

## We Care Newsletter – January 2022

To kick off the New Year, We Care want to know:

### What do you want to see from We Care in 2022?

Please let us know via email at our shared mailbox: [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot) or via our anonymous form at <https://forms.office.com/r/xgrcdtqKQg>. These responses ensure that we are addressing concerns that staff and teams have raised.

### Pulse Survey #3 Results

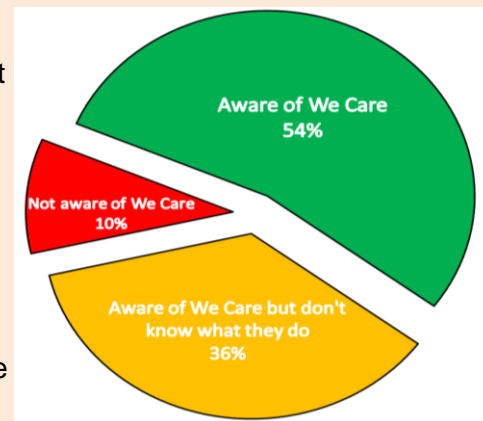
Our third Pulse Survey ran from Monday 29<sup>th</sup> of November until the 13<sup>th</sup> of December with 1429 staff responses.

The results of the pulse survey will be shared in the coming weeks however we want to share the results of a new question we included in the most recent survey.

In a question of awareness about the team:

- 54% were aware of We Care
- 36% were aware of We Care but don't know what they do
- 10% were not aware of We Care

Whether you have never heard of us before or always keep up to date with the We Care Wellbeing Wednesday in the daily brief – we want all staff to know we are here to support you and your team's health and wellbeing.



**We Care is an overarching programme of work that brings all staff supports for health and wellbeing together.**

### 3<sup>rd</sup> Annual Step Count Challenge for NHS and Partnership staff throughout Grampian!

This week saw the start of the third annual Step Count Challenge! The challenge is set to run over 4 weeks and is fully funded by Public Health.

Over 200 teams have signed up to take part this year which is great to see as this is the highest volume of participants to date!

Are you taking part? Why not get in touch with stories and photos from throughout the challenge to be featured in our newsletter. You can either email in to [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot) or tag us on social media @GrampianWeCare or by using the hashtag #GrampianWeCare. Don't forget to tag #NHSgstepchallenge2022 to be entering the prize draw!



### Contact Us

We would appreciate your feedback and suggestions about what matters.

You can do this via our email address [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot),

Our anonymous form at: <https://forms.office.com/r/xgrcdtqKQg> or by scanning the QR code,

or by our social media and using the #GrampianWeCare



@GrampianWeCare



## What's on?

### January

- 17<sup>th</sup> 4pm – 5pm Spaces for Listening \* see below  
[17<sup>th</sup> 5pm - 5:30pm Guided Journaling](#)  
[18<sup>th</sup> 9am – 12:30pm Understanding, developing and maintaining your personal resilience](#)  
[18<sup>th</sup> 10am – 11:30 Listening Ear](#)  
[\\*NEW\\* 18<sup>th</sup> 10am – 12pm Psychological Safety](#)  
[20<sup>th</sup> 8am - 8:30am Guided Journaling](#)  
[20<sup>th</sup> 10am – 12pm Mental Health Awareness](#)  
20<sup>th</sup> 3pm – 4:30pm Check in/Catch-up for those that shielded/Highest risk from Covid \*see below  
[21<sup>st</sup> 12:30pm - 1pm Guided Journaling](#)  
[24<sup>th</sup> 5pm - 5:30pm Guided Journaling](#)  
[25<sup>th</sup> 6pm - 6:30pm Guided Journaling](#)  
[27<sup>th</sup> 8am - 8:30am Guided Journaling](#)

