



Dear Colleague

Welcome to your weekly edition of the LLR System Health and Wellbeing communication to make you aware of the latest support and resources available in supporting your health and wellbeing.

We understand staff aren't always able to access emails, and ask you to please support your colleagues by printing the information as you receive it, to either read out during team huddles or to include on team notice boards.

## LLR System Health and Well-being support available

### #Doing our bit – FREE fitness platform for NHS employees

#DoingOurBit is a FREE platform developed by the NHS for the NHS, in collaboration with industry leaders who gave their time free of charge to create a bespoke collection of dedicated, original fitness content to help keep you healthy and fit.

As you continue to navigate this difficult time, and increased pressure at work, #DoingOurBit aims to help you stay happy and healthy through activity. From relaxation and stretch sessions, to low impact and body weight workouts, right up to more energetic higher intensity routines, there's something for everyone, whatever your level and exercise preference.

Every session has been created especially by talented and generous Personal Trainers who have pledged their time and donated their workouts free of charge to say 'thank you NHS'. We hope you enjoy your activity today. Stay safe. Keep well.

You can use the link below to sign up today!

<https://www.fit4thefight.org/nhs-members-area>

# FREE FITNESS PLATFORM FOR NHS EMPLOYEES



## Better Health Campaign

The Department of Health and Social Care and Public Health England have launched a national 'Better Health' campaign. Better Health is a positive, inspiring campaign that offers support and an opportunity to reset and introduce healthy changes.

For many, the past few months have been a wake-up call, with people realising how precious their health is and recognising that it is time to get 'back on track'. Whether it's weight loss, physical activity, or nutrition, over time the campaign will help people tackle health goals such as getting fit, quitting smoking, and looking after their mental health.

Better Health provides a variety of tools and apps to help you make healthier food choices, become more active and prevent future weight gain. One of these tools is the 12-week weight loss plan, providing engaging content that can be personalised and tailored to the goals and needs of the individual.

### Analysis of the data around COVID-19 shows that:

- Patients with obesity are more likely to be admitted to intensive care, require advanced treatment and potentially have poorer outcomes
- A quarter of COVID-19 patients who have died in England had diabetes
- Smokers are more likely to report COVID-19 symptoms and twice as likely to be hospitalized.

### So, Kickstart your health today!

Your health matters. There has never been a better time to kick start your health - find what works for you and please share with your colleagues, family and friends. Let's do this!



#### Did you know?

Small changes (like swapping sugary drinks for water or ditching sugar from your tea) can make a big difference in the long term.

You can access further information and a range of resources at <https://www.nhs.uk/better-health/>

**A quote from Dr. Steve Maraboli** "Life doesn't get easier or more forgiving; we get stronger and more resilient"

## Sudden – Bereavement Support

Hospitals and police forces are now able to refer people bereaved in sudden or shocking ways (including by COVID-19 and any sudden illness, incident, or suicide), from day one of bereavement, into a new, government-funded, England-wide, professional, free and specialist sudden bereavement service.

The service is run by a well-established charity that is experienced in helping suddenly bereaved people through trained and named case workers, operating over the phone.

Sudden provides free support and advocacy for up to 10 weeks, with a focus on safeguarding and wellbeing outcomes.

The Sudden helpline telephone number is **0800 121 6510**

Please visit [www.sudden.org](http://www.sudden.org) to find out further information, or email [help@sudden.org](mailto:help@sudden.org)

Due to the nature of being an immediate intervention service, the Sudden service is designed to be reached through [very early referrals from hospitals and the police](#).

You can click [here](#) to contact Sudden to find out more about the service and methods of referral.

The logo for Sudden, featuring the word "Sudden" in a bold, dark red font. Below the text is a horizontal line of small red dots.

Help after COVID-19



Sudden helps after a sudden bereavement including COVID-19.  
Helpline 0800 121 6510

## COVID-19 Mental Health Study - UHL and LPT Healthcare Staff

Help us to reach 1,000 participants in this important study on how the pandemic has affected your mental health and wellbeing. [Sign up here](#)

As part of the study, two local researchers have also developed a short questionnaire to assess how the COVID-19 pandemic has affected the mental health of healthcare staff at UHL and LPT. This questionnaire takes 5-8 minutes to complete, is anonymous, and all answers are completely voluntary. [Complete the study here](#). Thank you.



