



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 take a moment to reflect on the past year. Have you looked after your own mental health and wellbeing? It's never too late to start.

## LLR System Health and Wellbeing support available

### Mental Health and Wellbeing Hub – Team Leader and Manager Engagement Events

The Mental Health and Wellbeing Hub team will be running a series of monthly engagement events starting April 2021 through to December 2021. These are virtual events open to Team Leaders and Managers working across the LLR health and social care system, and are designed to help gain an understanding of the support offers available via the hub for you and your teams.

In order for the hub team to engage with as many Team Leaders and Managers as possible, each monthly event will include the same information and follow the same format, so please only book onto one.

Included in the table below are the available dates with corresponding Eventbrite link. Limited numbers are available, so please don't hesitate – Secure your place now!

Date	Time	Eventbrite Link
Thursday 15 April	1-3pm	<a href="https://www.eventbrite.co.uk/e/146367157107">https://www.eventbrite.co.uk/e/146367157107</a>
Friday 14 May	2-4pm	<a href="https://www.eventbrite.co.uk/e/146383875111">https://www.eventbrite.co.uk/e/146383875111</a>
Wednesday 16 June	10am – 12pm	<a href="https://www.eventbrite.co.uk/e/146387636361">https://www.eventbrite.co.uk/e/146387636361</a>
Thursday 22 July	2-4pm	<a href="https://www.eventbrite.co.uk/e/146789057021">https://www.eventbrite.co.uk/e/146789057021</a>
Monday 16 August	2-4pm	<a href="https://www.eventbrite.co.uk/e/146790613677">https://www.eventbrite.co.uk/e/146790613677</a>
Monday 13 September	10am – 12pm	<a href="https://www.eventbrite.co.uk/e/146791869433">https://www.eventbrite.co.uk/e/146791869433</a>
Friday 15 October	2-4pm	<a href="https://www.eventbrite.co.uk/e/146792575545">https://www.eventbrite.co.uk/e/146792575545</a>
Tuesday 19 November	11am – 1pm	<a href="https://www.eventbrite.co.uk/e/146793199411">https://www.eventbrite.co.uk/e/146793199411</a>
Thursday 9 December	2-4pm	<a href="https://www.eventbrite.co.uk/e/146794653761">https://www.eventbrite.co.uk/e/146794653761</a>

If you have any questions, please contact the hub team direct via [mhwb.hub@nhs.net](mailto:mhwb.hub@nhs.net)

## The Mental Health and Wellbeing Hub - Need your help!

Calling all staff working across the LLR health and social care system, the mental health and wellbeing hub team would like your help! Are you happy to answer the two questions below? If so, they would love to hear from you!

1. During the pandemic, have you had to change or move into another job?
2. Have you had to move out of your family home during the pandemic to continue your job?

Please send your answers direct to [mhwb.hub@nhs.net](mailto:mhwb.hub@nhs.net) along with any questions you may have, and a member of the team will get back to you. The team really look forward to hearing from you and would like to 'Thank you' in advance.



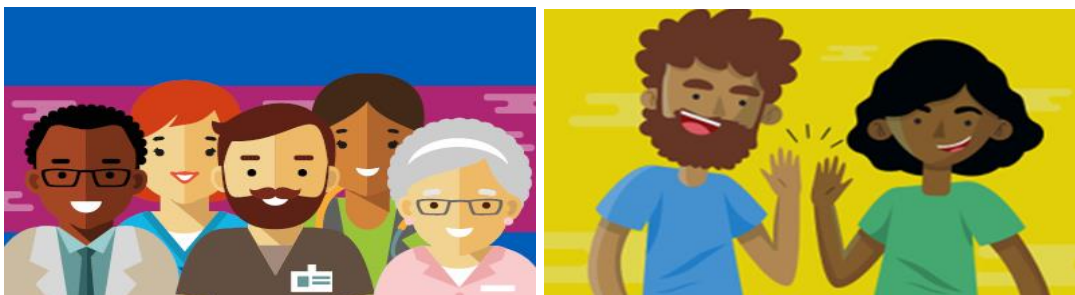
## Looking After You Too

We recognise that our frontline primary care colleagues involved in the delivery of primary care services, both clinical and non-clinical, are facing unprecedented challenges through COVID-19. We are keen to ensure that all staff continuing to deliver frontline primary care services feel supported to maintain their psychological wellbeing, enabling them to maintain the delivery of frontline primary care services.

Individual coaching support is available with a highly skilled and experienced coach. This will be a space for you to offload the demands of whatever you are experiencing and be supported in developing practical strategies for dealing with this. It might be that through a one-off conversation you have all the strategies you need to cope with your situation and stay well. Or you might find a few sessions helpful. It is all led by you.

To access information regarding how to register and book a coaching session, please click here: [NHS England » Looking after you too](#)

This support offer is also available for those who lead, manage or organise a team in a Primary Care setting, via 'Looking After Your Team'. Click here to access: [NHS England » Looking after your team](#)



## Wellbeing Conversations – An important Reminder

What is a wellbeing conversation, and how do you have one? A wellbeing conversation is a supportive, coaching-style chat that focuses one-to-one, on a person's health and wellbeing. These conversations should be regular and ongoing, and not considered a one-off. While the main intention is for line managers to hold wellbeing conversations with people within their team, we should also encourage everyone to support each other by checking in regularly.

Through wellbeing conversations, we aim to create cultures where people feel heard and valued, and in which diversity is respected. This should encourage us all to pass care and compassion on to each other, to patients and to families.

