

Balance | June 2022



Balance website goes live!

Since the start of 2022, work has been ongoing behind the scenes to deliver a dedicated health and wellbeing website for Gateshead Health colleagues - and the new site launches today!

The website brings together all the latest health and wellbeing news, information, resources, events, opportunities and much more together in one place. Importantly, the website improves access to our resources, many of which were only accessible previously via the trust devices and through the intranet.

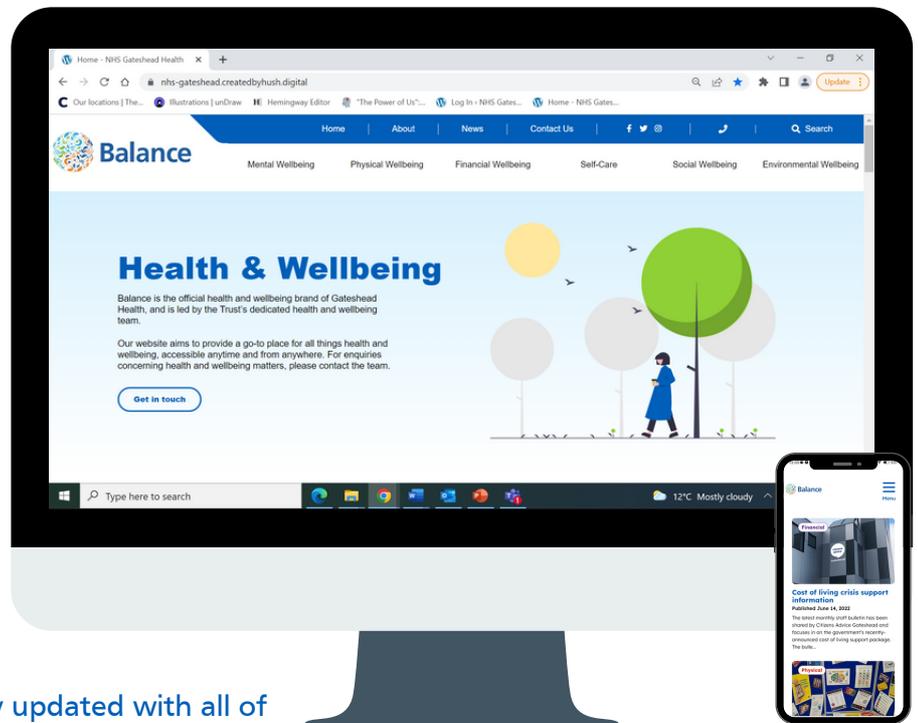
The website is accessible through any device, meaning you'll be able to access support anytime, anywhere. Just log on to balancegateshead.com through your computer, phone or any other device to catch up with the latest.

On the site, support is split into six elements - [self-care](#), [mental wellbeing](#), [physical wellbeing](#), [financial wellbeing](#), [social wellbeing](#) and [environmental wellbeing](#), helping you to find relevant support more easily. Elsewhere, a powerful search function can save you valuable time when seeking support.

The website's [news section](#) will be regularly updated with all of the latest developments from within Gateshead. It'll also feature new opportunities from external partners - such as the Staff Wellbeing Hub, info on freebies and discounts, advice pieces, reminders of upcoming internal group meetups and events and more. Elsewhere on the site you'll be able to find out more [about your health and wellbeing team](#), our strategy and the wider [framework](#) we work within.

We're always open to feedback. Plans are already being made to further expand the site - but if you have any feedback or suggestions, please make use of our [digital suggestion box](#) to share them!

NOTE: *We're already aware of a slight issue which may require you to dismiss a security notice when accessing via a Trust device. Enjoy the new website and please - share the resource with your colleagues!*



[Visit www.balancegateshead.com now!](https://www.balancegateshead.com)

The Staff Wellbeing Hub

There is strength in asking for support #HubsTheWord





Steam Vendor arrives at The Hub

A new steam vendor has arrived at The Hub, providing colleagues with access to high-quality hot meals 24 hours a day, 7 days a week!

The vending system, which is now fully stocked and ready to use, provides access to healthier fresh meals of a high quality, and comes highly recommended.

To use the machine, simply select a dish from the smart fridge and remove the cover from it. Insert the bowl into the machine, press the start button, stir once complete, add any toppings then enjoy!

A variety of dishes are available



and it is hoped the new facility will be of particular use for our colleagues who work nightshifts as well as those who work over the weekends. A big thanks goes to our catering team and QE Facilities for their work in driving this arrival.

Eurovision Step Contest



Congratulations go to Ukraine (3000), Austria (7000), Portugal (10,000) and Sweden (13,000) who were the winners of our Eurovision Step Contest!

A massive thanks to all who took part in our latest step count challenge - participation has been outstanding and together over 68,000,000 steps were made throughout the month of May.

Opening times revised at The Park Deli

Opening times at The Park Deli, our Bensham catering facility, have been revised slightly. The change will see a return to opening hours of 09:00am - 2:00pm.

The change to opening times comes following feedback made to the health and wellbeing team after the recent launch of the refurbished catering facility at Bensham.

The slightly later opening time of 09:30am had been proving somewhat troublesome for Community staff in particular, who often found themselves out on the road by the time that the Deli had opened its doors.



Big thanks go to the Catering Team within QE Facilities for helping make the change and accommodating our colleagues.

[View our catering facilities](#)

May Star(s) of the Month

This month congrats go to **Melanie Stevenson, Michelle Reilly and Ebony Colledge** who all share the Star of the Month gong for May.



