

Balance | February 2023



#GHMoneyMatters looks to provide #SomethingForEveryone

The health and wellbeing team is set to launch a new campaign titled #GHMoneyMatters. Launching as part of ongoing efforts to take a more targeted approach to supporting your wellbeing concerns, the campaign will aim to raise awareness around the [financial wellbeing](#) support available to you; improve financial education across the workforce and seek ways to develop and improve our financial wellbeing support offer.

Our latest People Pulse survey focused in on financial wellbeing, and results revealed that 1 in 3 colleagues don't know where to look for financial wellbeing support, while only 15% of colleagues have made use of support available to them.

One of the central themes of the campaign will be in ensuring there's #SomethingForEveryone, and so no matter your age, job role, income, status or otherwise we'll be looking to make sure there's something that will come in handy for you.

Already under development is the #GHMoneyMatters guide to financial wellbeing, which aims to bring as many of the currently available financial wellbeing support offers together in one place - a handy eBook, which can also be printed out with QR codes within allowing easy distribution around your work areas. We're putting the final touches to this and hope to launch soon.

Elsewhere, we've just launched a brand new partnership with Schroders, a subsidiary company of Lloyds Banking Group and who are now able to offer staff free [financial wellbeing healthchecks](#) through conversations you can book with advisors from our new dedicated [Schroders microsite](#).

And of course, as well as developing our support we'll also be signposting to some of the resources that are already available which you may not already be aware of - whether it be our free [weekly drop-ins with Citizens Advice Gateshead advisors](#), [free on-site salon treatments](#), [free will writing services](#), advice on how to make savings when shopping for [retail](#), [groceries](#), [local nights out](#), [activities](#) or otherwise - there truly will be #SomethingForEveryone!

Tons more information about the financial wellbeing support available to you can already be found [online](#) - keep an eye on our website, socials and internal channels for more over the coming weeks and months!



#GHMoneyMatters

#SomethingForEveryone

[Got an idea for our campaign? Get in touch and we'll see what we can do!](#)

[The Staff Wellbeing Hub](#)

There is strength in asking for support [#HubsTheWord](#)





Further Mental Health First Aider training courses available

Further dates have now been confirmed for two more [Mental Health First Aider](#) (MHFA) training courses across 9th & 10th March as well as 19th & 20th April. While not all applicants will be guaranteed a spot at these sessions, a waiting list is in operation and further courses will be booked in throughout the year ahead.

Colleagues are invited to express their interest in the course by [completing our form](#). To maximise attendance, colleagues are asked to first obtain preliminary agreement from their line manager before submitting the form.

A refresher course, taking place on 23rd March for First Aiders who completed their training more than three years ago, has also been booked in. To register your interest in this course, please email ghnt.hwb@nhs.net.

Visit balancegateshead.com for [further info about MHFAs](#), where you can also find [a list of all of our qualified mental health first aiders](#).

[Complete our expression of interest form](#)

Catering update

We've been monitoring feedback on catering prices and have recently enjoyed conversation with catering, finding new options while continuing to deliver quality.

As a result, a new budget daily meal option has now been introduced, with prices ranging from £3.50 to £4.50. The catering team will also launch a meal deal including a boxed sandwich, crisps and soft drink for £3.75 at all sites from this Monday 20th February.

A big thanks to all who share their feedback and our catering team too!

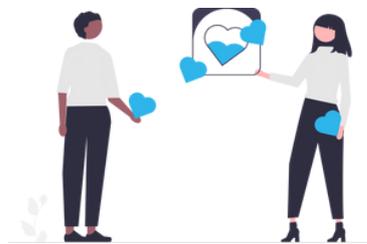
[Financial support for meals at work](#)

Carer's Passport

As part of continued efforts to promote support for our working carers, we have launched a new pre-filled template of the Carer's Passport, helping bring to life the kind of content you might expect to see inside of one.

It is hoped that launching a pre-filled template will aid both our working carers and line managers throughout the organisation by giving them a clear idea of the kind of content that might be seen within a Carer's Passport – and help prompt further discussion about the reasonable adjustments that might be made to support our working carers to remain well and supported at work.

As an organisation we celebrated



Working Carer's Day 2022 in November, expanding our working carer support area to launch [a new page promoting local carer groups](#) across Gateshead, Newcastle, County Durham, North Tyneside, South Tyneside and Northumberland.

To find out more about the support available, including the Gateshead Health Carer's Circle, visit our website or get in touch on email with any questions via ghnt.hwb@nhs.net.

