



Dear Colleague

Welcome 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.

This week we ask you to reflect on your own mental health and wellbeing - ask yourself 'how am I actually doing?' What about your physical health? **Check in with yourself and let's get moving in March!**

LLR System Health and Wellbeing support available

The Mental Health and Wellbeing Hub Staff Engagement Event : 15th-19th March

Have you heard? There is a new Staff Mental Health and Wellbeing Service across Leicester, Leicestershire and Rutland (LLR).

The LLR Mental Health and Wellbeing Hub team have planned 5 days' worth of online engagement via their Facebook page during the 15th-19th March 2021.

This information event is open to all staff working across the LLR health and social care system and provides a fantastic opportunity for you to discover more about the hub offer, in your own time, and also provides the opportunity for you to ask questions via a closed facebook group.

Do you have a burning question that you would like to ask the Mental Health and Wellbeing Hub team? The team will be available to answer your questions throughout the week via their facebook event page which you can access via the link provided below:



<https://www.facebook.com/llrstaffwellbeing.hub/events>

If you would like to find out further information, please either visit the facebook link above or email the hub team direct at mhwb.hub@nhs.net

Please share far and wide with your colleagues. This is an opportunity not to be missed!



Staff Mental Health
& Wellbeing Hub.

Supporting staff across Leicester, Leicestershire & Rutland

Financial Wellbeing

Has the COVID-19 pandemic had a financial impact on you and your family?

The [Money and Mental Health Policy Institute](#) is an independent charity set up by Martin Lewis. The charity conducts research into financial wellbeing and is committed to breaking the link between financial difficulty and mental health problems. Evidence from their research suggests that a poor financial situation will have a direct detrimental effect on an individual's mental health, producing physical and psychological symptoms such as loss of sleep, poor concentration and reduced motivation.

The Money Advice Service

We've been working with the Money Advice Service, an organisation which works to improve people's financial wellbeing across the UK, to provide free, independent support. They are there to support all staff working across the LLR health and social care system.

You can access impartial financial advice and support for FREE via the following support methods:

Telephone: 0800 448 0826, Monday – Friday 08:00 – 18:00

WhatsApp: Add **07701 342 744** to your WhatsApp to contact the support team for help with debts, credit questions, and pensions guidance.

Webchat: Chat to a member of the Money Advice Service team via their [online portal](#).

To find out more information about all of the above information, as well as other financial support services available, and budget planning tools, please click on the link provided here: [NHS England » Financial wellbeing](#)

Working from home?

Are you aware that you can access financial support for having to work from home due to the pandemic, which can be backdated?

You may be able to claim tax relief for additional household costs if you have to work at home on a regular basis, either for all or part of the week. (You cannot claim tax relief if you choose to work from home).

To find out more, including how much tax relief you can claim, and to start your claim, please click on the Gov.uk link here: [Claim tax relief for your job expenses: Working from home - GOV.UK \(www.gov.uk\)](#)



MONEY AND
MENTAL HEALTH
POLICY INSTITUTE

Physical Health and Wellbeing

As we all know, looking after our physical health is key in supporting our overall health and wellbeing, including our mental health. As such, we are pleased to be working with the following organisations to offer physical health and wellbeing support. This offer is currently open to all LLR NHS staff.

Invictus Games Foundation partnership with NHS England and NHS Improvement

The Invictus Games Foundation has collaborated with the NHS to provide guidance on how to support the physical, mental, and social wellbeing of staff during and following the Covid-19 pandemic, based on advice and lessons learned in recovery by the wider Invictus Community. This partnership includes the launch of a series of podcasts that reflect on a variety of themes and a “5K our way” challenge, designed to help inspire and support our people to step away from work and take time for themselves.

5k Our Way

We know it's been a tough year for everyone, but the best time to focus on your own physical and mental wellbeing is always now.

We want to encourage you all to get out and get moving and take part in a two month “5k our way” programme, with a virtual 5k challenge being held in May 2021.

You can take part virtually as part of the wider NHS family, in local regional teams, in your immediate teams, with your family, pets or in your support bubbles. Whoever you choose to take part with, we want to encourage everyone to sign up, and feel the benefits of completing the ‘5K Our Way’ challenge regardless of your physical fitness or ability.

[Download the couch to 5k app here](#) and start getting your steps in now ready for the challenge! And of course, anyone can access this app to take part in their own couch to 5K journey!

To find out more about the physical health and wellbeing offer please click here: <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/physical-health-and-wellbeing/>

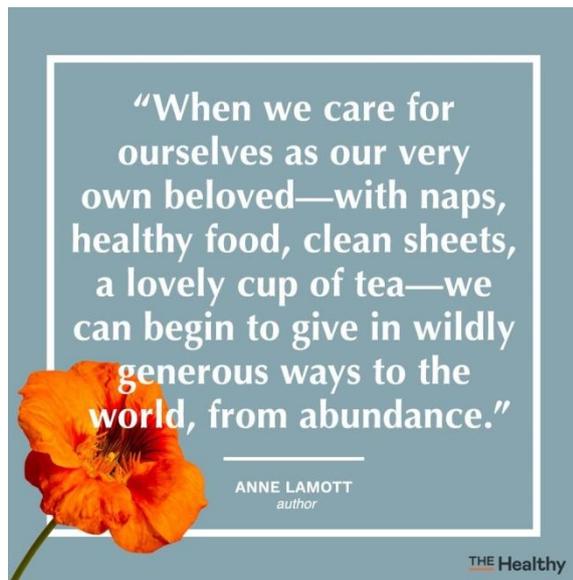


Watch This Space

In next week's edition there will be a detailed update (as of 1st April 2021) on the **FREE** mental health and wellbeing support Apps and peer support offers which many of you have been accessing since March 2020.

A number of these apps will end their free offer, as currently advertised, on the 31 March 2021, but we have great news to share! A number of the apps will continue to remain free for colleagues as we move into the new financial year! Don't miss the update next week!

Finally, please don't forget to look after YOU!



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