



# System Health & Wellbeing

#MoreGoodDays

 @LLRAcademy

Your weekly message from your Covid-19 Leicester, Leicestershire and Rutland (LLR) System Health and Wellbeing Team

Dear Colleague

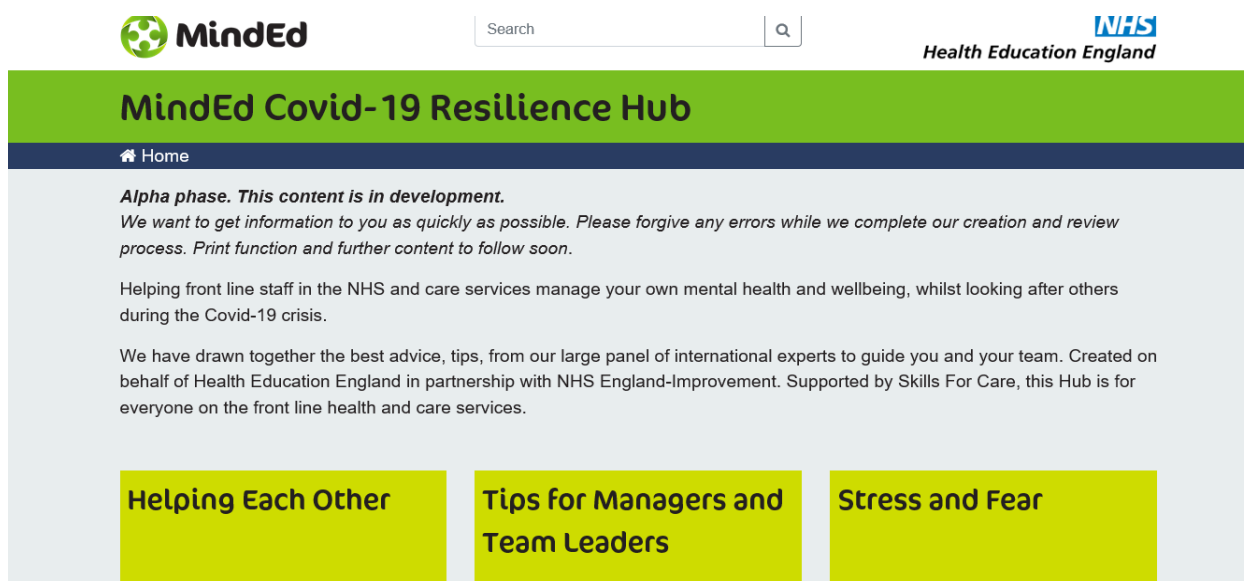
Welcome to your weekly edition of the LLR System Health and Well-being communication to make you aware of the latest support and resources available in supporting your Health and Well-being. We have also included 'positive top tips' and a 'good news story' which you do not want to miss!


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

## LLR System Health and Well-being support available

### MindEd

Health Education England have launched the MindEd Covid-19 Resilience Hub which you can access at <http://covid.minded.org.uk>



**MindEd** Search 

**NHS**  
Health Education England

## MindEd Covid-19 Resilience Hub

[Home](#)

**Alpha phase. This content is in development.**  
*We want to get information to you as quickly as possible. Please forgive any errors while we complete our creation and review process. Print function and further content to follow soon.*

Helping front line staff in the NHS and care services manage your own mental health and wellbeing, whilst looking after others during the Covid-19 crisis.

We have drawn together the best advice, tips, from our large panel of international experts to guide you and your team. Created on behalf of Health Education England in partnership with NHS England-Improvement. Supported by Skills For Care, this Hub is for everyone on the front line health and care services.

**Helping Each Other** **Tips for Managers and Team Leaders** **Stress and Fear**

The Hub is designed to help front line staff in the NHS and Care Services to access advice and tips regarding managing your own Mental Health and Well-being, whilst looking after others during the Covid-19 crisis. Content can be accessed easily and quickly and includes advice and guidance on the following areas:

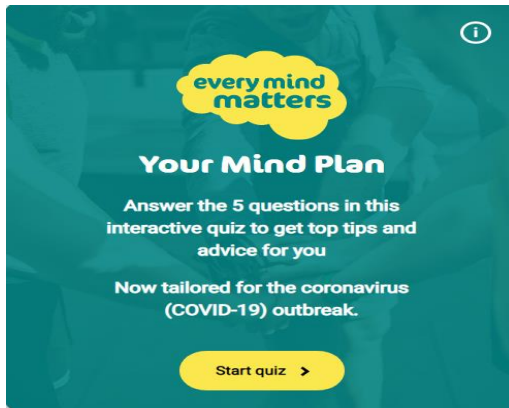
- Helping each other
- Tips for managers and team leaders
- Stress and fear
- Trauma and distress
- End of life bereavement

Although there is a lot of really useful content already on the hub, it is still in development and will be continuously improved. Please do take a look and share across your networks, you may also provide any feedback or ideas you have regarding content to [minded@rcpsych.ac.uk](mailto:minded@rcpsych.ac.uk)

### Every mind matters 'your mind plan' quiz

Answer the 5 questions in the 'Your mind plan' quiz to get personalised top tips and advice emailed to you directly.