### February

- [1<sup>st</sup> 5pm – 5:30pm – Guided Journaling](#)  
[3<sup>rd</sup> 8am – 8:30am Guided Journaling](#)  
[7<sup>th</sup> 10am – 11:30am Recovery in Mental Health](#)  
[8<sup>th</sup> 10am-11:30am Menopause Awareness in the 11<sup>th</sup> 12am – 12:30am Guided Journaling](#)  
[15<sup>th</sup> 10am – 12pm Psychological Safety](#)  
[15<sup>th</sup> 2pm – 3:30pm Stress Awareness](#)  
[15<sup>th</sup> 5pm – 5:30pm Guided Journaling](#)  
16<sup>th</sup> 4pm – 5pm Spaces for Listening\* see below  
[17<sup>th</sup> 8am – 8:30am Guided Journaling](#)  
[17<sup>th</sup> 10am – 1pm Promoting resilience in the workplace: for managers and supervisors](#)  
[21<sup>st</sup> 5pm – 5:30pm Guided Journaling](#)  
[22<sup>nd</sup> 10am – 11:30am Listening Ear](#)  
[24<sup>th</sup> 8am – 8:30am Guided Journaling](#)  
[24<sup>th</sup> 10am – 12pm Mental Health Awareness](#)  
[24<sup>th</sup> 10am – 11:15am Relaxation Workshop](#)  
[25<sup>th</sup> 12pm – 12:30pm Guided Journaling](#)  
[28<sup>th</sup> 5pm – 5:30pm Guided Journaling](#)

\*To book a “spaces for listening” session please email [Fiona.soutar@nhs.scot](mailto:Fiona.soutar@nhs.scot)

\*To join the Check-in/Catch-up for those that shielded/highest risk from covid please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).

To register for any of the other sessions please click the name and you will be taken to our [We Care Turas page](#) or the [National Wellbeing Hub event page](#). To register for Turas please click [this page](#).

\*Sessions are arranged through National Wellbeing Hub

**WE CARE**

...because you care

## Hopeline 19

Hopeline19 is a free phone-line where anyone can leave a message of support for NHS & Frontline staff.

Staff can then use the same phonenumber to listen to messages of support.

Please follow the link for further information.

[www.frontline19.com/hopeline19](http://www.frontline19.com/hopeline19)



**Frontline 19**

## Check-in/catch up for colleagues who previously shielded and/or are at highest risk from Covid

We are running a check-in/catch-up for colleagues who previously shielded or are at highest risk from Covid on the 20<sup>th</sup> January from 3pm – 4:30pm.

The session offers colleagues a chance to share what is going on for you: *The good, the bad and the ugly* as well as an opportunity to chat informally with peers and build connections through shared experiences.

To register to attend the session please email [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot)

During winter, our community carers can battle through 7' snowdrifts, to make sure that their service users get the medication and care that they need. Community carers provide much needed care to a wide range of people including young people, those requiring end of life care or who have degenerative diseases or dementia and also people with substance misuse issues.

Many community carers do not have a base they can return to on a daily basis, meaning that they may not always have the opportunity to see their colleagues, for that all-important catch-up and wind-down, and their team co-ordinator is key in ensuring that their team remains connected.

Although used to using PPE, COVID has thrown more challenges into the mix. The nature of their work means that they have to change into PPE in their car and then dispose of securely, whilst carrying out a number of visits during a shift. This can mean changing in a cold car, in the dark; completing the paperwork; then driving down dark, sometime snowy, country lanes to their next visit.



### Winter Wellbeing

Winter can be a particularly challenging time working in a healthcare environment and this year is no exception. Experiencing pressure and stress are becoming normalised due to an increased demand on services but We Care is keen to encourage you to *stop and reflect for a moment* and consider what small things we can do to support ourselves and our colleagues.

Thinking about our signs for stress and implementing methods to reduce stressful situations before they become overwhelming is a proactive part of looking after team wellbeing. If you know a colleague's signs of stress early on you can make that cup of tea, leave that small note of gratitude or just make them laugh.

What is an indication of your stress levels rising?

What might other people notice?

What can others do to help you if they notice signs or you tell them that you are stressed?

What can you do to help yourself?



“The best way to spread Christmas Cheer, is singing loud for all to hear!” Buddy the Elf (Quote from Elf the Film 2003)

A big thank you to everyone for your consistent hard work during the most challenging of times, whilst still managing to spread some Christmas cheer!

