations on writing a great UK Gov tweet.
[ukgovtweets.measuredvoice.com/SloughCouncil/...](https://ukgovtweets.measuredvoice.com/SloughCouncil/) (Ranked 48th for Dec 13.)