



MAY 2021
NEWSLETTER

What is happening this month...

- World No Tobacco Day
- HR Cake War
- Mental Health Awareness Week
- Mindfulness 'name it to tame it'
- Walking Month
- Wellbeing Toolkit
- Health and Wellbeing Conversations





Message from Lee Barnes
Associate Director Staff Wellbeing & Engagement ELHT/BTH

Welcome to the May edition of the Well Newsletter which includes a variety of topics relating to the health and wellbeing of our staff, their friends and families.

In this edition we are focussing on the health and wellbeing of our staff by launching the Health and Wellbeing questionnaire. Over 32% of BTH staff feel the organisation definitely take positive action on the health and wellbeing of our employees and whilst this is encouraging we are keen to make improvements in this area. I want to encourage you all to **'have your say'** and tell us what you need and how we can support you with your health and wellbeing. Only by staff participating in completing the questionnaire are we able to shape your responses into positive actions.

To further enhance and truly understand the needs of our staff we have introduced the Health and Wellbeing conversations (see pages 9 – 11). The conversations focus on 'what helps me to stay healthy and look after my wellbeing at work' and encourages all staff to have their own wellbeing action plan. Training sessions will be running throughout May to support Managers to facilitate wellbeing conversations with their team.

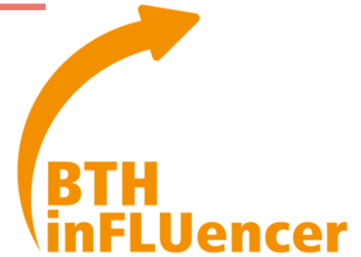
National Walking Month is promoted throughout May to highlight the health benefits of increasing your steps, improving your stamina and general wellbeing.

Why not come and have a laugh with us at the 'laughter yoga' sessions, take a look at page 6 for details of how to join this virtual event.

Finally the lighter nights, warmer days and freedom to get out and about are here which will give our mind and bodies a natural boost. Allowing time to reconnect with family and friends we can enjoy a day at the beach, BBQ's and picnics in the park so make time to slow down and be kind to yourself and others. Always remember your BTH family are here to offer support .

Email: bfwh.wellteam@nhs.net

Staff Health and Wellbeing Questionnaire



BTH is committed to creating and implementing a series of initiatives to help improve staff health and wellbeing. The results from the 2020 National Staff Survey show that 32% of staff feel the organisation definitely take positive action on the health and wellbeing of our employees and whilst this is encouraging we are keen to make improvements in this area.

One of the first steps is to understand how our staff feel about their health and wellbeing, both at work and at home. We are inviting you to complete this questionnaire which should take about 5 - 10 minutes, 'have your say' and tell us what you need and how we can support you with your health and wellbeing.

All responses are confidential - you will not be required to provide personal information that could be used to identify you. If you wish to find out more about the health and wellbeing strategy, or you would like information on becoming a Wellbeing and Engagement Champion then contact us on bfwh.wellteam@nhs.net and someone from the team will be in touch,

This questionnaire is not compulsory, but the responses we receive will be used to shape a comprehensive health and wellbeing strategy aimed at giving all our staff the knowledge, tools and support to be able to lead a healthier lifestyle. It will also give you the opportunity to 'have your say' in what you think the Trust can do to help you to feel happier and healthier.

Link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=sITDN7CF9Ueylge0jXdO4zVOs9j27ZdKrtUb-4ra4LRUM0E0UUszWIFEM1FIUUNKRFBPMTIyTIZVOC4u>

If you have any questions regarding this questionnaire, or any ideas or feedback, please contact us at bfwh.wellteam@nhs.net



Please note if you are unable to access the electronic version of the questionnaire please contact the Well Team and we can provide you and your team with paper copies.

Mental Health Awareness Week 10-16 May 2021

Hosted by the Mental Health
The theme is 'Nature'



All over the world, people and communities have come together in a way that has been unprecedented. In our recent memory, we have never seen anything like this before. Many examples. From the various organisations who have shown their appreciation to all our healthcare systems by making tremendous donations of gifts, from chocolates, sweets and to household items. From the local mosques, churches, temples, Gurdwaras and community venues distributing charitable donations to the communities served and in all cases, checking up on people to see that they are ok. The three magical words of “How are you?” resonate with all of us. And sometimes, it’s ok not to be ok as well. Help is at hand to support you on your journey, which is itself our journey of in this time, and in this place and in these times that we live in, never to be forgotten. It is for you to reach out for that help.

There is so much evidence that shows how been connected to nature and the outside has so many health benefits. Lockdown curtailed the activities that we would normally enjoy. Going to see family and friends for many of us was not possible. To socialise as we would normally do was not possible. But nature and the benefits of taking a walk outside is free for all and can be done at anytime when you have time.

