



Dear Colleague

Welcome back to your weekly edition of the LLR Health and Wellbeing communication, designed to promote the offers and resources available to help support your health and wellbeing.

We understand staff aren't always able to access emails, and ask you to please support 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 Wellbeing support available

Ways to access health and wellbeing support

We know that you and your teams continue to be under immense pressure and want you to know that there is still a wealth of health and wellbeing support available to you. Over the coming weeks, via this newsletter, we will include reminders of the National health and wellbeing offers, highlighting key support areas for you and your teams. We recognise there is a lot of information out there and our aim is to help break it down.

This weeks' focus is a reminder of the ways in which health and social care staff can access mental health and wellbeing support via the telephone, text message and wellbeing apps, **FREE** of charge.

There are also a number of new support guides, confidential support telephone and text lines, and counselling offers, which we will delve into further over the coming weeks, all available to access via the Our NHS People website at <https://people.nhs.uk/>



For confidential support by phone

General: 0800 06 96 222
(7am-11pm)
Bereavement: 0300 303 4434
(8am-8pm)



For support by text message

Text 'FRONTLINE' to 85258
24 hours a day, seven days a week



For wellbeing support apps

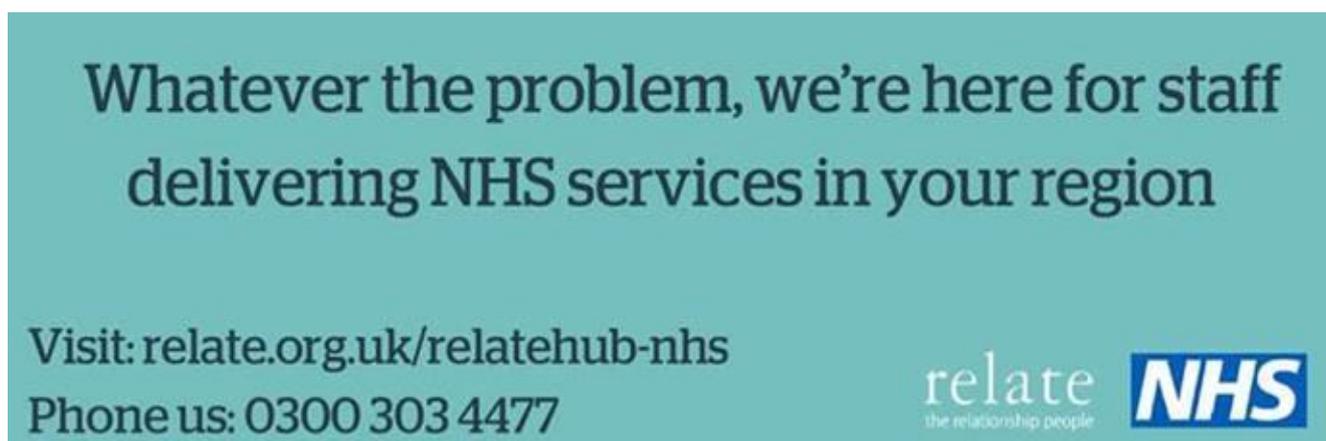
Get free access to a number of wellbeing apps until the end of March 2021

Relate – the relationship people

Relate offer a range of digital and telephone counselling services to provide support to staff and families across health and social care.

Relate are the UK's largest provider of relationship support, and last year alone helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships.

For general enquiries or to book an appointment, telephone [0300 0030396](tel:03000030396) or click here to [contact your nearest local Relate](#).



Whatever the problem, we're here for staff
delivering NHS services in your region

Visit: relate.org.uk/relatehub-nhs
Phone us: 0300 303 4477

relate
the relationship people



Feedback from support providers

Overall feedback and key themes from both the Samaritans and Relate who run the support offers included in this communication is:

- Staff are exhausted but feel guilty having a break
- Colleagues are struggling to balance all of their responsibilities
- People are denying themselves self-care
- There is increasing pressure on staff taking on the role of carer to those who cannot have visitors and through not having the time to be as supportive as they would like to be.

