



NOVEMBER 2022

PRIMARY CARE WELLBEING DERBYSHIRE

NOVEMBER WELLBEING

November is the month of solemn events - Remembrance Day - and joyous celebrations of Diwali, Hanukkah and the irreverent Guy Fawkes Night.

November is also seen as a time to start finalising any plans or projects that you had for the year.

With Autumn coming to an end and the last leaves falling, it may be the perfect time for some self-reflection and a time to focus on your mental health. This month's edit includes information on how to become a wellbeing champion, how to access wellbeing support, a breakdown of mental wellbeing and top tips for looking after your own mental wellbeing!



BECOME A WELLBEING

CHAMPION

APPLY NOW

Volunteer to become your organisation's **Wellbeing Champion** and help **raise awareness of wellbeing activities, promote healthy lifestyles and positive mental health.**

You will provide information to colleagues about the **local and national wellbeing services** available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.

To express your interest:

- Obtain permission from your line manager
- Inform GPTF via the QR code, who will send you a welcome letter and join you with the Primary Care Wellbeing Champion Network.

To find out more visit:

<https://gptaskforce.com/primary-care-wellbeing/>

SCAN ME



UPCOMING EVENTS

What will you do this month to support your health and wellbeing?

There should be something for everyone, from group walks to money-saving workshops!

Mental Health and Wellbeing Webinar - Virtual, bookable via JUCD Bookwhen
Thursday, November 10th, 2022 at 13:00
Tuesday, December 13th, 2022 at 13:00

Stress Awareness Webinar - Virtual, bookable via JUCD Bookwhen
Monday, November 14th, 2022 at 10:00
Wednesday, December 14th, 2022 at 10:00

Financial Wellbeing Webinar - Virtual, bookable via JUCD Bookwhen
Thursday, November 3rd, 2022 at 10:00
Thursday, December 1st, 2022 at 10:00

NHS x Headspace: Supporting those going through the menopause
Tuesday, November 1st, 2022 at 12:00 pm - 1:00 pm - Virtual, bookable via GPTF

Engaging Men with Wellbeing Panel Event
Thursday, November 17th, 2022 at 11:00 am - 12:00 pm - Virtual, bookable via GPTF

Being inclusive over the festive period
Thursday, December 15th, 2022 at 12:00 pm - 1:00 pm - Virtual, bookable via GPTF

To find out more visit our events page;

JUCD Wellbeing - Booking by Bookwhen
<https://bookwhen.com/jucdwellbeing>

Upcoming Events - GP Task Force Derbyshire
<https://gptaskforce.com/events/>

TOP TIPS MENTAL WELLBEING

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment. Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. But poor mental wellbeing can make it more difficult to cope with daily life.

Tips for improving your mental wellbeing

There are lots of things we can try to take care of our wellbeing. It's not always easy to start with caring for your wellbeing. You might find it helpful to:

- **only try what feels comfortable**
- **give yourself time to figure out what works for you, going at your own pace**
- **take small steps. Pick one or two things that feel achievable at first, before moving on to try other ideas.**

Relax and reduce stress

Find ways to relax
If there's something that helps you relax, try to find time to fit it into your day. For example, this could be having a bath or going for a walk. If you find it difficult to switch off, you could try some of the tips and exercises in MINDS relaxation pages.

Take a break if you need to

If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene can help you to relax and relieve feelings of anxiety, even just for a few minutes.

Do something you enjoy

Try to make time to do an activity you like on a regular basis. This could be something small, like cooking a meal, ringing a friend or listening to music.

Try to manage stress

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. Stress can also cause physical side effects. Visit Every Mind Matters and complete your own MIND Plan. This is a useful tool to regularly check in with yourself Your mind plan (www.nhs.uk)



Try to manage stress

If you're under a lot of pressure, you may start to feel overwhelmed or out of control. Stress can also cause physical side effects. Visit Every Mind Matters and complete your own MIND Plan. This is a useful tool to regularly check in with yourself Your mind plan (www.nhs.uk)

Try mindfulness

Mindfulness is a way of paying attention to the present moment, using techniques like meditation, breathing exercises and yoga. It's been shown to help people become more aware of their thoughts and feelings. This means that instead of being overwhelmed by your feelings, it becomes easier to manage them.

Give yourself some tech-free time

If you find that being on your phone or computer a lot is making you feel busier and more stressed, try to take a break. This could be for just an hour or two. If you find this difficult, try putting your phone in another room or setting an alarm to time yourself.

Eight relaxation tips for your mental health
<https://youtu.be/cyEdZ23CpIE>

SMALL STEPS TO IMPROVE YOUR WELLBEING



Find ways to learn and be creative

Try doing something creative
Doing something creative can help distract you from difficult thoughts or feelings, or help you to process them. It can also be rewarding. You could try doing something like drawing, playing a musical instrument or baking. Try not to worry about the finished product. Just focus on enjoying yourself.



