

# Balance | October 2022

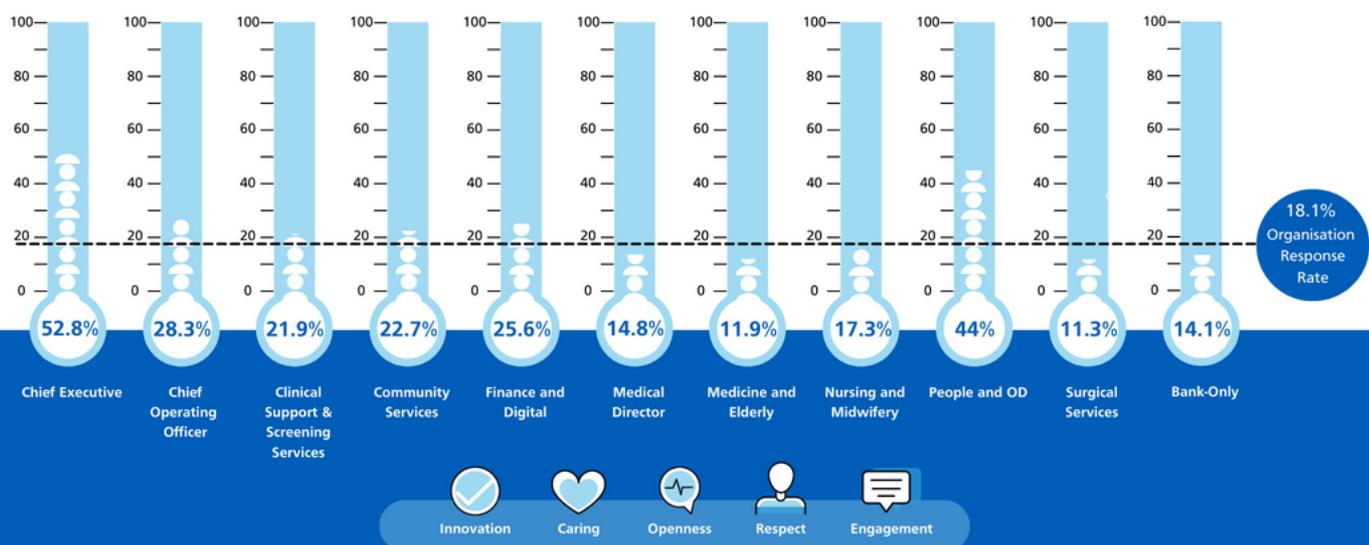


## NHS Staff Survey 2022

Update by Business Unit

Percentage (%) of completed and submitted surveys  
Last updated on 20th October 2022

**NHS**  
Gateshead Health  
NHS Foundation Trust



The 2022 NHS Staff Survey is live throughout October and November, encouraging you to share your thoughts and experiences, confident in the knowledge that your answers will remain anonymous.

By now, all colleagues should have received an invitation to complete their staff survey. For most, this will be via email. Colleagues who receive their survey digitally are advised to double check their junk folder after a national issue caused a round of invitations to be filtered into the folder. Those who receive paper surveys should have received a copy by now. Anyone with experiencing troubles or still without a survey should drop a line to [ghnt.staffsurvey-gateshead@nhs.net](mailto:ghnt.staffsurvey-gateshead@nhs.net) as soon as possible.

Above, a graph shows the latest completion rates across various areas of the organisation as we try to push participation. Whether you're working in an area that is leading the way or one that is playing catch-up, your input is crucial. Last year saw a record percentage of colleagues having their say and helping us to better understand the steps we must take to make Gateshead a great place to work for all.

As per last year, a series of dedicated health and wellbeing questions are included - helping you have a more of an input and steer on our work. This year, questions have been introduced to help us to prioritise the delivery of our [health and wellbeing strategy](#), providing even more of a direct influence.

Please take 15 minutes to participate by completing your survey. Make your voice count!

