

We Care Newsletter – February 2022

Supporting your Teams



Information Sessions

The We Care team are providing a 30 minute Information Session, to introduce We Care which is a health and wellbeing program established to deliver, co-ordinate and enhance staff wellbeing across NHS Grampian and Health and Social Care Partnerships.

Why choose an Information Session?

- Give staff the opportunity to reflect on where they are with their wellbeing.
- Staff have the opportunity to consider how they are looking after their wellbeing and what more they can do at work and at home to support it.
- Hear about individual and team support available from We Care.
- Find out how to access resources and support.

Wellbeing Consultations

The We Care team are providing wellbeing consultations which are an hour long discussion with leaders in the team around wellbeing and develop bespoke support to suit the team's needs.

What can be gained from a wellbeing consultation?

- An insight into what the service is already doing around wellbeing.
- Discussions around how wellbeing can be further addressed within the service
- A review on key opportunities from We Care and what could work best for your staff.
- A follow up action plan, with bespoke individual and team support, which reflect your team's wellbeing priorities, which can be applied easily into bitesize chunks across the working day.
- Optional follow up meetings with staff to further develop wellbeing in the workplace.

To find out more or set up a session please email gram.wecare@nhs.scot

Contact Us

We would appreciate your feedback and suggestions about what matters. You can do this via our email address 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?

February

- 3rd 08.00-08.30am - Guided Journaling
- 7th 10.00-11.30am - Recovery in Mental Health
- 8th 10-11.30am - Menopause Awareness Training
- 11th 12.00-12.30 – Guided Journaling
- 15th 14.00-15.30pm – Stress Awareness
- 17th 08.00-08.30am- Guided Journaling
- 17th 10.00-13.00 – Promoting Resilience in the Workplace: for managers and supervisors
- 22nd 10.00-11.30am – Listening Ear
- 24th 08.00-08.30 - Guided Journaling
- 24th 10.00-11.15am – Relaxation
- 24th 10.00-12.00 – Mental Health Awareness
- 25th 12.00-12.30 – Guided Journaling



March

- 1st 14.00-15.15pm - Relaxation
- 7th 17.00-17.30 pm- Guided Journaling
- 10th 08.00-08.30am - Guided Journaling
- 14th 17.00-17.30pm - Guided Journaling
- 14th 14.00-15.30pm – Stress Awareness
- 17th 08.00-08.30am - Guided Journaling
- 21st 17.00-17.30pm - Guided Journaling
- 24th 08.00-08.30am - Guided Journaling
- 24th 10.00-12.00 – Mental Health Awareness
- 28th 10.00-11.30am - Recovery in Mental Health

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](#).

 **TURAS**

WE CARE

...because you care

We Care Info Boards

Did you know we provide Information Packs with resources available centered on team and individual wellbeing?

In December we visited some teams with information packs and look forward to further visits throughout Grampian in the very near future.

Here's a couple of great examples of how teams have displayed the information.



Menopause Working Group

The newly formed Menopause Working Group held its initial meeting on Monday 10th January and was attended by around 30 members. Alice Ritchie, Clinical Nurse Manager, has kindly stepped into the group as Chair Person with Laura Beaton becoming her Co- Chair.

The group discussed the creation of a menopause policy, period poverty and training for all staff on menopause related issues.

The next meeting is to be held on Monday 7th February. If anyone wishes to participate please contact gram.wecare@nhs.scot

NHS Grampian and the Health and Social Care Partnerships are conducting a culture survey as part of our Culture Matters programme. The results will also support a more positive culture being woven into our day-to-day business as well as help with future recruitment and quality accreditation. The survey will be live from 14th-28th February 2022 and will be undertaken by two cohorts of staff: Nursing & Midwifery and Facilities & Estates - this totals around 9000 staff across our organisation.

This is a chance for you to share your views and have your say on organisational culture and provide robust feedback which will inform your teams report. Staff are encouraged to answer as honestly as possible to help the planning and understanding of your experience whilst at work. It is important for us to understand what we do well, where our gaps are and what we are not delivering for staff.

Further information can be found on the Culture Matters intranet pages [Pages - CultureSurvey \(scot.nhs.uk\)](#) plus keep your eyes peeled on the Daily Brief and NHS Grampian Social Media platforms for more exciting details and announcements in the coming weeks #NHSGCultureMatters.

Keep
a look out
for further
updates

2022

CULTURE SURVEY

Share your views, have your say

Step Challenge 2022

The third NHS Grampian Step Challenge is underway with a record-breaking 200+ teams taking part this year. The cost of the participating in the Paths for All challenge is being fully funded by Public Health. This year the challenge is running in partnership with Sustrans who are funding prizes. James Norman, from the Public Health team, and Katrina Schofield our embedded Active Travel Officer from Sustrans have co-organised the challenge, which aims to get staff moving and improve staff wellbeing.

The step challenge is already off to a flying start with a **total of 67,374,189 steps** logged in week 1 of the step challenge – that's the equivalent to 31,900 miles! That's as far as **flying from Aberdeen to Sydney 3 times!** Many participants also recorded active journeys instead of choosing to take their car. Together, in week 1 they have saved **953kg of CO₂**, which is around **413 litres of petrol!**


The competition will run until 13th February. As the weeks go on, there will be weekly challenges to keep staff motivated along the way and to encourage team work and some healthy competition! You can see what our teams have been up to by following #NHSGstepchallenge2022 on Twitter, Instagram or Facebook. You can also follow the Active Travel Project on Twitter ([NHS Grampian Active Travel \(@ActiveTravNHSG\) / Twitter](#)) and Facebook (<https://www.facebook.com/NHSGActiveTravel/>) for updates on future events and news related to active and sustainable travel.



Time to Talk Day 2022

Time to Talk Day 2022 will take place on Thursday 3rd of February. Find everything you need here.

time to talk day
03/02/22

In partnership with 

See Me
End mental health
discrimination

**Start a conversation
about mental health**

H₄ O₁ W₄ E₁ V₄ E₁ R₁
Y₄ O₁ U₁
D₂ O₁ I₁ T₁

Time to talk day is about starting that conversation, making time for that conversation and breaking down barriers linked to talking about mental health. Time to talk, a National Campaign, which takes place on the 3rd February each year, in association with Mind, Rethink mental illness and Co-op and more locally with SAMH (Scottish Association for Mental Health) and See Me in Scotland.

The website is packed with top tips on how to start a conversation, resources you can download including posters, leaflets and MS teams screen backgrounds and ideas on how you can spread the word at work, in your community or on social media.

However you do it, let's make time to talk!

[About - Time To Talk Day](#)

Moray Wellbeing Hub are also providing a range of opportunities which link to mental health for time to talk day

3rd February 2022

10:00 – 11:00 Community Justice in Moray: Join us for an online event to hear lived experiences and focus action for change from Community Justice in Moray

[Join the guest list for What keeps people out of prison & prevents reoffending? : Listening & Learning from lived experience. on Zoom or Teams, Thu 3 Feb 2022 10:00 AM - 11:00 AM \(tickettailor.com\)](#)

13:30 – 14:00 Peer Support in Mental Health for Parents and their Infants: Join us for an Information event on a new research project.

[Join the guest list for Peer-support in mental health for parents and their infants - Information Event on Zoom, Thu 3 Feb 2022 1:30 PM - 2:00 PM \(tickettailor.com\)](#)

19:00 – 20:30 Introduction to Stress & Trauma Management: Presented by Ole Ry MD, psychiatrist, and body-oriented psychotherapist.

[Join the guest list for Introduction to stress and trauma management - Tension and trauma release exercises on Zoom, Thu 3 Feb 2022 7:00 PM - 8:30 PM \(tickettailor.com\)](#)

Stress and trauma can have serious physical, psychological and social consequences for us all. This presentation will introduce you to the theory and practice of TRE – Tension and Trauma Releasing Exercises – a set of easy-to-learn exercises that has proven effective in breaking the vicious cycle of stress and arousal. The presentation is open to everyone interested and there is some physical movement involved therefore, you are asked a few questions when signing up. Wear comfortable clothing that allows you to move and bring a mat or blanket to lie on.

If you need further support after attending any of the above events or exploring Time to Talk day please get in touch with We Care Gram.wecare@nhs.scot or visit [My Healthy Workplace](#) for resources and further information.