How can nature benefit my mental health?

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

Improve your mood

Reduce feelings of stress or anger

Help you take time out and feel more relaxed

Improve your physical health

Improve your confidence and self-esteem

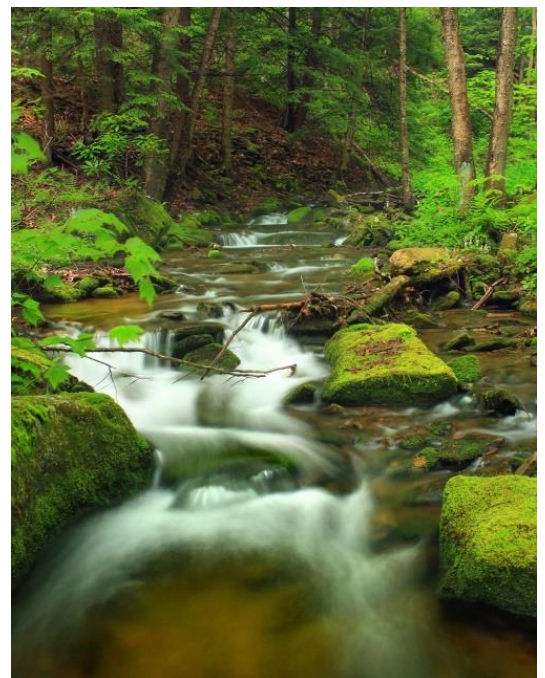
Help you be more active

Help you make new connections

Provide peer support

‘There is something to be wondered at in all of Nature’

Aristotle



Source: <https://www.mind.org.uk/>



#ConnectWithNature Is the theme for this year's **Mental Health Awareness Week**. There are lots of things you can do.

Mental Health Awareness Week
10-16 May 2021

Our local communities provide lots of walks catering for all age groups and abilities. It's worth checking the links below and see what is available. During lockdown, many of us have taken to going for a walk. What better way to enjoy nature than going for a gentle stroll and even better when the sun is shining.

To find out how you can get involved please visit

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Across Lancashire and Cumbria, there are many amazing places that you can discover.

www.refreshedwalks.eventbrite.co.uk

Timetables are currently being updated on a monthly basis, so it's worth checking back as restrictions are lifted.



May is also **NATIONAL WALKING MONTH**.

Why not make a pledge to go out and about walking and taking in nature at the same time. You can make your pledge at <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

The headline advice however is to stay local, do not travel and follow the most recent government advice for your area.

Our Employee Assistance Program is here to help support you.

Crisis support

In times of crisis, help is available. If you need urgent help as you are in mental health distress, then there is always someone you can call. The Lancashire and South Cumbria Mental Health Crisis Line is available 24 hours a day, 7 days a week by calling **0800 953 0110**. It is staffed by trained mental health professionals who are able to provide assessment and referrals to appropriate services – ring it if you need to access services or for advice about someone who needs treatment/support.

MENTAL HEALTH SUPPORT & TALKING THERAPIES

External Mental Health Support Lines Mental Health Helpline and text service available from Lancashire & South Cumbria NHS Foundation Trust (LSCFT). The Freephone out of hours service provides a person centred listening environment for people requiring emotional support in relation to their own mental health or that of someone they know. Telephone Helpline tel: **0800 915 4640** (available 24hrs a day)

Further information is available at: <https://www.lscft.nhs.uk/Mental-Health-Helpline>

Name it to tame it...

Did you know labelling and naming your thoughts & emotions deactivates part of the stress response leaving you feeling less stressed?

“Name it to tame it” is a phrase coined by author and psychiatrist Dr. Daniel Siegel. By putting this simple tool to work, your emotions can inform you and not overwhelm you. Once you notice you are having a strong emotional reaction, the next step is to describe, or **name** it – whether to yourself or out loud.

Tip: Try labelling your thoughts & emotions **as** planning, remembering, worrying, anger, sadness

or you could say to yourself: “I am present with worrying thoughts”, “I am present with sadness”, “I am present with anxiety”

Join **Janet Gray**

Occupational Health & Well Being Practitioner

on **Thursday 27th May 1:30 – 2:00 pm**

for the ‘**Working with Thoughts**’ session

Email: janet.gray@elht.nhs.uk to book a place

<https://www.sciencedaily.com/releases/2012/09/120904192045.htm>

Laughter Yoga Virtual Sessions

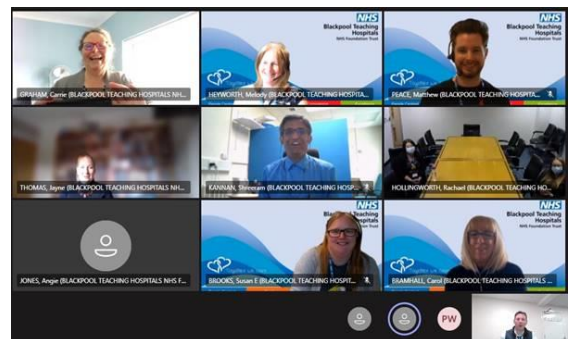
The yoga is performed without any humorous reason to laugh, with one practitioner observing that “The mind does not know that we’re faking it.”