All three winners were nominated by Dale Jones and selected by the Executive Team, with Mel and Michelle's efforts with the yellow dot campaign recognised alongside Ebony's tireless work to help Gateshead Health launch a [new website](#) of its own.

A big congrats go to the trio - we hope you enjoy your well-earned treat trays!

[Nominate a June Star](#)



Upcoming events



Free virtual yoga sessions



Free virtual yoga sessions, arranged and organised by the [NENC ICS Staff Wellbeing Hub](#), are available to book on for Gateshead Health colleagues.

Delivered by [Yoga With Chloe](#), classes are most suited to those that are new to yoga as well as those who have dabbled in it in the past.

Within the course, Chloe will help attendees break down the poses and spend time allowing each position to become familiar.

Building each week, Chloe will also help you spend time focusing on your breath, as well as using simple techniques in your daily life to help you improve your physical and mental wellbeing.

To view the available sessions, simply click the button below and keep an eye out for sessions marked 'WELLBEING HUB'.

Those with any remaining questions about the sessions or any other Staff Wellbeing Hub offerings can direct their queries to the hub team on Hubstheword@cntw.nhs.uk or 0191 223 2030.

[Book a yoga spot](#)

Men's Health Week



As highlighted over on our new [website](#), last week was Men's Health Week 2022, and we want to use the occasion to draw your eye to relevant men's health support.

A visit to our new site will reveal a dedicated men's health support page, covering a variety of common men's health issues. It's also worth noting that more targeted [personal support](#) is also available through the new site.

[View our men's health support](#)

Become a HWB Ambassador

If you'd like find out more about the work of our ambassadors and potentially become one in your area, please get in touch with the health and wellbeing team

 ghnt.hwb@nhs.net

Our ambassadors meet bi-monthly, and are also part of a WhatsApp group where idea sharing is encouraged!

 [@HWBGateshead](#)

 Search: [Gateshead Health NHS FT - Staff](#)

Wellbeing walks

The NHS North East Outdoor Activity Group are currently promoting two wellbeing walks for colleagues.



A coastal walk and BBQ will take place this Friday 24th June, before a walk and wild swimming session on Friday 8th July at Kielder Forest.

To book your spot, just join the Activity Group's [Facebook page](#) and register your interest.

[More physical wellbeing support](#)

HWB Listening Space



As revealed in last month's edition, a dedicated listening space has arrived on site at the QE.

Some minor building work is currently taking place by the space and furnishing is ongoing. It is hoped the space will be opened at some time in July - stay tuned to our site for the latest!

[What is the Listening Space?](#)

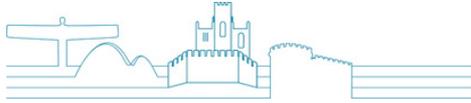
For more Balance news, drop us a follow on Twitter, [@HWBGateshead](#). You can also get in touch with our team on ghnt.hwb@nhs.net.



Health & wellbeing support



Start your health and wellbeing diary



One of the many handy support offerings of the NENC ICS Staff Wellbeing Hub is their wellbeing diary. A self-care tool, the diary helps you better understand your feelings, triggers and wellbeing.

When accessing the diary, you'll be asked a series of questions around your physical, emotional and mental wellbeing. These will help you to track your feelings over time and identify what might be helping you maintain good health and mood.

The diary can even signpost you to further support for the things that you may be struggling with.

Coproduced by Northumbria University and the regional mental health Clinical Network, the diary supports health and care staff across the entire North East and North Cumbria region.

A number of other support offerings are available from the Hub too, including a [toolkit](#) and '[quick resources](#)'. You can find out more about the Hub [here](#).

[Access the Wellbeing Diary](#)

Menopause Warriors



The next Menopause Warriors meeting will take place on Tuesday 28th June, 4pm - 5pm via Teams.

You can find out more about our Menopause Warriors, as well as the support available to you, over on the [dedicated menopause area of our website](#). You can find out how to join the Warriors next week below.

[How to request an invitation](#)

citizens advice Gateshead

The latest monthly bulletin from Citizens Advice Gateshead is now available via our new website. This month focus is on [cost of living crisis support](#) - and how you can access it.

Remember, you can always gain priority access to Citizen's Advice Gateshead advisors.

Just [email](#) or call 0191 490 4231.

To access more bulletins, or find out more about the services and assistance their advisors can offer you, click below!

[Visit our Citizens Advice webpage](#)

Schwartz Rounds

Schwartz Rounds launched at Gateshead back in May and initial feedback has been fantastic - but we need your help to continue the momentum!

We're still looking for storytellers for upcoming sessions titled 'In at the deep end' and 'when my best isn't good enough'.

If you feel you have a story to tell around either of these topics, please get in touch with us on ghnt.hwb@nhs.net.

You can learn more about Schwartz Rounds below.

[More on Schwartz Rounds](#)

Financial wellbeing

As the cost of living crisis continues, we wanted to use the final space in our newsletter to highlight some of the options and support you have available to you.

Below we've linked out to our financial wellbeing area, where you can find out more about our partnership with [Citizens Advice Gateshead](#); access [cheaper groceries](#) and [retail discount partners](#); and learn more about [energy usage](#), [financial support](#) options and the [staff benefits](#) available to you.

We're constantly looking at how we can expand the support we offer you in this area - [ideas welcome](#)!

[Visit our financial wellbeing page](#)

