

Balance | July 2022



Listening Space Official Opening

Tuesday 26th July
11:00am - 3:00pm



Located outside Jubilee Wing
(Far end of Peter Smith Surgery Centre Car Park)

FREE ICE CREAM FOR ALL VISITORS!

GATESHEAD COLLEGE 

citizens
advice

Gateshead

ics
Integrated Care System
North East & North Cumbria

• *Official opening: 12:00pm - 1:00pm*

• *Collect a free ice cream from Mr Jazza!*

• *Chat with reps from NENC ICS Staff Wellbeing Hub, Newcastle College, Citizens Advice Gateshead and more!*



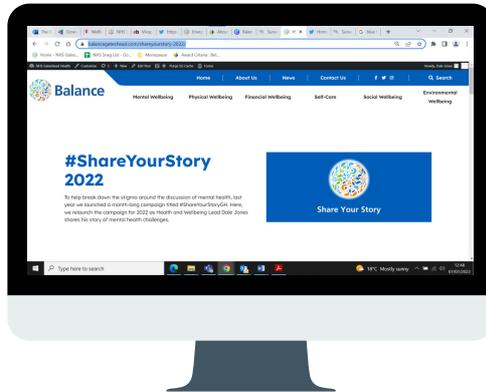


Help us break down stigma - #ShareYourStory

Last year, Gateshead Health launched its #ShareYourStory campaign, aimed at breaking down any stigma around the discussion of mental health - and encouraging the normalisation of its discussion by sharing colleague stories.

In recognition of the need to continue to build a culture which encourages discussion of and about our challenges, today we've now kicked the campaign off for 2022.

Dale Jones, health and wellbeing lead, got us underway as he reflected on how an experience of loss led to poor mental health, intrusive thoughts and burnout.



If you have a story to tell and would like to help us keep breaking down barriers by sharing it, we'd love to hear from you! Please get in touch with us on ghnt.hwb@nhs.net to arrange a chat and help your colleagues feel more comfortable.

[Read the #ShareYourStory item](#)

Bensham Cafe update



Further to changes recently made to revert opening hours at Bensham to their previous times, a trial throughout August will see new hours of 09:00am - 4:30pm tested.

The trial comes following further feedback from Bensham colleagues, and the month-long trial period at [The Park Deli](#) will allow catering to better understand whether permanently extended opening hours might be viable going forward.

Renewing the focus on HWB Check-Ins

All staff should benefit from a health and wellbeing conversation at least annually - but did you know that our staff survey results told us that only 49% of our colleagues had one in 2021?

In our ambition to better support colleagues here at Gateshead, we know this has to improve. Review will soon get underway to identify how we better this. In the meantime, we're looking to more proactively promote check-ins.

Newly-arranged courses, arranged by NHS England, are now available to book on to for all managers, with [dozens of dates available to book](#) throughout September.



Managers who attend Managing Well will also hear more about the importance of check-ins during their three-day course.

And whether a manager or not, a wide range of supporting resources and more further info is available on our [dedicated check-ins webpage](#).

[Book onto a training session](#)

June Star(s) of the Month

This month congrats go to Robert Charlton in Security, whose efforts in helping a young patient visiting paediatrics have been recognised with July's Star of the Month.



Rob was put forward by colleague Lee Taylor, who recognised the efforts Robert had gone to in order to ensure the young patient could feel calm and enjoy his visit to the hospital.

A big congrats go to Robert, who will collect a voucher for a treat tray shortly. Thanks for your outstanding care, Robert!

[Nominate a July Star](#)

We love hearing your feedback! Help us improve by making use of our [virtual suggestion box](#)!



Upcoming events



Long-Covid and Long-Term Condition programme



The [NENC ICS Staff Wellbeing Hub](#) has again extended its support to those suffering from long-Covid or any other long-term conditions.

Colleagues can sign up to access an eight week mindfulness-based cognitive therapy group programme, with new programmes starting regularly. These programmes take place over Microsoft Teams.

Within the programme, mindfulness training will support

the development of awareness, help you override exhaustion and discomfort and teach you how to learn how to live with and reduce tension and anxiety that life-long conditions or long-covid can bring.

The programme will also introduce participants to physical exercises and activities, as well as provide a safe space for support from others with similar challenges.