“I really enjoyed the laughter yoga workshop, and would encourage others to have a go at it. I’d absolutely no idea what it would involve when I signed up for it (which is partly why I did it, as I know it’s mentally helpful to try new things). It sounds a bit odd to think that artificial laughter would be beneficial, but it was. I felt much more relaxed, and calmer inside after the workshop, and I was recovering from emergency surgery, so relaxation was much needed. I know that we can trick the brain, so to speak, into making us feel better, and I suppose this is one more example of that. Hearing other people laugh was also great, and can be infectious. Even just that very short session was good. I think sometimes we don’t do self care because we think we haven’t time, but the workshop showed that even a few minutes can make a difference.”

Join a **Laughter Yoga** virtual session on

Wednesday 12th May 2021
12:30 – 1:00pm

Tuesday 25th May 2021
12:30 – 1:00pm



To book a place email:
bfwh.wellteam@nhs.net

Wellbeing and Engagement Champions

Our Champions have been getting creative in promoting Health and Wellbeing within their teams:

- Ward 5 taking a break from their walk/jog social
- Competition was fierce in HR cake wars
- Plant seeds for the Speech and Language Therapy team with the message: “Tough times don’t last but tough teams do”



“The HR team took part in a ‘HR Cake War’ on Wednesday 7th April which was organised by the Wellbeing Champion of the team Paula Walker.

It was arranged to inspire and encourage staff to partake in ‘taking a break’ and having a bit of fun and friendly competition between colleagues and friends.



As a team, we continue to support each other in difficult times so it is important to enjoy some much needed downtime every now and again.



Big thanks to our independent judge ‘David Kay’ who managed to taste test all the cakes and presented 1st, 2nd and 3rd prizes by judging on ‘appearance, texture and taste’. It was great fun and made us smile. We are already arranging our next team event”



To find out more about becoming a Wellbeing and Engagement Champion, call Paula Wright on 01253 952369 or email bfwh.wellteam@nhs.net



Workforce Wellbeing & Trauma Support Training (WWTS)

Workforce Wellbeing & Trauma Support (WWTS) is an essential element of the BTH recovery and restoration programme. It aims to ensure that we can support staff in coping with distressing workplace experiences. Staff health and wellbeing are of paramount importance, particularly during and after the impact of COVID-19, traumatic for many NHS workers. Responding to the NHS People Plan and the National NHS People Pulse survey, WTS will help Managers understand and support the evolving needs of staff.

As part of modelling compassionate leadership through our own self-care and promoting the message that it is 'ok to not be ok'; the Workforce Wellbeing & Trauma Support training will enable managers to promote a wellness culture. It will also be **valuable for leadership development**, as in the current climate all conversations with staff should have wellbeing at their core.

The training package has been designed by Clinical Psychologists at the Lancashire Trauma Support Service. It is an amalgamation of Psychological First Aid (PFA), Trauma Risk Management (TRiM) and Critical Incident Stress Management (CISM)

Training delivery

Training takes a blended learning approach in two parts, lasting approximately one hour each, which can be delivered in ways to suit you.

- Part one consists of a training video, accompanying manual and tools to help assess your own self-care and an action plan to help embed wellbeing in your area. It explains the tiered model and gives real life examples of affected individuals with strategies to help you and your staff. This section can be done through a live session with an instructor (Via Microsoft teams) or individually in your own time
- Part Two is currently delivered by one of our WTS trainers through Microsoft Teams. This session will guide you through the embedding process using a wide range of resources from across the Trust available to you

*The sessions can be delivered together (two hour delivery)
or as separate one hour sessions*

Who is the training for?

It is expected that all line managers attend this training and it is optional, although encouraged, for Wellbeing and Engagement Champions too.

This will ensure as a team you are well equipped to help support and guide the health and wellbeing of colleagues as individuals and collectively as a team.

SCHEDULED VIRTUAL DELIVERY DATES FOR LINE MANAGERS:

Friday 14th May 10:00am - 12:00

Friday 11th June 10:00am - 12:00

Tuesday 22nd June 2.30pm - 4.30pm

Tuesday 13th July 10:00am -1:00pm

For further information contact bfwh.wellteam@nhs.net



Health and Wellbeing: a toolkit for staff

The Well Team is here to encourage, motivate and support you to achieve good health.

During these ever changing times we know that you and your team may be experiencing different challenges and emotions and we want to encourage you all, where possible, to take some time to look after yourself and to care for your own wellbeing.

This toolkit is aimed at managers and line managers and offers a collection of resources all in the one place that can be accessed and used to support the mental, physical and emotional health of individuals and teams.



It is our ambition to ensure each of the staffing groups across the organisation have access to and engaging in **ALL** of the sections within the toolkit. This will ensure information on activities, interventions and updates regarding health and wellbeing activity is cascaded to all staff, across all levels and job roles.

Our aim for all teams to:

- Be familiar with the Wellbeing Directory and use it to support and direct staff to access information, resources and support, as appropriate
- Have access to a designated Well Space within their working environment
- Have a designated Wellbeing and Engagement Champion within their team to help embed health and wellbeing in their area of work
- Have managers who have completed the Workforce Trauma Support training equipping them to have supportive and informative wellbeing led conversations with their colleagues
- Be delivering Health and Wellbeing Conversations with their teams
- Be aware of the mediation service available for staff and how it can be accessed

To view the toolkit please follow the link:

https://bthnet/misc_notices/2021/well/Health and Wellbeing toolkit.pdf



Health and Wellbeing Conversations

Wellbeing Conversations are supportive, coaching-style one-to-one conversations focused on building individual and team resilience. They take place between an individual and someone they trust at work (typically their Line Manager but can be someone else if preferred), at a convenient time and place.

These conversations are designed to help support staff and nurture the recovery of all our staff, to help guide those who need additional support reduce the long-term impact of their distress. It is during these conversations that a staff member may wish to talk about the following:

- How they are feeling both physically and mentally
- How their work has been impacted by the COVID-19 pandemic
- Their current workload and/or their working environment
- Their family life and other caring responsibilities or major family events and how these impact on their work
- Any workplace adjustments or flexible working arrangements they may be interested in

It is envisaged that by having conversations with regards to a person's health and wellbeing that they may be prompted and more inclined to take the necessary steps to improve it. It is also an opportunity to learn about the additional support services available to access when needed and an opportunity to raise questions, issues and concerns within teams that may be beyond their control but impacting on wellbeing to an appropriate person to influence organisational change.

Please note these conversations are not a psychological intervention and are not designed to be a therapy session. They are not intended to be used to judge a person's performance or act as a trigger point for a disciplinary process. These conversations are not intended to be documented in detail, however, data such as the number of sessions held, alongside any emerging themes may be captured in order to fulfil our duty of care as an employer. Finally, these conversations are not a risk or mental health assessment.





Health and Wellbeing Conversations

Support to deliver the conversation

To do the above well and to have a positive impact on both the individual and the team it is important that those who are facilitating these wellbeing discussions are equipped with the necessary tools and support. WTS training (see page 8 for more information).

This training will equip you with the tools to hold a well-structured and supportive wellbeing conversation with your team. A wellbeing conversation template has been created that can be used to facilitate these conversations with your team (see page 12 of the Health and Wellbeing: a toolkit for staff). There are a number of health and wellbeing resources on the Intranet that can be used during these discussions including The Wellbeing Directory (see page 5 of the toolkit), Health and Wellbeing resources on the Health and Wellbeing Microsite, Internal links to Occupational Health and link to internal policies such as the flexible working policy, disability. For more information on these please go to the OneHR site; [oneHR \(bfwh.nhs.uk\)](http://oneHR(bfwh.nhs.uk))

Book onto the Wellbeing Conversation virtual session email: bfwh.wellteam@nhs.net

Thursday 13th May **2:00 – 3:00pm**

Friday 28th May **10:00 – 11:00am**

[What is a wellbeing conversation? - YouTube](#)

