



DERBYSHIRE GENERAL PRACTICE – COVID-19 STAFF WELLBEING

Newsletter 2: 25th March 2020

Authors – Dr Gail Walton and Mrs Claire Leggett, GP Provider Leadership: COVID-19 Task Force

HOT OFF THE PRESS “THRIVE” APP NOW AVAILABLE TO ALL GENERAL PRACTICE STAFF – SEE BELOW

STAFF WELLBEING

PREVENTATIVE HEALTH AND WELLBEING SUPPORT

It is important to take care of your own physical and psychological wellbeing by:

- **Downloading the Thrive app**



Thrive - the app.pdf

- **Following up-to-date NHS guidance** (www.nhs.uk/conditions/coronavirus-covid-19)
- **Continuing to exercise** – examples include [Techradar](#) and [Chair based exercise](#) via you tube [Davina McCall](#) is also offering a free sign up to all exercise packages for the next month – no payment!



Exercising whilst
isolated and distanc

- **Switching off** - try something new, take up an old hobby again: gardening, cycling, crafts and writing letters!



Virtual
activities.docx

- For some of us making **psychological preparations** can help



1 page on
psychological prepa



LOCAL HELP AND SUPPORT FOR ALL GP PRACTICE STAFF

We will often want to talk to someone outside our immediate environment but who understands what we do:

- As a county we are signing up to a joint NHS Derbyshire scheme with the Trusts, DCHS and this will be open to all GP practice teams. This will be an “EAP” (Employee Assistance Programme) which includes “[Thrive](#)” – see below. We recognise practices may already have their own EAP but felt this should be an offer to all at this time. GPTF via CCG GPFV funding has procured this for ALL GP practices to access, more details to follow.
- [GP-S](#) is a mentoring service that GPs can access and that is likely to re-open the offer to PMs
- The [Derby Chaplains](#) are a well-established “listening ear” group. They already work in many GP practices, hospitals and with DCHS so they know what we do. They are as happy speaking to people of any faith and those with none. Access is easy – text or phone Paul on 07877 883390 or e mail paul@stpetersderby.org.uk
- Within practices using our existing informal support networks. Email ddlmc.gptf@nhs.net to get in touch with a peer support group/buddy if you don’t have one or feel isolated

MENTAL HEALTH & OTHER SUPPORT RESOURCES

- [Thrive](#) is an app offering CBT, meditation, relaxation and breathing programme for self-care. Download the app to find out more.
- Other free online resources such as [Headspace](#) can be found at www.nhs.uk/apps-library/category/mental-health
- Finding your calm – [Coronavirus Oasis](#) and Oasis friendship line 020 79214272, phone charges may apply
- If we have children at home, we might be worried about them and they will be bored. Similarly we will be worried about other relatives and friends.



Whilst children are
home.docx



Covid 19 - mental
health and well-bei



Covid 19 - mental
health resources for



Covid 19 - Mental
Health resources for

- If your Child or someone you know has a learning disability or has an autism spectrum condition, we can signpost you to some useful resources and organisations that can help

FINAL THOUGHTS

If there is any other support you’d like to add for practice staff health and wellbeing, email in to ddlmc.gptf@lmc.nhs.net

Stay well!

**Our best wishes,
COVID-19 Task Force**