

Balance | September 2022



Listening Space now available to access 24/7

Our new Listening Space, located opposite the Peter Smith Surgery Centre's main entrance at the QE is now open 24/7, and is available for all colleagues to access for associated [Gateshead Listening Project](#) and [health & wellbeing](#) activities, meetings and initiatives. Additionally, the space is also available as an area for all staff to use as a place to reflect and decompress outside of any booked times.

A schedule of activity for staff interested in visiting the facility is now available via our website. The weekly schedule, which can always be found over on the [Listening Space page](#) of our official health and wellbeing site, outlines the relevant activities which will be held in the space during the week ahead and will be updated every Friday.

All times outside of those listed are free for colleagues to visit and make use of the space. To gain entry, simply visit Facilities or ECC Reception to add access to your ID card.

Recently, Citizens Advice Gateshead began hosting [weekly drop-in sessions](#) from the space. Staff support groups such as our health and wellbeing ambassadors, our [Menopause Warriors](#) and our [Carer's Circle](#) are all holding their regular meetings in the space, too.

One new wellbeing offer we'll be launching from the space soon will be the introduction of mini manicures, mini pedicures and Indian head massages for colleagues, with thanks to a new partnership with Gateshead College. Further information on how you'll be able to access these can be found in the Trust News section on page 2.

We hope that all colleagues can make time to visit and make use of our newest space, whether by interacting with some of our associated offers and support, or simply by dropping-in and using the space as an area to find your footing during a particularly stressful shift. Huge thanks go to Sarah White, Kerry Gowland, Claire Burkitt and QE Facilities for their help and hard work in getting us to this position.





Get free manicures, pedicures & massages on-site!

A new health and wellbeing offer will see students from Gateshead College visit the Listening Space every Friday (during term-time) between 11:00am - 4:00pm to offer staff a range of free mini-manicures, mini-pedicures and Indian head massages.

Set to be made available from Friday 7th October, colleagues are now invited to book a treatment, which will last 25 minutes per session.

To make your booking, please get in touch on ghnt.hwb@nhs.net stating which treatment you'd like along with which Friday date and timeslot you would like to book.



All students who join us to provide the treatments are currently studying with Gateshead College and are part of their [Botanica Salon](#). The salon also offers treatments for eyebrows and eyelashes, waxings and hair services at heavily discounted prices for any colleagues who visit the salon at the College.

To find out more about these services, just click to [download the Botanica Salon price list](#).

Women's Network



Our Women's Staff Network will be in The Hub on Wednesday 5th October between 12:30pm - 1:30pm.

Staff are invited to pop along and enjoy a chat with Women's Network members, discuss some of the issues which impact you in the workplace and find out more around how you can help influence change.

Those with queries ahead of the day should contact the network on ghnt.womens.network@nhs.net.

Coming soon: Staff Survey

The 2022 Annual Staff Survey is set to go live in early October, and will close on Friday 25th November.

It is hoped we can build on last year's great response rate of 47% this year, with the staff survey the perfect opportunity to make sure your voice is heard.

From the start of October you can expect to see regular communication to promote your participation.

Like last year, a number of custom health and wellbeing-focused questions are included. These questions provide us with a fantastic sense of direction or validation, and are incredibly useful in helping us to focus our efforts on the issues which

Did you know the NHS Staff Survey...

is completely confidential. What you say is kept anonymous.

NHS



People Promise

This is a promise we must all make to each other - to work together to improve the experience of working in the NHS for everyone.

are most impactful to you.

As always, your answers will remain completely confidential and anonymous. Participation takes just 15 minutes, and is invaluable in helping to drive change.

Please take the opportunity this survey window to have your voice heard. You'll be able to find out more about the survey in the coming weeks, so keep an eye out!

August Star of the Month

Congratulations go to Julie Welsh of our breast screening team this month, who has been nominated for her fantastic and proactive work as fire lead in her area.



Julie was recognised for ensuring weekly checks are always carried out, folders are kept up to date and training another member of staff to also be a fire lead. A role model for fire safety, Julie has also produced promotional materials and will now be rewarded with a voucher to collect an afternoon tea or a treat try from The Hub. Congrats!

[Nominate an September Star](#)

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



Upcoming events



The 2022 Star Awards!

