

Balance | November 2022



Disability History Month

16th November - 16th December



This years theme is:

Disability, Health and Wellbeing



Email: ghnt.d-ability.network@nhs.net

Twitter: [@ghntd_ability](https://twitter.com/ghntd_ability)

Facebook: [D-Ability Staff Network](https://www.facebook.com/D-Ability-Staff-Network)

By the time this newsletter is distributed, we'll be in the midst of Disability History Month, which takes place between 16th November - 16th December. This year, the theme of the month is around health and wellbeing and to celebrate, this edition is a Disability History Month special!

Commending our Colleagues:

The D-Ability Network is encouraging colleagues to recognise the efforts of those who have promoted awareness of issues which may impact those with disabilities and/or long-term conditions, or who've helped drive positive changes.

Both winners and nominees can receive gift hampers - find out more!

[Nominate a colleague](#)

Upcoming Webinar:

Our D-Ability Network has arranged a 1-hour session with Lifejoy Coach and Author, Dr Rebecca, set to take place via Microsoft Teams on Wed 30th Nov between 12:00pm – 1:15pm.

Part of the #GHNTBeatStress campaign, the session aims to help you transform burnout into balance and aid you in leading a richer life.

[Register for the webinar](#)

Show your support!:

Looking to help us celebrate Disability History Month? Why not download the D-Ability Network's Microsoft Teams background and help us make a splash!

To download the background just click the button below. Instructions on how to change your background can be found [here](#).

[Download the background](#)

The Staff Wellbeing Hub

There is strength in asking for support #HubsTheWord





Book your free salon treatments

Our recently-launched free [salon treatment offer](#) continues to be a winner amongst colleagues - and a number of slots remain available over the coming weeks.

Botanica Salon students are on-site every Friday between 11:00am - 3:30pm in our [Listening Space](#), delivering free manicures, pedicures and Indian head massages.

To enquire about a slot, just drop us an email on ghnt.hwb@nhs.net to let us know your preferred treatment, date & time. We'll help work to find something that works for you. We're also looking at potential booking solutions to help make availability clearer.



[Learn more about our treatments](#)

#FestiveDecember



Later this month the organisation will reveal its plans to celebrate the festive season through [#FestiveDecember](#), which will be supported by the health and wellbeing team.

Throughout December we'll look to provide plenty of opportunities for yourself and your teams to get festive and celebrate being part of [#TeamGateshead](#) with each other.

Keep an eye out on upcoming editions of Gateshead Health weekly for more!

Leg-Up Project extended

With thanks to the support of our Chaplaincy team, a new stock of Leg Up vouchers has been taken and is now ready to be distributed to colleagues in financial hardship.

To help increase the number of colleagues we can support, vouchers have been altered slightly and colleagues collecting these will now benefit from 3 x £6 vouchers, redeemable at QE Facilities-led catering sites.

As with the last set of vouchers, colleagues should call Chaplaincy 0191 445 2072 (ext. 2072) to arrange a collection. Colleagues based out of Bensham or other sites are asked to [email the health and wellbeing team](#).

LEG-UP PROJECT



To potentially help us in securing longer-term funding for this support, we're asking those who use the support to complete an [anonymous feedback survey](#). Please take the time to complete the survey if you use the support.

To learn more about the project, visit our website via the button below - where you can also find [further financial wellbeing support](#).

[More about the Leg-Up Project](#)

October Star

October's Star of the Month goes to Emma Smith of the South District Nursing Team following her nomination by Sadie Chambers.



Our congrats go to Emma, who was [nominated](#) for going over and above for a patient as they required end of life care.

A big well done goes to all of our October nominees. We always love to see recognition of the fantastic work going on throughout the Trust - so if someone has shone in your team this month, nominate on the button below!

[Nominate a November Star](#)

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



Upcoming events



Living together with Neurodiversity: Support Group

A team of psychotherapists from the NENC ICS Staff Wellbeing Hub are set to facilitate a group for family members that live with someone with neurodiversity.