[The Staff Wellbeing Hub](#)

There is strength in asking for support #HubsTheWord



# Trust news



## New health and wellbeing Strategy goes live

Towards the back end of September, Gateshead Health officially ratified its new health and wellbeing strategy, designed to set out our approach towards staff health and wellbeing between 2022 - 2025. Within, a number of commitments set out how we'll improve staff experience.



As per our consultation work and subsequent rebranding back in 2021, the strategy aims to set out the ways in which we'll promote Balance across the organisation and help colleagues to achieve better wellbeing at work.

The strategy places much focus on how we'll work to make improvements across the 7 elements of staff experience identified by NHS England's Health and Wellbeing Framework as those

which have the most impact upon staff wellbeing in the workplace.

To that end, within the strategy are a number of commitments across each staff experience element, many of which we are already hard at work on implementing.

To find out more or download our strategy, simply visit our new strategy web area via the button below!

[Visit our new treatments webpage](#)

## Leg Up Project update



Earlier this month we launched the **Leg Up Project** with the help of our Chaplaincy Team.

After an overwhelming response, we must advise stocks are now low.

We are currently exploring ways to further this support in recognition of the need, and will look to provide further update soon. Please check [balancegateshead.com](http://balancegateshead.com) regularly for more.

## Botanica Salon at The Listening Space

Colleagues are reminded that every Friday during term-time, Gateshead College students from Botanica Salon are hosting free treatments in the Listening Space.

Feedback on the treatments have been very positive from staff who've enjoyed them so far, with the first three weeks fully booked.

Students will be on half-term on Friday 28th October, but will return in November to start hosting their weekly salons once more.

Treatments last 25 minutes with colleagues asked to book a 30-minute slot between 11:00am - 3:00pm.

**GATESHEAD COLLEGE**



To make your own booking, please get in touch on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net) stating whether you'd like a manicures, pedicures or Indian head massages, along with which upcoming Friday date and timeslot you would like to book. We'll do our best to accommodate you or find another suitable time.

You can also now find out more about this on our website, below, where you'll also find the discounted rates available at their physical salon!

[Visit our new treatments webpage](#)

## September Stars!

Congratulations go to Lianne Warner and Lisa Emmerson-Blair who have been named joint winners of **September's Star of the Month award** after a nomination by David Tate.



Lianne and Lisa are discharge coordinators on wards 26 & 27, and were recognised for ensuring patients have what they need to be safely and efficiently discharged.

Between them, they'd facilitated 252 discharges at the time of nomination in September - an average of over 11 a day. Amazing work - thank you and congrats to both!

[Nominate an October Star](#)

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



# Upcoming events



## Gateshead Health open day

Your health and wellbeing team will be on-hand at the upcoming Gateshead Health NHS Foundation Trust open day, with a health and wellbeing stall present at the staff day on Friday 28th October.

All colleagues are invited to pop along on Friday 28th to learn more about the health and wellbeing offer here at Gateshead – and visit other stalls which will be hosted by the likes of our L&D and OD teams, staff networks, charitable funds, QEF and various other departments.

In addition to the staff day on 28th, Saturday 29th October will also see stalls present as we open up for the public. In addition to an array of stalls, there will be lots of entertainment for all the family - including food and drink stands,



face-painting, Zumba dancing, henna tattoos and much more!

Those who plan to bring family along or are looking to visit on day two are asked to kindly register to allow us to better plan and prepare for anticipated numbers.

To register for the event, you or your family and friends can use the Eventbrite link below.

[Register to attend](#)

## Next Schwartz Round

I'M HUMAN TOO: EMOTIONAL AND PHYSICAL VULNERABILITY IN FRONTLINE STAFF

Microsoft Teams

Thursday 24th November - 09:30am - 10:30am

Get in touch or RSVP on:  
[ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net)



Our next Schwartz Round has now been confirmed and will be on the theme 'I'm human too: emotional and physical vulnerability in frontline staff' on 24th November.

