



System Health & Wellbeing

#MoreGoodDays

 @LLRAcademy

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

Dear Colleague

Your wellbeing is of the greatest importance and as a system we are working together on different ways to support and care for our staff in collaboration with national colleagues.

The '**LLR System COVID-19 Health and Wellbeing Taskforce**' is now set up and we are working with NHS England and NHS Improvement and Health Education England to understand staff Health and Well-being offers at a national and regional level and implement locally. We are working together to collectively support staff during these unprecedented times and help inform local LLR communications and engagement via existing channels.

The group members and their respective organisations are listed in the below:

Bina Kotecha	University Hospitals of Leicester / Taskforce Lead
Leanne Blanden	System Communications and engagement
Jemini Thakarshi	System Co-ordinator
Gary Waterhouse	University Hospitals of Leicester
Liz McIntyre	LOROS
Judith Spears	The Alliance
Sandy Jennings	The Alliance
Anabelle Watson	LLR CCG's MLCSU
Tine Juhlert	LLR CCG's (Primary Care)
Leanna Joachim	LLR CCG's MLCSU
Claire Jarvis	Rutland County
Gemma Ablewhite	Leicester Partnership Trust
Helen Mather	Leicester City CCG / The Alliance
Sonia Gale	DHU Health Care
Jonte Thomson	DHU Health Care
Sarah Amos	Midlands Region

Mike Sandys	Leicester County Council
Harj Nanuwa	EMCare
TBC	East Midlands Ambulance Service

This is the first in a series of timely LLR System Health and Well-being communications to let you know what can be accessed at a national level in terms of supporting your well-being during these unprecedented and uncertain times.

We understand that staff aren't always able to access emails, and ask that if you are a line manager to please support your team by printing the information off as you receive it to read out during daily team huddles and to include on team notice boards. Those who aren't line managers but do have access to emails, please share the information with your colleagues.

LLR System Health and Well-being support available and when

LLR Staff Health and Well-being will be launched in 3 phases between now and the middle of May as follows:

Phase 1, Launch, April 6th

Phase 2, Test, Listen and Improve, April 10th – 24th

Phase 3, Refine, Learn, Adapt, April 30th – May 15th

Colleagues are working tirelessly to tackle Covid-19 and deserve the very best psychological and practical support. We're pleased to share a range of well-being support which is now available, designed to help all staff take steps to maintain their physical and mental health and overall well-being. This includes:

- a free wellbeing support helpline, providing confidential listening from trained professionals and specialist advice, including coaching, bereavement care, mental health and financial help on 0300 131 7000, available from 7.00 am – 11.00 pm seven days a week
- a 24/7 text alternative to the above helpline - simply text NHSPH to 85258
- online peer to peer, team and personal resilience support, including through Silver Cloud, and free mindfulness apps including Unmind, Headspace Sleepio and Daylight.

The above will all be accessible via an App on phones – although some areas are still in development the App is now live!

To install the app scan the code below and then save to your home screen. Or select <https://people.nhs.uk/>



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

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