If you live with or care for someone with neurodiverse needs and feel you'd benefit from chatting with others in a similar situation, this group should be perfect for you.

The group should benefit anyone who often finds themselves feeling the benefit of offloading their challenges and who would like to learn from others in similar positions.

A limited number of places are available within the group, so we encourage any interested colleagues to move quickly to secure a spot.



Each session will last 90 minutes, take place via Microsoft Teams and start Tuesday 6th December, running weekly until 17th January.

To find out more or sign up to the sessions, please email hubsttheword@cntw.nhs.uk or call 0191 223 2030. You will be offered a short conversation before your position in the group is confirmed.

[Email the Wellbeing Hub](mailto:ghnt.hwb@nhs.net)

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



Our latest Schwartz Round takes place later this Thursday (24th Nov) between 09:30am - 10:30am via Microsoft Teams, and we'd love to see you there!

At the time of distribution we are also still seeking storytellers - so if the topic title 'I'm human too: emotional and physical vulnerability in frontline staff' prompts thought about one of your own experiences, please do [get in touch](#) to arrange a chat with a trained facilitator.

[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](#)

Wednesday Webinar

This Wednesday (23rd Nov), the Staff Wellbeing Hub will hold a webinar titled '[Making Friends with Uncertainty](#)' via Teams.

The session will be led by Layla Mofrad and Ash Tiplady, who've pioneered a [group programme](#) for anxiety treatment, and who'll help you to consider how uncertainty impacts your wellbeing and how to manage feelings of uncertainty.

The session will be joinable between 12:00pm - 12:45pm, and will be directly accessible through the button below.

[Join the session](#)

MHFA Training

A two-day Mental Health First Aider training course will take place over Wednesday 25th & Thursday 26th January 2023 at Gateshead College.

Colleagues are invited to express their interest in attending the course in January or one beyond as we look to host further training dates throughout the new year.

To learn more about Mental Health First Aiders and the training programme, [visit our website](#). To express your interest in attending a course, please fill in our sign-up form via the button below.

[Register your interest](#)

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



Carers Rights Day 2023

This Thursday (24th November) is Carers Rights Day 2023, and to celebrate the occasion we've launched a new page over on balancegateshead.com.

Our newest webpage promotes all of the [local support groups and centres](#) available across the North East, and builds on our [Working Carer Support](#) page.

This year's theme is 'Caring Costs', and in line with the theme we'll also be promoting a range of relevant financial, social and mental wellbeing support available to you on the day.

The day will also be used as a way to promote the [Carer's Passport](#),



a document completed by working carers which is designed to generate a better understanding between line managers and colleagues as to the impact of being a working carer - and prompt consideration of any reasonable adjustments that could be made.

For more on all of this - keep an eye on our social channels and website this Thursday!

[Follow us on Twitter](#)

Alcohol Support



For some of us the festive season might provide a timely moment to check-in on our consumption and seek [support on drinking](#).

The recently-launched DrinkCoach service for NHS colleagues in the region is there for drinkers of all levels. Take the 2-minute test now to learn more about your intake and the support available to you.

[Take the two-minute test](#)

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](#)

Free app access extended



Headspace and Unmind have extended their offer of free access to all NHS colleagues until Sunday 31st December 2023.

Headspace is a science-backed app that promotes mindfulness and meditation, while Unmind aims to empower staff to proactively improve their mental wellbeing. Check out the full suite of free apps available to you below!

[Check out the free app list](#)

Endometriosis Event



An upcoming event at our Listening Space, set to take place on Friday 9th December 2022, will raise awareness of and provide information around endometriosis.

The event will take place between 08:00am - 10:30am on the day, and will aim to raise funds - all of which will be donated to Endometriosis UK. Find out more about the event, being led by Rachel McCrate, [here](#).

[Get in touch with Rachel](#)