The session will again take place via Microsoft Teams and we're seeking storytellers - so if an experience of yours springs to mind when reading the topic title - or you fancy joining us as a participant, please do [drop us a line](#). Remember, participants receive CPD points for attending.

[More on Schwartz Rounds](#)

## 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](mailto: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](#)

## Barclays Bus returns



The next Barclays Bus visit will take place on Tuesday 1st November outside of the Main Entrance (ECC) at the QE Hospital.

Colleagues can drop-in to receive advice on topics including mortgages, saving, borrowing, planning for the future and cyber awareness. To find out more, just click below!

[Learn more about the Bus](#)

## Staff Survey Roadshows

To further encourage staff survey participation, a range of staff survey roadshows have been arranged over the coming weeks - providing you the chance to ask any questions, drop off paper surveys and seek assistance from our staff survey ambassadors.

**The Hub (QE):**

2nd & 14th November

**Park Deli (Bensham):**

7th November

**Pathology:**

15th November

**MDT Sunnyside/Cragside:**

1st, 2nd & 3rd November

**Medicine, ECC Seminar Room:**

9th November

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](mailto:ghnt.hwb@nhs.net).



# Health & wellbeing support



## Leading well for staff health and wellbeing

The Kings Fund is offering a free online three-week course targeted at developing an understanding of your own health and wellbeing; and learning to better lead and support your colleagues and team.

The course is specifically aimed at NHS colleagues, and specifically those who are or who are aspiring to be managers and leaders.

During the course you'll learn to understand the impact of stress and poor health on staff wellbeing, recognise how your own wellbeing influences your leadership, understand the more external influencers of wellbeing, identify

## The Kings Fund

the human needs that must be met in the workplace, understand what effective action looks like and reflect on your own performance as a leader.

Those who enrol will have 5-weeks to complete the course, although it is usually done within three.

A number of [health and wellbeing conversation](#) training sessions are also available for leaders through November and December, accessible [here](#). The session is highly recommended for all managers!

[Sign up for the Kings Fund course](#)

## Free Yoga - NENC ICS

A number of free online 6-week yoga courses, organised by the NENC ICS Staff Wellbeing Hub and led by Yoga with Chloe, are now available to book.

**Tuesday 1 November 2022:**

8.15pm – Rest and Restore Yoga

**Wednesday 2 November 2022:**

6.30pm – Rest and Restore Yoga

**Wednesday 2 November 2022:**

7.40pm – Improvers Yoga

**Thursday 3 November 2022:**

7.30am – Morning Flow Yoga

To book, please email the hub on [huboffers@cntw.nhs.uk](mailto:huboffers@cntw.nhs.uk).

[Email the wellbeing hub team](#)

citizens  
advice Gateshead

The latest monthly bulletin from Citizens Advice Gateshead is focussed on [how to be scam aware](#), giving you more of an insight into the world of fraud.

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](#)

## Screening Services

With October marking [Breast Cancer Awareness Month](#), we've been working alongside our screening services team.

On Thursday 27th, we'll be participating in Pink Day. Please join us in The Hub between 10am - 3:00pm to show your support!

And to shine a spotlight on our breast cancer, bowel cancer and abdominal aortic aneurysm screening services, we've launched a dedicated screening services webpage on our site, providing tips on subjects such as symptoms, self-checking, booking screening appointments and more.

[Visit our Screening Services page](#)

## Energy bills & efficiency

A new document has been published aimed at providing NHS colleagues with advice and information around energy bills and energy efficiency awareness.

The document covers the latest Energy Price Guarantee (price cap). Despite the introduction of the cap, this still represents a steep increase in price – double last year's prices.

There is also information on what to do if struggling with energy bills, government financial support and other support, energy efficiency funding programmes, mainly directed at vulnerable households and tips to save energy at home.

[Download the guide](#)