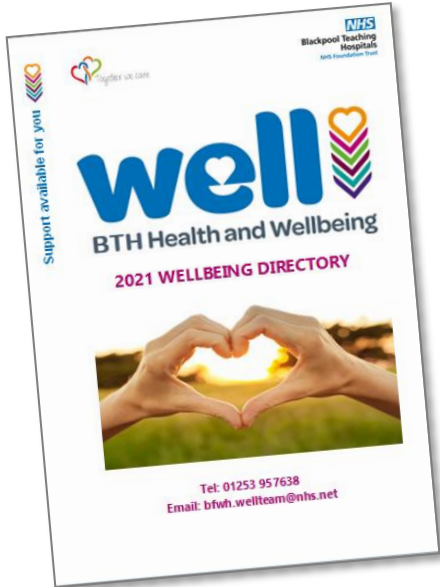
Wellbeing action plan

<p>Managing my health and wellbeing</p> <div style="border: 1px solid #0070C0; padding: 5px; margin-bottom: 5px;"> What helps me to stay healthy and look after my wellbeing at work? </div> <div style="border: 1px solid #0070C0; padding: 5px; margin-bottom: 5px;"> What usually works for me to maintain and/or improve my health and wellbeing? </div> <div style="border: 1px solid #0070C0; padding: 5px; margin-bottom: 5px;"> What hinders or reduces my wellbeing at work? </div> <div style="border: 1px solid #0070C0; padding: 5px;"> What steps can I take if I start to feel unwell in myself? </div>	<p>Aspects of my health and wellbeing to consider</p> <div style="border: 1px solid #0070C0; padding: 10px; text-align: center;"> </div>	<p>Helping others to help you</p> <div style="border: 1px solid #0070C0; padding: 5px; margin-bottom: 5px;"> What situations or factors trigger poorer health and wellbeing for me? Are there early warning signs others should be aware of? </div> <div style="border: 1px solid #0070C0; padding: 5px;"> What could be put in place at work to help me manage these triggers for poorer wellbeing? How can others help me? </div>
<p>My wellbeing action plan</p> <div style="border: 1px solid #0070C0; padding: 5px;"> Actions to maintain and improve my health and wellbeing include: <ul style="list-style-type: none"> ✓ ✓ ✓ </div> <div style="border: 1px solid #0070C0; padding: 5px; margin-top: 5px;"> My manager, team and my organisation can support me by: <ul style="list-style-type: none"> ✓ ✓ ✓ </div>		

If you have any questions with regards to facilitating these conversations contact the Well Team on bfwh.wellteam@nhs.net

WELLBEING DIRECTORY 2021

Every month the directory is updated and refreshed with new 'support available for you'. If you would like to include any services or information you know of or feel would benefit staff email: bfwh.wellteam@nhs.net with the details.



Includes:

- Crisis support
- LSC Resilience Hub
- NHS support Line
- Employee Assistance Programme (EAP)
- Bereavement support
- Domestic Abuse
- NHS Practitioner Health
- Workplace Trauma Support
- Wellbeing Apps, websites and resources
- Financial support
- ...plus useful contact addresses and telephone numbers



- Signposts to free, anonymous mental health and talking therapy services available to all staff
- Provides handy tools, guides, tips and webinars that can help improve financial wellbeing and happiness
- Supports you to lose weight, be more active, quit smoking or reduce your alcohol intake

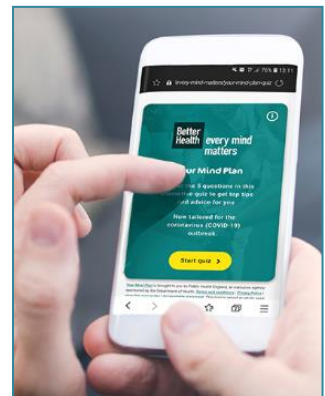
Download our Well Directory by scanning the QR code or contact your Well Team at bfwh.wellteam@nhs.net



[nhs every mind matters mind plan quiz](#)

Take stock of how you feel

Put time aside to examine your current situation and consider how you really feel, perhaps talking it through with someone you trust. Acknowledging that the coronavirus outbreak is having an impact on you, and that this is to be expected, can also help you to manage the uncertainty. Try to be kind to yourself, and get support with how you are feeling if you think you might need it.





ShinyMind app provides access to support and information to over 100 interactive evidenced based activities and masterclasses on issues such as sleep, stress and self-compassion, self-awareness exercises, meditations and breathing exercises.

The app can be used to help connect you with your friends and teams and has functions to send and receive messages of encouragement and positivity.

To register for this app email bfwh.wellteam@nhs.net



Together we can get through this...

Unmind - which is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

How NHS staff can get access

Go to nhs.unmind.com/signup

Sign up with your NHS email address

Download the Unmind app from your appstore - your organisation name is NHS.

FREE access to all NHS staff until 30th June 2021



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.



Free access to all NHS staff until 31 December 2021

Go to <https://www.headspace.com/nhs> for NHS staff to access, with the option to select clinical or non-clinical staff to start enrolling, use your NHS email address to sign up

If you are having any difficulty accessing the apps please contact the Well Team on bfwh.wellteam@nhs.net

Please note that the free offer on certain apps has now expired for more information please go to people.nhs.uk/help/support-apps

Lancashire and South Cumbria Resilience Hub (Ischub)

There is no waiting list for this service and it is **completely confidential, no records are shared with your employer**. You will be sent a short online self-assessment tool to complete to ensure you get the right advice for you, then either refer into their services or follow the suggestions given. They have links to signpost people to, such as Minds Matters, or will advise you to speak with one of their Counsellors, Therapists or Psychologists.



