*Would you like some* ***CAKE****?*

*Opportunity for funded Facilitator training*

**CAKE** is the result of a collaborative project between *Listen Up Storytelling*, *Community Nurses* and *Queen Margaret University (QMU) Edinburgh*. It is an interactive resource designed to support self-care, and individual and team well-being in the workplace.

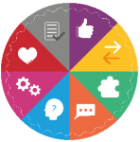
*Self-care* includes behaviours, activities, and skills used to take care of oneself.

*Well-Being* is a broader definition that assesses happiness, health, stability, purpose and meaning in one’s life.

In the workplace, well-being is often the feeling you get when you’re working with people who love their work and love working with each other. It’s a safe space and has a collective energy that enables a team to perform at its best, with everyone engaging.

Workplaces can be stressful places and sometimes we need some support to help us to be the best we can be, to discuss issues, share stories and plan the actions to take to help us be the best and keep well. That’s where CAKE comes in:

**CAKE**



**C**aring for self and others

**A**ttending to what's happening

**K**eeping connected

**E**nabling and empowering

**CAKE** comprises eight slices that contain a range of activities designed to help embed practices that promote team well-being and effectiveness. Each slice contains the ingredients you’ll need and a method to help with the activities. **CAKE** is a process and is best undertaken in bite size pieces.

Through our Wellbeing funding we are able to offer fully funded **CAKE** Facilitator training to up to 12 people. These individuals would then regularly facilitate **CAKE** sessions within their own teams or departments with the expectation that one full **CAKE** programme (eight slices) over the first 12 months, with the potential to deliver more widely across the system in Phase 2 as resource allows.

The Facilitator training takes one day and is delivered on line. The first training date is Monday 13th March 2023.

Further information on **CAKE** is available here [Welcome to CAKE - Listen Up Storytelling](https://www.listenupstorytelling.co.uk/welcome-to-cake/)

If you would like to know more about the benefits of storytelling, Nikki Forsyth is happy to share her experiences – please contact her on [nichola.forsyth@nhs.scot](mailto:nichola.forsyth@nhs.scot)

For application information, please see overleaf.

**Application for CAKE Facilitator Training**

Applications are invited from individuals who can commit to facilitating at least one complete **CAKE** programme (8 slices) to their team / department over 12 months beginning in May 2023. Delivery is flexible so could be eight sessions or perhaps some sessions covering more than one slice.

To apply, please reply to [gram.culturematters@nhs.scot](mailto:gram.culturematters@nhs.scot) with the following information, and ensuring your manager’s statement of support is attached, **before 5pm on Monday 6th February 2023**.

1. How will being trained as a **CAKE** Facilitator help you and your team to develop?
2. How will the **CAKE** programme help to support your team / department’s contribution to Grampian’s *Plan for the Future* in relation to people, places and pathways?
3. In what ways do you feel t the **CAKE** programme will enhance your contribution to Grampian’s *Commitment to Culture*?
4. How will your team / department build **CAKE** in to your day-to-day activities to ensure the whole programme is completed within 12 months?

**Applicant’s:**

Name:

Role:

Team and Department:

Email address:

Signature:

**Manager’s statement of support**

Please tell us why you are supporting this application and what you believe will be the benefits to your team / department.

**Manager’s:**

Name:

Role:

Team and Department:

Email address:

Signature:

Date: