

Health & Wellbeing

Caring for our staff who care for our patients



It's important to focus on our Health and Wellbeing now more than ever. Here's some of the ways we're taking positive action to support you at work and home.

Please print or forward to your colleagues and teams.



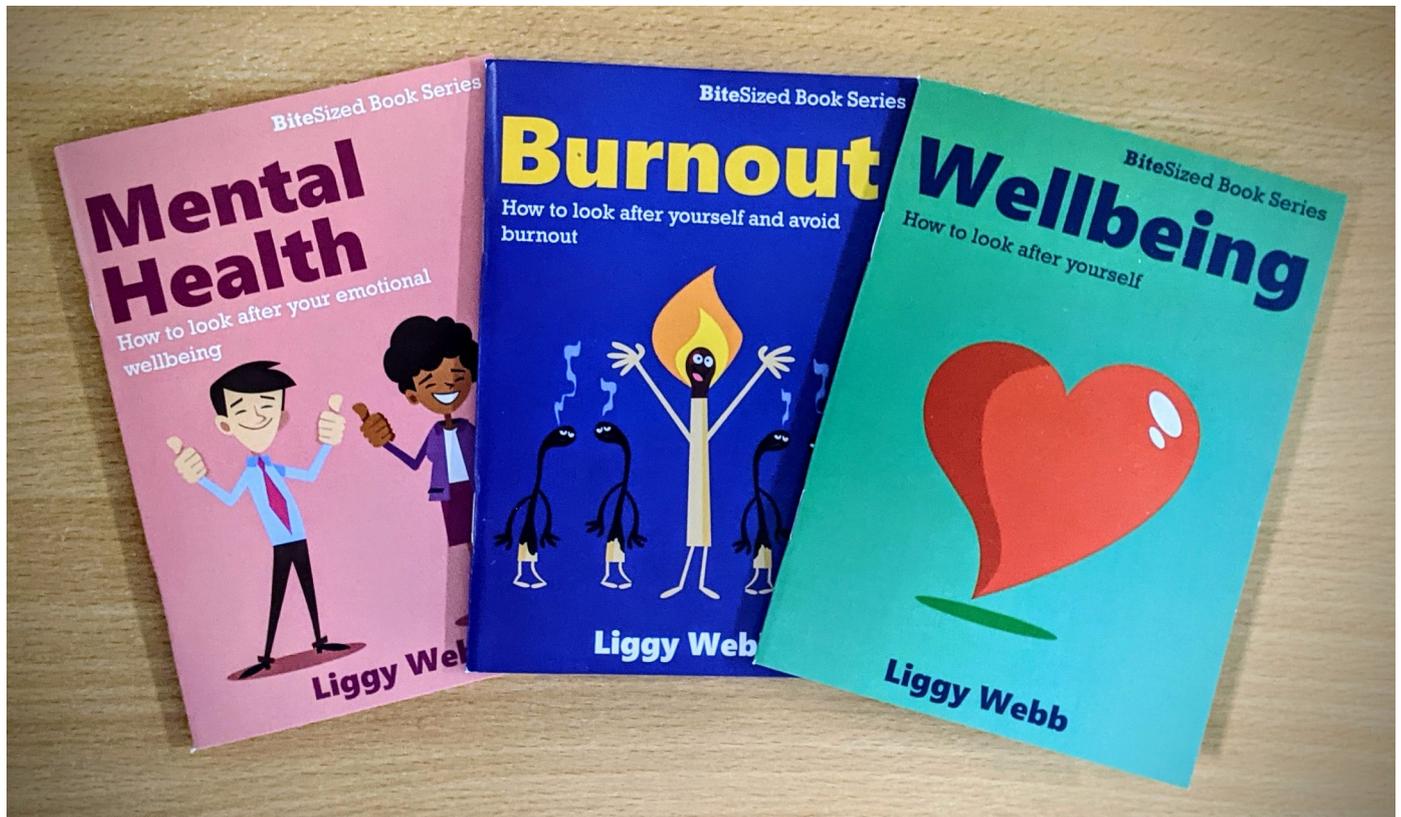
First Class service for NHS Staff

Project Wingman - Providing a first Class Service for NHS Staff - Now Flying into RSCH

We are delighted with the success of Project Wingman at PRH with over 70 staff utilising this service daily! Following this success we are now launching Project Wingman at RSCH in the Horizon Centre starting from Monday 15th February. This will run from 11:00 - 15:00, Mondays to Fridays and we hope that it brings staff some extra support and comfort.

Project Wingman are a charity run by airline pilots and crew, that have partnered with the Health & Wellbeing Team to provide additional support to our frontline staff during this time.

Staff are invited to drop in before, after or during a shift to decompress, switch off, have a chat and cup of tea and be looked after by uniformed aircrew who understand and empathise with the challenges of working in a pressurised and stressful environment.