Contact:

Tel: 01772 520228

or you can email the team on

lschub@lsctf.nhs.uk or

<https://lscresiliencehub.nhs.uk/>

The Resilience Hub is an external service that has been set up to provide wellbeing support to essential health and care workers who have been affected by the coronavirus pandemic.

It's OK to not be OK...

You may recognise the following in yourself or those you are working with

Signs of stress

Work based

- Declining or inconsistent performance
- Uncharacteristic errors
- Loss of motivation
- Indecision
- Lapses in memory

Emotional

- Tearfulness
- Short temperedness
- Irritability or anger
- Increased sensitivity
- Anxiety
- Frustration
- Guilt
- Loss of humour

Changes in behaviour

- Arriving late at work
- Mood swings
- Getting less work done
- Nervous habits such as biting nails
- Increased smoking or drinking
- Loss of appetite
- Changes in sleeping patterns

Mental

- Confusion
- Muddled thinking
- Inability to plan

Managing myself

- You don't own other peoples stress
- List what your stresses are and remove those that belong to others
- Prioritise which stress you need to deal with first
 - Look at the pros and cons of the situation (do a 360 degrees on it)
 - Think of a time you had similar stress and what you did that worked
 - Take time out – distract yourself but don't sit thinking do
 - What would you say to yourself if it was you?
- Think about how your feelings might shape your response

If you or your colleagues require support or further information please email: at bfwh.wellteam@nhs.net a member of the well team will be in touch or signpost your enquiry to the appropriate service.



31 May is World No Tobacco Day

This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what WHO is doing to fight the tobacco epidemic, and what people around the world can do to claim their right to health and healthy living and to protect future generations.

“WHO launches year-long campaign to help 100 million people quit tobacco”

‘Commit to quit’

World No Tobacco Day 2021

31 May

The COVID-19 pandemic has led to millions of tobacco users saying they want to quit. The campaign will support at least 100 million people as they try to give up tobacco through communities of quitters.

“Commit to Quit” will help create healthier environments that are conducive to quitting tobacco by advocating for strong tobacco cessation policies; increasing access to cessation services; raising awareness of tobacco industry tactics, and empowering tobacco users to make successful quit attempts through “quit & win” initiatives.

“Smoking kills 8 million people a year, but if users need more motivation to kick the habit, the pandemic provides the right incentive,” said WHO Director-General, Dr Tedros Adhanom Ghebreyesus.

Stopping smoking is one of the best things you'll ever do for your health

Services to help you to Quit

Smokefree Blackpool

- Free helpline: 0808 1964324
- App - [Stop Smoking Blackpool | Public Health Blackpool Council \(healthierblackpool.co.uk\)](https://www.healthierblackpool.co.uk)

Quit Squad – Lancashire

- Helpline: 0800 328 6297
- Self referral form: [Lancashire Care NHS Foundation Trust \(1s4h.co.uk\)](https://www.1s4h.co.uk)

Download the free NHS Smokefree app to help you quit smoking and start breathing easier. The app allows you to:

If you can make it to 28 days smoke-free, you're 5 times more likely to quit for good!

For more support visit: <https://www.nhs.uk/better-health/quit-smoking>

<https://www.who.int/campaigns/world-no-tobacco-day/world-no-tobacco-day-2021>

BECAUSE THERE'S ONLY
ONE YOU



MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 BANK HOLIDAY WORLD TOBACCO DAY "Commit to Quit"	It always seems impossible until its done <i>Nelson Mandela</i>				1 Walking is simple, free and one of the easiest ways to be more active, lose weight and become healthier	2 Picnic or BBQ with friends
3 BANK HOLIDAY "in a world where you can be anything, be kind"	4 For advice and support call 0300 123 3393 	5 GLOBAL HAND HYGIENE DAY 	6 "START EACH DAY WITH A POSITIVE THOUGHT"	7 "a day without laughter is a day wasted" ~ Charlie Chaplin	8 "No plans day - make time to slow down and be kind to yourself"	9 Be mindful of others feelings 
10 MENTAL HEALTH AWARENESS WEEK 10th - 16th 	11 Shiny Mind To register bfwf.wellteam@nhs.net	12 laugh ...with us at 'Laughter Yoga' virtual session 12:30 - 1:00 To book email: bfwf.wellteam@nhs.net	13 Health and Wellbeing: a toolkit for staff Virtual Introduction session 2:00 - 3:00pm To book email: bfwf.wellteam@nhs.net	14 Workforce Wellbeing & Trauma Support Training (WTS) 10:00am - 12:00 (Line Managers book on) bfwf.wellteam@nhs.net	15 NEVER BE AFRAID TO SAY WHAT YOU FEEL.	16 "get active outside and give your mind and body a natural boost"
17 Try an outside meeting - walk and talk 	18 EVERY MIND MATTERS ONE YOU	19 Try a new recipe healthy smoothie 	20 Employee Assistance Programme (EAP) Call 24/7 confidential staff helpline tel: 03303 800 658	21 Eat a rainbow of fruit & veg 	22 Spend time gardening, planting pots or window boxes 	23 Enjoy a day out at the beach 
24 Take a lunchtime walk and a break from your work area 	25 laugh ...with us at 'Laughter Yoga' virtual session 12:30 - 1:00 To book email: bfwf.wellteam@nhs.net	26 relax breathe smile 	27 Meditation session 'working with thoughts' 1:30 - 2:00pm to book email: Janet.gray@elht.nhs.uk	28 Health and Wellbeing: a toolkit for staff Virtual Introduction session 10:00 - 11:00am To book email: bfwf.wellteam@nhs.net	29 Prepare an amazing picnic and games for tomorrow! 	30 Enjoy a day out at the beach 