[Visit our carers page](#)

Star of the Month



This month congratulations go to **Dr Richard Athey**, who has been named the winner of our Star of the Month Award for January.

Dr Athey works within Ward 21/25, and has been recognised for always going the extra mile for patients while always making time to support colleagues. Nominations for a February star remain open - search Star Awards via StaffZone!

[Read the winning nomination](#)

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



Upcoming events



Salon Treatments to hit the road soon!

The introduction of free salon treatments from the Listening Space have proven an incredibly popular addition for staff, and we're delighted to confirm work is underway to expand their availability!

Last week the health and wellbeing team held positive discussions with Gateshead College while touring potential rooms at Bensham Hospital and Blaydon UTC, with potential rooms identified. Subject to confirmation, we hope to offer availability of treatments on a monthly basis at both sites, likely on a Wednesday.

Elsewhere, the wellbeing team has been in touch with various Wards lately as we link in stalls and area



visits with treatments, providing colleagues who might not usually be able to get away to access the offer with the ability to enjoy a relaxing treatment in their area.

To enquire about a visit from the team or request a treatment, please email ghnt.hwb@nhs.net. You can also learn more about treatments and see reviews over on our dedicated webpage!

[Find out about free treatments](#)

Half-term family fun!



With half-term next week, many families will be looking to keep busy without breaking the bank.

North East Family Fun has put together lists of local half-term highlights, drop-in events, free events, kids eat free or for £1 offers, bookable events, top picks for little ones, ideas for teens and dog-friendly events over on their site.

If you're after inspiration or fun for the family this half-term, click below!

[Check out the list](#)

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](#)

Next Schwartz Round



Colleagues are reminded the next Schwartz Round is set to take place Tuesday 28th February, on the topic 'An unexpected turn of events'.

To request an invite, please contact ghnt.hwb@nhs.net. We're still looking for an additional speaker for the round, so if you're interested please [drop us a line](#) and we'll tell you more!

[Learn about Schwartz Rounds](#)

LGBTQ+ History Month



February is LGBTQ+ History Month, and coming up are two events organised by Newcastle Hospitals that are open to all #TeamGateshead colleagues.

Amongst the schedule is a portrait-painting event in Leazes Park as well as a Teams event focusing in on the role of the 80's in LGBTQ+ history.

For more information, click below!

[Check out the event schedule](#)

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



Get involved in the Gateshead Listening Project!

As part of Gateshead Listening Project efforts, we're inviting you to [share your experiences of working and living through Covid](#).

The Listening Project aims to provide you with opportunities to reflect and be heard, and its written stories aim to capture your feelings and memories of the past few years.

If you have a story of hope, distress, compassion, fear, camaraderie or otherwise from the 'Covid era', we'd love to hear it. Contributions will be collated and launched as an eBook in early Summer 2023, helping document a historic period in time.



[Visit our site](#) to learn more about the Gateshead Listening Project. To submit a story, please complete the form linked below or contact ghnt.gatesheadod@nhs.net.

[Share your Covid experiences](#)

New menopause support



A new six-week programme of support for those experiencing symptoms of menopause will launch in April 2023.

Led by the [NENC ICS Staff Wellbeing Hub](#) team, the programme will use cognitive behavioural therapy, compassion-focused therapy and a mindfulness-based approach to help those suffering symptoms.

To find out more about the group and how to access it, just click below.

[Find out more about the group](#)

 Citizens Advice Gateshead

The latest monthly bulletin from Citizens Advice Gateshead is focuses on [how to protect yourself when planning home improvements](#).

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 our CAG web area](#)

Insomnia support

Also being launched by the Staff Wellbeing Hub team is a further programme of group cognitive behavioural therapy (CBT) support for those with insomnia.

The latest course will last 4 weeks through 90-minute sessions delivered via Microsoft Teams and beginning Tuesday 21st March, with weekly sessions taking place up until 11th April.

To enquire about accessing this support, please contact the Hub via email hubsttheword@cntw.nhs.uk or via phone on 0191 223 2030. More info is available below!

[Learn more about CBT](#)

Physiotherapy

Colleagues are reminded of the recent relaunch of the Physiotherapy service within Occupational Health & Wellbeing.

Colleagues already accessing the service have been sharing great feedback. As is so important to our musculoskeletal health, a range of information and resources around preventative measures is available over on our [website](#), where you'll even find downloadable guides for various joint pain issues.

And of course, if you feel you need to self-refer, you can always do so through the form on our site too!

[Find out more about the service](#)