BiteSize Booklets Launch to Frontline Staff

We have been working closely with the BSUH Charity Team to ensure that Charity funding is continuing to be spent where it's needed most.

In response to staff feedback we are pleased to launch a series of BiteSize booklets for frontline staff, designed to provide advice, tips and support on mental health, wellbeing and burnout. We really hope this is an easy and practical way to support staff as and when they need it.

These books will also compliment a series of webinars for senior managers, managers and non-managers on managing stress and helping staff stay resilient through challenging times. Look out for these coming soon.

We know that this is a difficult time for our amazing teams and we encourage everyone to look after themselves as a priority and be kind to each other. When times are hard it's often difficult to stop and think about ourselves and each other but hopefully these booklets are a reminder of how important it is.

As always we would really value your feedback. Comments on these books and/or if there is any other way the Health and Wellbeing team can support you and your teams, please contact faye.heffernan@nhs.net.

Thank you for all that you do!

virtual drop in for our nursing colleagues.....

The Professional Midwifery Advocates are a group of specialist Midwives that are trained in debrief. We would love to help and listen to anyone who needs the space to talk about their stresses of working within the pandemic.

The Professional Midwifery Advocates Group Virtual Drop in for Nursing Staff

If you are interested in attending future sessions please email Katie Tibble at katie.tibble@nhs.net or Jane Cleary at jane.cleary@nhs.net

<p>Health & Wellbeing Caring for our staff who care for our patients</p>  <p>mental wellbeing during COVID</p> <p><i>Help when you need it...</i></p>	<p>team support</p> <ul style="list-style-type: none">• Help Service facilitated COVID debrief• Welfare appraisals• Schwartz Rounds and Team Talks <hr/> <ul style="list-style-type: none">♥ Contact Help team (63692) to organise team debrief♥ Speak to your line manager♥ Contact Carrie Weller to request Schwartz Rounds or Team Talk	<p>external</p> <ul style="list-style-type: none">• Staff in Mind - Confidential wellbeing support Hub for Sussex NHS staff• NHS support line run by Samaritans• BMA Helpline <hr/> <ul style="list-style-type: none">♥ www.sussexstaffinmind.nhs.uk♥ NHS helpline - 0800 069 6222 (7am - 11pm 7 days a week)♥ www.bma.org.uk/ 0300 123 1233
	<p>time out</p> <ul style="list-style-type: none">• Relax at PRH Heroes' Lounge (HL)• Project Wingman @ HL and Horizon Centre (RSCH) - Decompress with a chat to volunteer airline crew• Use the free wellbeing and meditation apps for NHS staff• Take a walk or try a free fitness class <hr/> <ul style="list-style-type: none">♥ Health & Wellbeing benefits on Info-net♥ www.Fit4thefight.org	<p>networks</p> <ul style="list-style-type: none">• BAME volunteers - Providing support and guidance for BAME staff• BSUH chaplains - Helping to promote positive wellbeing for all faiths• Staff networks - Meet like-minded colleagues, access support and share issues affecting you <hr/> <ul style="list-style-type: none">♥ Search BAME volunteers on Info-net♥ Contact Revd Joanna Elliott (64122)♥ Visit mental wellbeing pages on Info-net for network details
	<p>services</p> <ul style="list-style-type: none">• HELP service - Provides confidential support, counselling and psychotherapy• Vivup - 24/7 helpline for BSUH staff and online resources• Connections - Listening service run by Health & Wellbeing team <hr/> <ul style="list-style-type: none">♥ HELP service - Visit mental wellbeing pages on Info-net for details♥ Vivup - 03303 800658 (available 24/7) / www.vivupbenefits.co.uk♥ Connections - Contact bsuh.connections@nhs.net / 67452 to book appt	



How are you feeling?

Ask for support | Talk to someone | Get practical help

It is OK to not feel OK

Bereavement
(8am - 8pm)
0300 303 4434

Confidential support
(7am - 11pm)
0800 06 96 222

Text FRONTLINE to
85258 (24/7)

NHS Our NHS
People



Access to:

- Support with worries, stress and anxiety
- Free access to apps, including Daylight, Headspace, Unmind, Sleepio and more
- Financial advice
- Bereavement support

Group and 1:1 support:

- 1:1 support and counselling
- Virtual Staff Common Rooms and other support groups
- Mentorship and #ProjectM

people.nhs.uk

NHS Looking After
Our People



Talk to someone:

- Fast track access to bitesize coaching
- Priority access to mental health support
- Listening sessions

Practical support:

- For staff working in high risk areas, parents and other groups
- Advice on how to better recognise and understand your needs
- Staying well resources

se.leadershipacademy.nhs.uk

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