



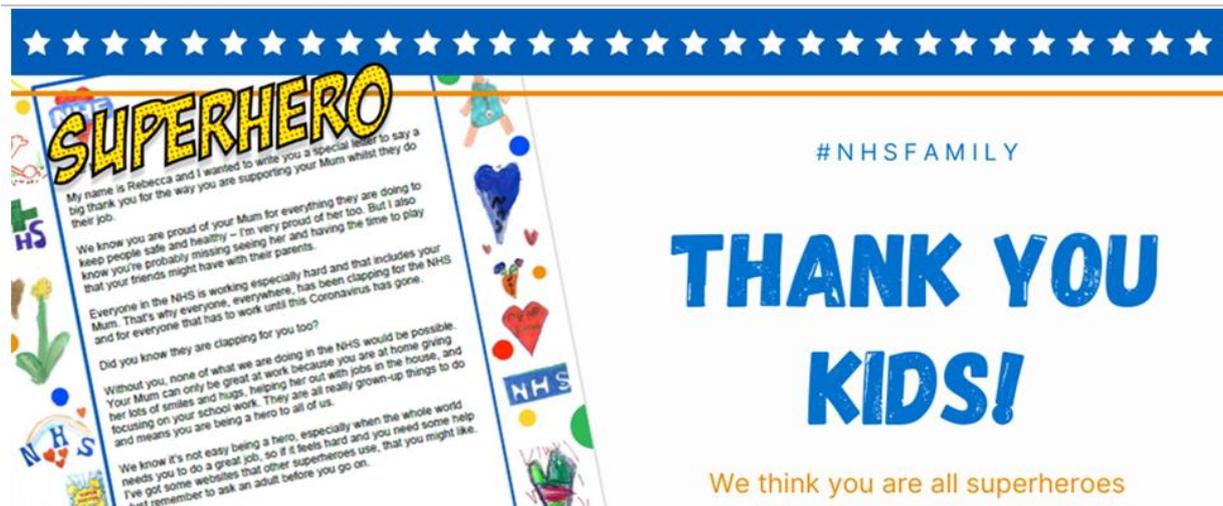
Dear Colleague

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

The kids are the real heroes!



Whether it's your daughters, sons, grandchildren, brothers, sisters, nieces or nephews – we want to thank the important children in your life for being heroes and for helping support you be a hero too during the COVID-19 pandemic.

UHL staff can access a form to personalise their letter via InSite [Click here to find out more.](#) The letter, which includes a lovely 'thank you' message from Rebecca Brown, Acting Chief Executive, and links to the 'Health for Kids' and 'Health for Teens' websites, will then be sent direct to your email address for you to print and give to your little hero / heroes.

LPT staff can request a Superhero letter to personalise themselves from the communications team at communications@leicspart.nhs.uk

Feedback from children has been amazing! Personalise a letter today and let the little super heroes in your life know just how brilliant they have been during these last few months of uncertainty and change!

NEW! Managing with Kindness, civility and respect

Stress can negatively impact the way we act towards each other. This can include people losing their temper, being rude and saying or doing things they wouldn't normally.

In these extraordinary times, causes of work-related stress can be made worse with the extra pressures of Covid-19. Many people are worried, frightened and stressed. Being scared and anxious are natural responses to stress. The challenge is how we deal with them.

This guide has been developed to help managers understand the key skills required to help prevent and reduce stress in the workplace, and also sets out helpful tips from the Health and Safety Executive (HSE) when managing teams.

Further information can be accessed at <https://people.nhs.uk/guides/managing-with-kindness-civility-and-respect/>

Civility Saves Lives is a great website where you can access further information about this subject. A collaborative project brought to you by healthcare professionals aiming to raise awareness of the power of civility in medicine, and with a mission to promote positive behaviours and evidence base around positive and negative behaviours. <https://www.civilitysaveslives.com/>

Civility – 'formal politeness and courtesy in behaviour and speech'
Incivility – 'rude or unsociable speech or behaviour'



The UK Sepsis Trust support

COVID-19 recovery response. The UK Sepsis Trust website includes professional support for survivors and the bereaved in relation to COVID-19, as well as virtual fitness classes, virtual events to raise awareness and funds, and virtual social events to help support your health and wellbeing. Further information can be accessed at <https://sepsistrust.org/covid-19-recovery-response/>



NEW! Supporting the wellbeing of shift workers in healthcare

A new guide is available on our dedicated Adult Social Care Workforce site and app. The guidance explores:

- How shift work can impact on health, safety and wellbeing
- What can employers and employees do
- The importance of partnership working on shift working patterns

Further information can be accessed at <https://www.nhsemployers.org/news/2020/05/new-care-workforce-app-now-launched>



Christian Counselling Support

A new counselling support service has been set up by the Association of Christian Counsellors (ACC) in response to the evident distress and suffering of many people as a result of the situation caused by COVID-19.

This service applies to all health and social care employees who have been bereaved during the pandemic, whatever their faith. The support offers up to 10 sessions of counselling on a no-fee basis with a professionally trained counsellor.

All of the volunteer counsellors belong to ACC or an equivalent professional body for example: BACP, UKCP and NCS.

Further information is available at <https://www.acc-uk.org/news/hidden-holding-pages/covid-19-crisis-counselling-support-service.html>



Kindness ‘the quality of being friendly, generous, and considerate’

We have seen such amazing kindness over the past few weeks, work colleagues supporting each other, local businesses donating food and gifts to our hospitals, staff and children helping to create positivity walls, and members of the public volunteering to help wherever they can to show their support and thanks.

A local artist, Bianca Mae Salisbury, gave her time to help brighten up the staff room in Loughborough outpatients with a beautiful rainbow mural.



St Luke's Hospital in Market Harborough was gifted with a lovely rainbow display board donated by a local joinery firm.



A quote from Amelia Earhart “A single act of kindness throws out roots in all directions, and the roots spring up and make new trees”

LLR Bereavement and Resilience Workshops – Care Home Staff

Delivered by LOROS, a series of virtual bereavement and resilience workshops are being offered to LLR care home staff.

The sessions will specifically provide support around the increasing challenges that care home staff are facing in dealing with bereavement of residents. The aim of the sessions are to:

- Provide an opportunity to explore and understand grief as well as the feelings and emotions that come with it.
- Have open discussions about ‘what is needed’ to personally understand and manage grief and loss
- Look at resilience and what that means
- Consider how we individually learn to understand what is meaningful to us.

The sessions are scheduled for the following dates and times:

- 9th June, 2pm - 3:30pm
- 11th June, 2pm - 3:30pm
- 1st July, 2pm - 3:30pm

Spaces are limited, if you would like to attend, please book directly via the [event brite booking link](#)



Please get in touch with comments or feedback via email to the LLR System Health and Wellbeing Team at: LLRAcademy@uhl-tr.nhs.uk

Thank you