Explore nature

Pay attention to your surroundings and find things to see, hear, taste, smell and touch. See our information on taking a mindful moment in nature for ideas you could try.

WELLBEING

Try to spend some time outdoors

Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger. Our information on nature and mental health has more about the benefits and lots of ideas you could try.



Spend time with animals

Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm.

Bring nature indoors

This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your windowsill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

Connect with others



Connecting with others can help us have a greater sense of belonging and reduce feelings of loneliness.



Talk to someone you trust

Opening up to a trusted friend or family member can help you feel listened to and supported. Sometimes, just acknowledging your feelings by saying them out loud can also help.

Try peer support

If you're finding things hard, talking to people who have similar feelings or experiences can help. This could be face-to-face at a peer support group, or through an online community like Mind's Side by Side. See our pages on peer support to find out more.

Drink water regularly



Drinking enough water is important for your mental and physical health. The NHS has more information about water, drinks and your health.



PSYCHOLOGICAL PEER SUPPORT SERVICES



Introducing Carol Taylor - Psychological Peer Support Team Leader

"As the newly recruited Peer Psychological Support Team Leader for Joined up Care Derbyshire, my remit is to lead and manage the peer support services in the development and delivery of services across the organisations. My specific focus will be supporting the psychological health and wellbeing of colleagues through structured interventions and programmes of work. I am looking forward to meeting you over the coming weeks and working with you to ensure our Primary Care colleagues have an understanding and access to these services."

StRaW

StRaW is part of a wealth of colleague peer support across JUCD support services that is offered, for free, by the Wellbeing team. We are using the StRaW model within UHDB and Joined Up Care Derbyshire to support staff who may be struggling with stress and resilience.

TRiM

TRiM support is part of a wealth of JUCD peer support services that is offered, for free, by the Wellbeing team. We are using the TRiM model to support staff who have witnessed or been part of a traumatic event whilst carrying out their duties. Many hospitals and other organisations across the country have also adopted this supportive approach successfully. Stress reactions are normal human responses to difficult situations; it is important that they are discussed and addressed. It can also help to reduce the stigma often associated with mental health problems.

Reflective Practice

Reflective Practice sessions aim to provide a safe environment in which colleagues can talk about shared morally and practically challenging events they may have faced. Many groups of colleagues have taken time to reflect on the circumstances and situations they have had to deal with as part of their role. Reflective Practice is a conversation that is guided, but also flexible enough to allow colleagues to share their experiences and associated feelings.

To find out more contact the JUCD Wellbeing Team

UHDB.Support@nhs.net

MY WELLBEING SUPPORT

Scan the QR codes to gain access to free support for ALL primary care staff

Staff Health Improvement Advisors

Bookable appointments are available for every Primary Care site with a Health Improvement Advisor to visit in person or virtually.

The Health Improvement Advisor can provide specialist knowledge, raise awareness and promote local and national initiatives to improve wellbeing within your teams.



Kickstart your health!

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, NHS Better Health is here with lots of free tools and support.



My Activities timetable

There is something for everyone from workout classes, desk stretches and talking groups.



My self-care pack

Download your self care pack today, packed full of resources, including services of support and a list of handy discounts for NHS colleagues.



Need some Reflection?

Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in. To book a session, please email: DDLMC.GPTF@NHS.NET.

My Employee Assistant Programme

Derbyshire Primary Care employees have free access to emotional and practical support through CiC's Confidential Care service. You can access the EAP by visiting www.well-online.co.uk.

Login: DTLogin **Password:** wellbeing.

You can also call **0800 085 1376** or use the Text Relay service **18001 0800 085 1376**, or email assist@cic-eap.co.uk



**Had a bad day?
Feeling worried or overwhelmed?
Need someone to talk to?**

Text the NHS People Service quoting **'FRONTLINE'** to 85258 for support available 24/7.

Samaritans UK provide free 24-hour support. They can be contacted on 116 123.

Primary Care Coaching

A dedicated coaching programme for Primary Care colleagues, which includes access to individual coaching, team support and career support.



Wellbeing App - Thrive

Thrive is the perfect app to help you prevent and manage stress, anxiety and related conditions. The clinically effective and confidential mental wellbeing app can be used to relax before a stressful situation, or on a more regular basis to help you live a happier, more stress-free life. You also have free access to the Thrive in-app therapy service, a text based service which enables you to talk through any worries however big or small. Topics can range from relationship stress, financial worries or difficulties at home to general stress and anxiety of day-to-day life.



SCAN ME



Find out more

Email: DDLMC.GPTF@NHS.NET

Website: <https://gptaskforce.com/primary-care-wellbeing/>

Follow us on Twitter @GPTaskForce

