



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 Wellbeing communication to make you aware of the latest support and resources available in supporting your Health and Wellbeing. We have also included 'positive top tips' and a 'good news story' which you do not want to miss!

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

Every Mind Matters

'Now more than ever, Every Mind Matters'. A national campaign has launched to encourage you all to take care of your mental wellbeing during the coronavirus outbreak, and seek support if you need to.

We will all be experiencing highs and lows during this outbreak for different reasons, and it's perfectly normal to miss loved ones, and feel frustrated, anxious or stressed. It's important to take care of your mind as well as your body, and to access further support if you need to. **'We're in this together!'**

The Every Mind Matters website provides tips and practical advice to help you stay on top of your mental and physical wellbeing, and also includes advice on how to get a better night's sleep (something a lot of us may be struggling with), how to get urgent support, and how you can help someone else, all easily accessible at www.everymindmatters.co.uk

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

Coronavirus and wellbeing

10 tips to help if you're worried about coronavirus >

Looking after children and young people >

7 simple ideas to tackle working from home >

Mental wellbeing while staying at home >



Physical Wellbeing

Your physical health has a big impact on how you are feeling emotionally and mentally. During stressful times, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. Try to eat healthy, well-balanced meals, stay hydrated by drinking plenty of water, exercise inside where possible and outside once a day (following social distancing guideline), and try to avoid smoking, alcohol and recreational drugs.

You can access free 10 minute work outs from Public Health England, various exercise videos on the NHS Fitness studio, and the Leicester-shire and Rutland Sport website also has some great 'active at home' resources at:

<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

<https://www.lrsport.org/healthyathome>

"Life is like riding a bicycle. To keep your balance, you must keep moving"

Look after your sleep

Feeling anxious or worried can make it harder to get a good night's sleep. Good-quality sleep makes a big difference to how you feel mentally and physically, so it's important to get enough. Try to maintain regular sleeping patterns and good sleep practices such as, avoiding blue screens and caffeine before bed, and try to create a restful environment.

There are a number of Wellbeing apps which you can access via the 'Our NHS People' website at <https://people.nhs.uk/help/>

From now until the end of December 2020 NHS staff have been given access to these for free, by using the codes included on the website:

- **Headspace** – Mindfulness and meditation to support stress, anxiety and sleep through a range of tools and resources.
- **Unmind** – A mental health platform that empowers staff to proactively improve their mental health.
- **Daylight** – Provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.
- **Sleepio** – Sleep improvement programme that is highly personalised, using cognitive behavioural techniques to help improve poor sleep.
- **SilverCloud** - offers online programmes to help ease your levels of stress and maintain a healthy mind during this challenging time; sleep, stress, resilience.



Positive Top Tips!

'It's good to talk' Staying connected with others is more important now than ever, and in the digital age we live, it's at your fingertips! Try to communicate regularly with family and friends via the telephone, Facetime, WhatsApp, and email. Seeing a loved ones face or hearing a familiar voice can help ease anxiety, bring a sense of normality, and help support your overall mental health.

A quote from Marcus Aurelius "You have power over your mind, not outside events. Realise this and you will find strength!"

Good news story

Diane Wood of Leicester (pictured below) is a keen golfer who has been involved in a very special project indeed over the past few weeks. In early 2020 Diane was asked to be the Lady Captain of Kirby Muxloe Golf Club, a milestone which she is very proud of!

Diane immediately set about arranging various events to help raise money for the clubs chosen charity, Teenage Cancer Trust. However, 3 weeks into Diane's Captaincy the country went into lockdown and those events were postponed. A week later, with the house 'spic and span' and a baking record Mary Berry would be envious of, a fellow golfing friend had an idea to make headbands for NHS staff who were getting sores behind their ears from wearing masks, and Diane put out an appeal to club members for buttons, elastic and fabric.

Before she knew it contributions came flooding in, including a generous donation of materials from Leicester businessman Steve Ellis of 1st Stop Fire & Security Solutions Ltd. Mr Ellis has since used his contacts to bring a team of 140 volunteers together (including Diane) to make headbands and washbags for nurses across the 3 UHL hospitals, The Spire Hospital and LOROS, as well as GP surgeries, walk-in centres and care homes across Leicestershire and Nottinghamshire – all hand made from materials donated by local manufacturers.



(Diane busy volunteering!)

The project are receiving new requests every day, the most recent being from Great Ormond Street Hospital for 700 sets of scrubs! In Mr Ellis's own words "My intention was to make a few headbands and washbags with a couple friends, old and new. Now we are a hive of activity"

On Behalf of everyone involved in the project, Diane would like to say "A big thank you to all in the LLR System for everything you are doing day in day out, I am very proud of the NHS and how you are all playing your part in keeping our nation safe in these unprecedented times, as a voluntary group we are fulfilled doing whatever we can to make a difference"



(Nurses wearing the headbands and Steve Ellis modelling the scrubs which are being made for Great Ormond Street out of NHS approved fabric)

A special 'Thank you' to Diane for sharing her story and for being a huge part in this truly amazing initiative, and to Steve Ellis and all of the volunteers involved in this wonderful project helping to protect our key worker's!

If you would like to contact Steve Ellis direct to discuss requests, he is more than happy for you to do so at Steveellis20@gmail.com

Finally...

If you haven't already, please do try to send Captain Tom Moore a Birthday card to C/O Post Office, 67 Bedford Road, Marston Moretaine, Bedfordshire, MK43 0LA. He will be celebrating his 100th Birthday on the 30th April and has now raised over £25 Million for NHS Charities...AMAZING!

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

Thank you