To register your interest, please self-refer for a screening assessment via the button below. You can also [find out more about the course via our website](#).

[Complete a self-referral](#)

July's Schwartz Round



Our next Schwartz Round will take place Friday 29th July, titled '[When my best isn't good enough](#)'.

[Schwartz Rounds](#) have proven a very popular addition, with the vast majority of attendees telling us they felt it helped them get a better understanding of colleagues, their own experiences and they took something away that'd benefit their day-to-day work. To request an invite, drop us a line!

[Request an invitation](#)

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](https://twitter.com/HWBGateshead)



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

Barclays bus to visit QE

As part of continued efforts to boost financial wellbeing support, a [Barclays Bus](#) will be outside ENT (Windy Nook Entrance), 12:30pm - 3:30pm, on Thursday 28th July.

Colleagues are invited to drop-in and chat with a specialist about saving, mortgages, borrowing, planning for the future and cyber awareness. Barclays account holders can discuss their accounts, but no account is needed to drop-in for a chat.

If you'd like to get in touch with Barclays beforehand, please contact Jerzy via the button below!

[Get in touch with Jerzy](#)

July group meetings

The latest meetings for our Carer's Circle and Menopause Warriors support groups will take place during next week.

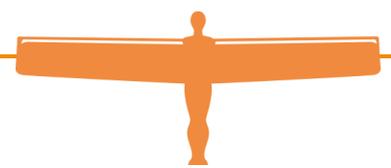
Our [Carer's Circle](#) are set to meet in-person this Tuesday 19th between 2:30pm - 3:30pm.

Elsewhere, our [Menopause](#) group will hold its latest drop-in session on Thursday 21st.

For further details on either event or group, or to request an invitation to join us, please get in touch via the button below!

[Get in touch with us](#)

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



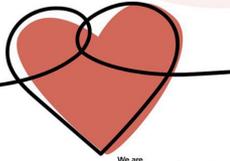
Health & wellbeing support



Time to take your Pulse!

The National Quarterly Pulse Survey

Together we are shaping our experience at work.



Gateshead Health NHS Foundation Trust colleagues, let us know how you're feeling at work today. Scan the QR code to complete.



We are **compassionate** and **inclusive**

The latest quarterly People Pulse survey is now available to complete. Please take 5 minutes to make your voice heard, direct us and ensure our support offering is reflective of your needs.

This quarter, the Pulse survey zeroes in on health and wellbeing matters once again - and within, asks you to consider which of

mental, physical and social wellbeing you'd like to see improved most here at Gateshead.

The survey provides you with the room to offer suggestions around the above; and also asks you to consider how comfortable you'd feel in accessing some of the support services that are available to you.

To make your voice heard and provide your input, please complete the staff survey via the button below. Your time is hugely appreciated!

[Access the Wellbeing Diary](#)

NHS Pension events

NHS Pensions are running a number of events designed to help colleagues better understand their pensions and the NHS Pension Scheme.

Events will help you understand the NHS pension scheme, find out more about Total Reward Statements and the Annual Benefits Statement, as well as explore your retirement options.

To find out more, check out the item on our website via the link below, or alternatively you can book now via [NHS Business Services Authority](#).

[Learn more about the events](#)

citizens advice Gateshead

The latest monthly bulletin from Citizens Advice Gateshead is now available via our website. This month focus is on your online shopping rights, including refunds, returns and more!

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](#)

Self-compassion course

Gateshead colleagues can now access a free online self-compassion course, helping you to support yourself while working in the stressful environment that is healthcare.

The course aims to provide you with maximum benefit from a minimal amount of time commitment. Initial results have shown participants have seen significant reductions in depression, anxiety, stress, shame, self-criticism, and feelings of insecurity in relationships. To find out more and sign up to the course, click below!

[Learn more about the course](#)

Get mindful!

A range of mindfulness sessions, ranging from drop-ins to an eight-week course, are available for colleagues to enjoy free of charge.

Regular drop-in sessions, taster sessions, a three-week course and an eight-week course are amongst the mindfulness programmes currently being promoted by the Staff Wellbeing Hub.

To find out more about each, including dates of upcoming sessions or programmes, and how to sign-up to access any of them, visit our website on the button below!

[Access mindfulness programmes](#)