REUNITED CAFÉ for Shielding Staff

As we welcome our shielding staff back, we realise it is normal to feel anxious or worried about returning to the workplace after shielding. Why not join our facilitated coaching sessions to share your experiences of the past year.

The session will:

- Offer the opportunity to share experiences with other colleagues who were shielding.
- Provide an opportunity to discuss and experience different ways to manage our feelings and be proactive in our wellbeing recovery.
- To signpost you to additional support if required.

Please note this session is aimed at Trust Staff who have been shielding due to COVID-19 and are now returning to the workplace and will take place via MS Teams.

Dates:

Wednesday	5th May	1:00pm - 2:00pm
Friday	21st May	10:00am - 1:00am
Wednesday	16th June	2:00pm - 3:00pm
Wednesday	30th June	10:00am - 11:00am
Wednesday	14th July	1:00pm - 2:00 pm

To book your place on the session please contact: bfwf.wellteam@nhs.net



Sticky barbecue chicken



Nothing beats sticky chicken with barbecue sauce. Start in the oven to make sure it's cooked properly, then grill over hot coals for that lovely BBQ flavour

Prep:10 mins • Cook:30/40 mins • Easy • Serves 4-6

Nutrition: per serving (6)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
212	8g	2g	17g	17g	0g	17g	1.1g

Method

1. Heat oven to 180C/160C fan/gas 4. Put the chicken in a roasting tin, season well and cook for 40 mins or until cooked through. Either carry on with the recipe or cool and chill. This step can be done up to two days ahead.

2. Put the sauce ingredients in a pan and bring to a simmer, then keep cooking until it thickens a little and looks shiny. Use straight away or cool and chill. The sauce will keep for a week in the fridge.

3. Heat a barbecue until the coals are glowing white hot. Brush the chicken pieces all over with the sauce and barbecue them on each side until they are browned and sticky, then brush once more with the sauce. Don't worry about cooking them through, as they are already cooked. If you want to cook them indoors, coat them in the sauce and grill on a medium heat on all sides.

Ingredients

4 chicken thighs and 4 chicken drumsticks, skin on

For the barbecue sauce

1 tbsp soy sauce
1 tbsp cider vinegar
4 tbsp light brown soft sugar
4 tbsp tomato ketchup
75ml apple juice
1 tbsp Dijon mustard

Make a batch of these easy savoury muffins for your next picnic. These cheesy bites with seasonal veg are great for lunchboxes, too

Prep:15 mins • Cook:30 mins • plus cooling

Easy • Serves 8

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
281	17g	4g	22g	1g	1g	9g	0.5g

Ingredients

1 courgette(about 175g grated weight)
4 spring onions, finely chopped
225g self-raising flour
1 roasted red pepper from a jar, drained and finely chopped

100g Grana Padano, finely grated
few rosemary sprigs, needles picked and finely chopped
2 eggs, beaten
90ml sunflower oil
50-100ml whole milk

Method

1. Heat the oven to 200C/180C fan/gas 6 and line a eight-hole muffin tin with muffin cases. Coarsely grate the courgette into a fine sieve and use clean hands to squeeze out as much liquid as possible over the sink. Tip into a bowl with the spring onions, flour, roasted red pepper, most of the Grana Padano and the rosemary, along with lots of black pepper and a pinch of salt.
2. Crack the eggs into a jug, pour in the oil and top up with enough milk to make 300ml. Beat together, then pour into the courgette mixture and mix to a smooth batter. Divide between the cases, top with the remaining cheese and bake for 25-30 mins until risen, firm and golden brown on top. Leave to cool completely on a wire rack. *Will keep for up to three days in an airtight container in the fridge.*

Savoury picnic muffins



Ramadan 2021

The month of Ramadan began in April and is expected to last for either 29 or 30 days.