## Looking after you too – Coaching for Primary Care colleagues

It is recognise that staff in primary care roles are currently facing many challenges, which is why the frontline workforce are being supported with an individual coaching offer called [#LookingAfterYouToo](#).

**FREE** individual virtual coaching is now available for all primary care staff, 7 days a week, 7:15am – 10:00pm; you can book a slot with an experienced coach at a date and time that suits you.

This will be a space for you to process your individual experiences, develop coping skills and strategies for self-management in challenging circumstances, and be supported in how to deal with difficult conversations. It may be that a one-off conversation is all you need, or you may find a few sessions helpful - the coaching support is led by you.

By developing the skills and knowledge to look after yourselves, you can continue to deliver high quality care and support in your communities.

### Recap of who this offer is for

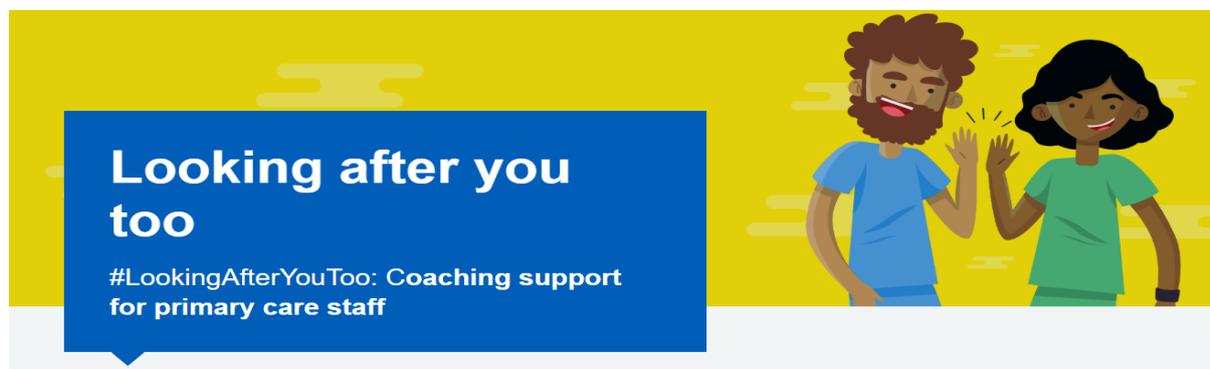
All staff working in the delivery of Primary care Services. You will be either employed by the NHS or working with and NHS funded employer delivering an NHS funded Primary Care contract.

### How does it work?

You can find out more and register to book a coaching session via the link included below. Sessions are available 07:15am – 10:00pm and the first session will last for up to 45 minutes.

The sessions will be delivered virtually, preferably via a video platform, but telephone appointments are also available. Subsequent sessions will be dependent on the conversation between you and your coach. Your coach might signpost you on to further support if they think this might be helpful. You may receive follow-up emails to support you in maintaining your wellness once your coaching sessions have finished.

[www.people.nhs.uk/lookingafteryoutoo](http://www.people.nhs.uk/lookingafteryoutoo)



## **Save the Date! Join our LLR System-wide Health and Wellbeing Virtual Event**

Due to the current situation surrounding COVID-19, we have decided to run a first of its kind, LLR Health and wellbeing event, virtually, over a period of 7 days.

**Date:** Monday 26<sup>th</sup> October – Sunday 1<sup>st</sup> November 2020

**What:** Health and wellbeing related activities and workshops

**How:** Virtual event – Planned and recorded online videos and live virtual sessions

**Who:** The event will be open to all employees working across the LLR system

There will be a wide variety of activities to try and enjoy, including: Exercise taster sessions, demonstrations, health and wellbeing support sessions and much more!

Please save the date now, and join us for this great opportunity! We want to continue to support you in looking after your health and wellbeing, and help keep you emotionally and physically healthy, happy, and motivated at work.

Look out for further information, including a programme of events coming soon!

### **A 'head's up' regarding changes to the newsletter**

We are in the process of launching the new LLR Academy website which you will be able to access system-wide really soon! This will include a dedicated Health and wellbeing page with the latest offers and support, as well as links to all newsletters published over the past few months to refer back to at your leisure.

Look out for communications in your organisations regarding the website and overall content coming soon. It's very exciting!

**Please get in touch with any other comments or feedback via email to the LLR System Health and Wellbeing Team at: [LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)**

**Thank you**