The 2022 Star Awards will take place this evening (Friday 23rd October) at The Marriott Hotel, Gateshead.

This year sees the awards ceremony return to some norms - with the return of an in-person event for the first time since the pandemic, and the majority of awards being presented to individuals once again.

The event will kick off from 6pm this evening, and is kindly supported by [Geoffrey Robinson LTD](#), one of the largest mechanical and electrical

building service contractors in the north east.

The health and wellbeing team would like to wish all nominees the best of luck this evening, and hope that all in attendance have a fantastic evening.

A special shoutout also goes to Adele McDonald and her team for organising this year's awards, which we're sure will be a brilliant evening. Keep an eye out on QE Weekly this Monday for news on all of the winners!

Next Schwartz Round



Our next [Schwartz Round](#) will take place on Wednesday 19th October, focused on the topic: 'feelings of failure when things don't work'.

The session will take place via Microsoft Teams and we're currently looking for storytellers - so if an experience of yours springs to mind when reading the topic title, please do drop us a line below. You can also get in touch to request your invitation to the round now!

[Get in touch about the Round](#)

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](#)

Menopause Masterclass



Following on from a successful Henpicked masterclass on self-care and resilience in relation to [menopause](#), colleagues can now sign up to the next session on [menopause and nutrition](#).

Taking place on 6th October via Teams, you can request an invitation to the session by emailing us below!

[Request your invitation](#)

Bensham: Citizens Advice



Citizens Advice Gateshead will be on-site holding [drop-in sessions](#) at Bensham (in People & OD Meeting Room 3) on the final Wednesday of each month between 11am - 2pm, starting this Wednesday (28th).

Colleagues can drop-in to chat with advisors around many concerns - which might include finance and debt, energy and utilities, housing and accomodation, welfare and in-work benefits, general legal advice and issues and more!

Please drop-in and make use of this support - it's there for you!

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



NEW: Alcohol support from DrinkCoach

A new [alcohol support offering](#), suitable for all who drink alcohol, is now available to access to all of our staff here at Gateshead.

Introduced by the [North East and North Cumbria ICS](#), the new DrinkCoach support enables colleagues to access relevant support and signposting by taking a simple 2-minute test.

Those who are identified at a certain risk level will be invited to book an appointment with a DrinkCoach alcohol treatment specialist, who will either signpost to more relevant support, or offer up to six free and confidential 1:1 online coaching sessions.



And there's something for everyone too, with a tracker helping you better understand the levels, calories and cost of drinking. To find out more and access the service, just click below. Big thanks go to our alcohol team - who are wonderful faces of the regional campaign!

[Access the support or learn more](#)

Total Reward Statements



Colleagues are reminded that they can now access their latest annual [Total Reward Statement](#) through [ESR Employee Self-Service](#).

Those who log-in to view their TRS will be able to see more on their earnings and pension, and can view a benefits statement to check if they're missing out on any other support!

[Log-in to ESR](#)

 **Gateshead**

The latest monthly bulletin from [Citizens Advice Gateshead](#) is focussed on [credit references](#), giving you more of an insight into the world of credit scores

Remember, you can always gain priority access to Citizen's Advice Gateshead advisors via [email](#) or phone on 0191 490 4231.

To access more bulletins, or find out more about the services and assistance their advisors can offer you, click below or chat with an advisor at an upcoming [drop-in!](#)

[Visit the CAG web area](#)

Insomnia support

Physiological therapists from the [NENC ICS Staff Wellbeing Hub](#) will begin hosting a cognitive behavioural therapy intervention for those struggling with insomnia from November 1st.

More details on the six-week course, including dates and times, can be found on the button below. The programme aims to help participants fall asleep, stay asleep and improve daily functioning.

To access this support, you must self-refer to the wellbeing hub team. To find out how to do this, just click below!

[How to access this support](#)

Looking After You Too

A new coaching service for colleagues from an ethnic minority background provides 1:1 wellbeing support and aims to help unlock personal and professional potential.

Open to both clinical and non-clinical colleagues, the programme is delivered by trained coaches from ethnic minority backgrounds and aims to help you in developing practical strategies to manage your health and wellbeing.

Further information on this wellbeing offer is available over on our website, where you can also see how to book your first session!

[Find out more](#)