<https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/>



### Domestic violence support

A new public awareness raising campaign has been launched to highlight if anyone is at risk of, or experiencing domestic abuse, help is still available

The campaign, under the hashtag **#YouAreNotAlone**, will aim to reassure those affected that support services remain available during this difficult time of social distancing.

Nationally support is run by refuge, via a freephone, 24 hour Helpline **0808 2000 247** and at <https://www.nationaldahelpline.org.uk/>

United Against Violence and Abuse is a local service which provides support and useful information: <http://www.uava.org.uk/>



## Positive Top Tips!

The Black Dog Institute provides a wealth of information and resource around COVID-19 mental health and wellbeing. This week we have focussed on the importance of self-care planning.

A great quote from the website [“Please put on your own oxygen mask first before helping others!”](#)

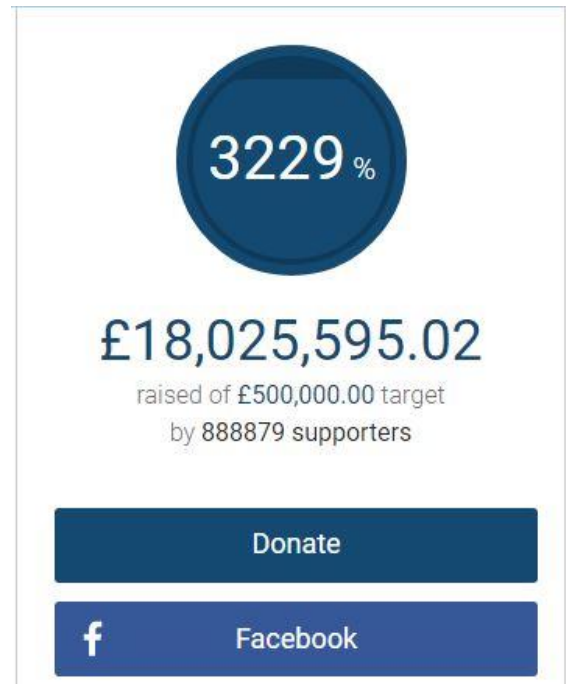
Use the link below to learn how to build your own 4 step daily self-care plan, access hints and tips and download the free self-care planning template.

[https://www.blackdoginstitute.org.au/docs/default-source/default-document-library/covid-19\\_self-care-planning\\_black-dog-institute.pdf?sfvrsn=6](https://www.blackdoginstitute.org.au/docs/default-source/default-document-library/covid-19_self-care-planning_black-dog-institute.pdf?sfvrsn=6)

## Good news story

This is Captain Tom Moore, he is a 99 year old war veteran who, at time of writing has raised over £18 million pounds for the NHS by walking 100 laps of his back garden. Matt Hancock opened the daily coronavirus press conference with a smile as he paid tribute to Mr Moore saying “Captain Tom, you’re an inspiration to us all and, we thank you”

Tom will be 100 years old April 30<sup>th</sup>, wouldn’t it be great if we all sent him a Birthday card - something to get the kids involved with perhaps! Special thanks to Tom, what a truly amazing fella he is!



A reminder....

**Ways to access support during COVID-19** **NHS**

**1 Website and App**  
Information, and access to group and 1-1 support direct to your phone, laptop or PC  
NHS Leadership Academy

**2 Helpline**  
For all NHS Staff – call 0300 131 700 07:00-23:00  
Samaritans hospiceUK

**3 TEXT**  
Send the text 'FRONTLINE' to 85258 to start a conversation  
shout

**4 Silvercloud**  
Mental Health Modules for Stress, Resilience, Sleep and Anxiety. Use the code NHS2020

**5 Free access to Mental Health Apps:**  
Unmind  
Headspace  
Sleepio  
Daylight

To install the app scan the code and then save to your home screen, alternatively you can select <https://people.nhs.uk/>

We are always keen to hear from you in relation to ideas that will help in your organisations to support the national Health and Well-being offers.

**Please get in touch by sending an email to the LLR System Health and Well-being Team via the mailbox link below:**

[LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)

**Thank you**