If you are struggling, please reach out and make the most of the health and wellbeing offers designed to support you.

We understand that many of you are extremely busy but, your health and wellbeing is of paramount importance! Please take a few moments to store the numbers in your mobile phone and download the wellbeing apps, and please encourage your colleagues to do the same – the aim is for all staff to have instant access to help and support whenever they may need it.

Invitation to join a free mindfulness session with Headspace
February 8th 2021, 16:00-17:00pm

The start of 2021 continues to be challenging for everyone, especially for those working in health and social care. While a lot remains uncertain, we do know we can all help support and guide each other as best we can. Meditation can help relieve stress, help manage anxiety, help with resilience, and promote sounder sleep.

We invite you to be kind to your mind and join a special live meditation with Headspace's Director of Meditation, Eve. To reserve your place on the live session, please click on the link provided here and follow the instructions: <https://www.events.england.nhs.uk/events/live-meditation-with-headspace>

‘Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgement.’

Feel free to spread the ‘calm’ and invite a friend or family member to join in with you too.



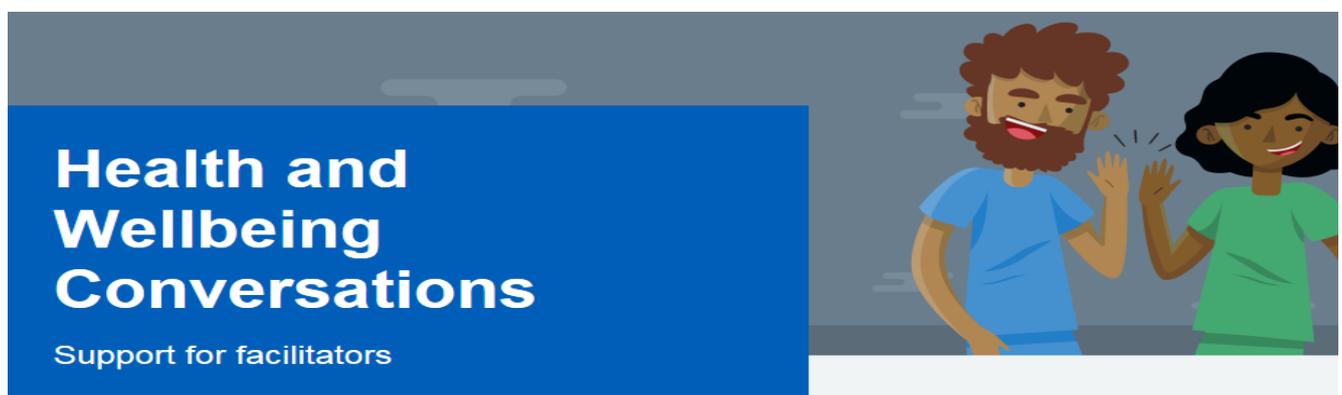
Health and wellbeing conversations

These conversations may fit within an appraisal, job plan or one-to-one line management discussion, either way everyone should have a health and wellbeing conversation with their line manager, and collaboratively develop a personalised plan which should be reviewed at least annually.

As part of this conversation, line managers will be expected to discuss individual’s health and wellbeing, and any flexible working requirements, as well as equality, diversity and inclusion.

For further information, please click on the link provided below to access the tools and resources available to enable great wellbeing conversations:

<https://people.nhs.uk/guides/health-and-wellbeing-conversations-support-for-facilitators/>



A dedication to Captain Sir Tom Moore

Captain Sir Tom Moore was a true hero who captured the hearts of the nation. He was an inspiration to millions of people, a breath of fresh air who made the nation feel hopeful and optimistic during an extremely difficult time.

Rest in peace Captain Sir Tom Moore. From the bottom of our hearts 'thank you' for everything you did, for your determination, and for lifting the mood and spirit of the nation when we needed it the most.

To Quote Captain Sir Tom Moore ***“For all those people finding it difficult at the moment. The sun will shine on you again and the clouds will go away.”***



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