Ramadan involves a [daily period of fasting for Muslims](#) starting at sunrise and finishing at sunset over the month. This means abstaining from food, drink (including water) and smoking. While fasting is an important part of Ramadan, it is also a time of self-reflection and self-evaluation for Muslims.



Similar to last year, Ramadan 2021 will be different for Muslim staff who observe fasting, as traditionally communal activities and prayer are observed and encouraged. Due to the current COVID-19 restrictions, access to prayer facilities, quiet rooms and multi faith rooms, internally and externally, will be limited .

For more information go to: <https://www.nhsemployers.org/news/2021/04/ramadan-2021>



International Nurses Day is celebrated around the world every **May 12**, the anniversary of Florence Nightingale's birth. ICN commemorates this important day each year with the production and distribution of the International Nurses' Day (IND) resources and evidence.

The **theme** for the 2021 resource is *Nurses: A Voice to Lead - A vision for future healthcare*. In 2021, we seek to show how nursing will look into the future as well how the profession will transform the next stage of healthcare.

<https://www.icn.ch/what-we-do/campaigns/international-nurses-day>

National Walking Month

National Walking Month encourages people to walk more throughout May. Initiatives include, **Walk to Work Week** and **Walk to School Week** (Source: NHS Employers)

#WALKTHISMAY



Walking is good for our minds, our bodies and our neighbourhoods and has been a lifeline during Covid, helping people stay active and connected. **Walking** is good for the **heart**, can help you to **lose weight**, boosts **immune function**, eases **joint pain**, can help **lower** your **blood sugar**, can **lower your risk of dementia**, and gives you **energy**.

Being outside in the sun also increases your levels of **vitamin D** and can generally make you **happier**. It's one habit we should all be keeping beyond the pandemic.

As well as the personal benefits we've experienced, lockdown has highlighted the improvements that can be made to congestion and air quality when we drive less. That's why we want people to **#WalkThisMay**.

By walking the roadmap out of the pandemic, rather than driving it, we can emerge healthier and happier. Lots of resources are available at <https://bit.ly/3uaP19k>

Walk to School Week

Welcome to the five-day Walking Challenge 2021: **WALKING SUPERPOWERS**

What better time to celebrate walking – the simple act that has brought many of us so much joy throughout the pandemic. **17-21 MAY 2021**



*Did you know...on average,
we walk 3,000-4,000 steps per day.
10,000 steps is the equivalent of 5 miles.*



Walk More for Good Health



Did you know here at BTH and Clifton Hospital we have walking routes around the sites to help you keep healthy and reduce stress levels? These walking routes can be done before work, lunchtime, after work or alternatively staff are encouraged to hold walking meetings.

If you would like a hard copy of this map please call **ext. 57638** or email: bfwh.wellteam@nhs.net



Walk for Wards

Walking has numerous benefits to both physical and mental wellbeing and is a form of exercise most can slip into their working day.

Exercise guidelines suggest that we should all aim walk **10,000 steps per day** as this will help achieve good heart health and psychological wellbeing.

Sign up to our Trust Charity, Blue Skies Hospital Funds, 10,000 steps a day 30 day challenge runs till the end of May.

bfwh.enthuse.com/cf/walk-for-wards



[National Walking Month | Living Streets](#)

“We want a nation where walking is the natural choice for everyday local journeys. Our mission is to achieve a better walking environment and inspire people to walk more. Progress starts here: one street, one school, one step at a time”. Living Streets have a team in Blackpool, commissioned by the Council.



NHS 5k Our Way

This virtual 5k is open to all NHS colleagues, please do invite your friends and family members to join you when you participate. We want to encourage all our NHS people to sign up, regardless of your physical fitness or ability, you're important too. So, whether it's a run, walk, hop, skip, wheel or jog - it's 5k, our way. The link to more info in here:

[NHS 5k Our Way \(opentrack.run\)](http://NHS5kOurWay(opentrack.run))

MENTAL HEALTH AT WORK



Blue Light: Mental health in the ambulance service

Working in the ambulance service can be highly demanding. It's particularly important to protect your mental health and wellbeing – and to do this on a daily basis, not just after experiencing big, traumatic events. That was always true, even before the pandemic. But things have suddenly got tougher, and **thinking about your mental health has never been more important than it is now.**



Supporting ambulance staff's mental health through the pandemic and beyond

For more information: <https://www.mentalhealthatwork.org>



We hope you have enjoyed this month's edition and if you would like to get involved or share your stories please contact the Well Team at bfwh.wellteam@nhs.net or call **01253 957638**