### The vision of wellbeing conversations:

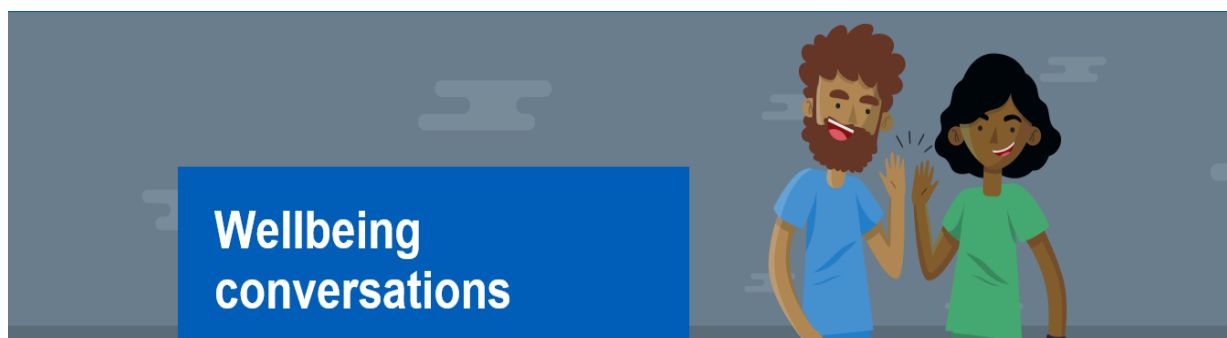
- Health and wellbeing conversations are intended to be regular, supportive, coaching-style one to one conversations that focus on the wellbeing of our NHS people.
- By encouraging organisations to embed wellbeing conversations across their system, we aim to create cultures where people feel heard and valued, and in which diversity is respected. This should, in turn, encourage us all to pass care and compassion on to each other, to patients and to our families.
- Wellbeing conversations should consider the whole wellbeing of an individual (e.g. physical, mental, emotional, social, financial, lifestyle, safety) and identify areas where the individual may need support, signpost them to that support, and regularly monitor their wellbeing over time.

One of the most important skills that you will need in order to facilitate an effective and supportive wellbeing conversation is to **listen** – empathic and active listening. It's important that colleagues feel listened to and supported, the following four steps may help with structuring the conversation:

1. Pay attention to your colleagues and 'listen with fascination'
2. Understanding – share an understanding of what they are going through
3. Empathise where relevant
4. Take action to help and signpost support.

To find out more, including further hints and tips on how to approach a wellbeing conversation, the key skills required, good practice, and to watch an animated video, please click here:

<https://people.nhs.uk/projectm/wellbeing-conversations/>



## Support to Kick Start Your Health

Last week we included a round-up of the health and wellbeing support offers available to all working across the LLR health and social care system. Below are the details of three national offers designed to help with different areas of your health journey. There has never been a better time to kick start your health!

**Better Health** – Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, 'Better Health' is there to help with lots of free tools and support. Let's do this! To access further information please click here: [Better Health - NHS \(www.nhs.uk\)](https://www.nhs.uk/better-health)

**Every Mind Matters** – Having good mental health helps us to relax, achieve more and enjoy life more. Take care of your mind now and access expert advice and practical tips, including your mind plan quiz here: [Every Mind Matters | One You \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters)

**Live Well** – Provides advice, tips and tools to help make the best choice about your health and wellbeing, based on 9 key categories, including 5 steps to mental wellbeing, weight management, sleep optimisation and exercise. To find out more, please click here: [Live Well - NHS \(www.nhs.uk\)](https://www.nhs.uk/live-well)



## The UK Sepsis Trust

Sepsis is the body's overwhelming and life-threatening response to an infection that can lead to tissue damage, organ failure, and death. Medically, sepsis is your body's immune system over-responding to an infection.

The UK Sepsis Trust has a wealth of information and resources available on their website for the public and clinicians to access, including information about spotting the signs of sepsis in adults and children, fundraising materials, support groups for those affected, as well as access to study's regarding outcomes and after-effects for people who've been hospitalised with COVID-19. To find out more please click here: [Home - Sepsis Trust](https://www.uksepsistrust.org/)



## Stress Awareness Month 1<sup>st</sup> - 30<sup>th</sup> April 2021

### What is Stress Awareness Month?

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures for our modern stress epidemic. According to the Mental health Foundation 74% of UK adults have felt so stressed at some point over the last year they've been overwhelmed or unable to cope.

Millions of people are experiencing high levels of stress and it is damaging our health. Stress is one of the great public health challenges of our time. Stress is a significant factor in mental health problems including anxiety and depression. It is also linked to physical health problems like heart disease, problems with our immune system, insomnia and digestive problems. Individually we need to understand what is causing us personal stress and learn what steps we can take to reduce it for ourselves and those around us.

This year, the stress management society's focus is a 30 day challenge which anyone can take part in for [FREE](#).

The 30 Day Challenge encourages you to pick one action per category for Physical, Mental and Emotional Wellbeing, to carry out every day throughout the month. You could even add actions for your social and spiritual wellbeing too – It really is about whatever you wish to personally focus on to help you.

Studies suggest that it takes 30 days to turn actions into habits, which is why this is a month-long programme. The 30-day challenge will maximise your chances of turning knowledge and useful techniques into on-going positive behavioural change.

Please click here to access [30 Day Challenge Hints, Links and Tips](#)

To find out further information, including a FREE stress guide, a digital detox checklist, plus much more, please click here: [Stress Awareness Month April 2021 - Regain Connection, Certainty and Control - The Stress Management Society % %](#)



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

**Thank you**