

Balance | March 2023



Driving improvement in Occupational Health and Wellbeing

In early March, the Occupational Health and Wellbeing Team completed a Rapid Process Improvement Workshop (RPIW), a week aimed at driving improvements across our services.

Central to the workshop was an aim to drastically reduce the time between receiving a management referral and reporting on a first appointment. Early signs suggest that a 66% reduction in time has been achieved, with a plan to try further lower waiting times.

During the week, the team came up with 86 ideas, and were able to 81 of them. Amongst the ideas included basic patient experience improvements like a whiteboard to direct visitors to the correct room, the reintroduction of telephone lines to get in touch with the team as well as an upcoming intranet area revamp.

One of the most important changes comes in the imminent launch of a new Occupational Health Referral Form. The form will improve data accuracy and enables all making a referral to do so from a single point of access - regardless of whether you're a manager or colleague or the kind of support you're seeking. Building on this, an improved triage process is helping process referrals more quickly, all ultimately serving to help us support you more efficiently.

Also helping us to help you more efficiently was a review of the estate, helping create an additional clinical room; an improved physiotherapy room and a dedicated spot for our health and wellbeing team in the department. The introduction of another clinical room in particular has helped increase capacity.

A number of further improvements are being made elsewhere, with reviews of scheduling and rotas building in more flexibility to handle demand and enabling the return of drop-in clinics; a review of and improvements to systems we use and much more.

A massive thanks goes to all involved in the RPIW - including the excellent first-time workshop leaders, and a fantastic home team who ensured a service could be maintained throughout the week. The Occupational Health and Wellbeing Team hope you'll see benefits from these improvements soon!





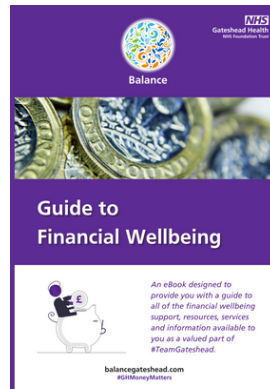
Introducing our Guide to Financial Wellbeing

Last month we launched #GHMoneyMatters, a campaign aimed at providing #SomethingForEveryone in terms of financial wellbeing support. We're delighted to follow up on the launch with the release of our [Guide to Financial Wellbeing](#)!

The guide aims to bring together all of the financial wellbeing support that is already available to #TeamGateshead colleagues.

Perfectly summing up our #SomethingForEveryone campaign theme, the guide collates everything from how to save when shopping to where to turn to when struggling with debt; how to get your hands on free event tickets to how to get free support to cut out alcohol or smoking & beyond!

To download the guide, just click the button below!



[Download the #GHMoneyMatters Guide to Financial Wellbeing](#)

Help us help you!



**Better Health
at Work Award**

Back in December 2022 we earned Silver Better Health at Work Award accreditation. [As part of efforts to 'go for Gold'](#), we now need your help.

To help, simply [complete a Health Needs Assessment](#) and help us to get a better understanding around where you'd like to be supported. It takes only 5 minutes and helps us better understand you - and will be a great help in getting us to gold!

[Take a Health Needs Assessment](#)

Salon Treatments coming to Bensham & Blaydon

We're delighted to confirm that our [free salon treatments](#) offer, hosted in partnership with Gateshead College's Botanica Salon students, is set to be offered out of our sites at Blaydon and Bensham on a monthly basis.

The extension of the offer will mean colleagues located at these sites will now be able to access free massages, manicures and pedicures on-site monthly.

The first Blaydon Salon will take place at Wednesday 15th March, treatments will be held out of the Nurses Locality Office upstairs. Our debut Bensham Salon will then take place in the Pain Clinic on Wednesday 22nd March.

For both dates, treatments will be available in 30 minutes lots (with treatments taking 25 minutes) between the hours of 11:00am and 4:00pm.

Further dates have been booked at Blaydon for 19th April and 17th May, and Bensham for 26th April, 24th May and 7th June.

To enquire about a slot or book your place, just drop us an email on ghnt.hwb@nhs.net or find out more below!

[Learn more about the offer](#)



Star of the Month



This month congratulations go to both Helen Phillips and Karen Haley, who have been named the joint winners of our Star of the Month Award for February.

To find out more about the nomination and what makes both Karen and Helen a star, click below. You can also nominate a Star for March over on StaffZone - just visit 'Star Awards' in the Trust A-Z.

[Read the winning nomination](#)

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



Events



Financial Wellbeing Workshops - #GHMoneyMatters

In partnership with Citizens Advice Gateshead, we're delighted to confirm a number of [upcoming financial wellbeing workshops](#) designed to help you be better equipped to tackle finances.

Both on-site and virtual sessions will be held for each topic, with different dates available. Those who express interest will also be sent a recording of a session to ensure nobody misses out.

Debt: The Good, the Bad and The Ugly:

This hour-long session will cover understanding borrowing, the real cost and benefit of debt, how to be risk aware as well as sources of help.



Savvy budgeting to make ends meet:

This hour-long session covers tips to help you get clued up on budgets, how to shop smart, how you might be able to increase income and sources of support.

Dates for all sessions are [here](#). To book any session, please complete our dedicated sign-up form via the button below.

[Book onto sessions](#)

IWD 2023



Last week #TeamGateshead celebrated International Women's Day 2023.

Stalls were held at The Park Deli and in The Hub, where colleagues shared the achievements they're most proud of with us and also took some time out to see some of the wellbeing support available to them.

[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](#)

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

March Schwartz Round



Our next Schwartz Round, **Feelings of isolation in community work – aren't we all one NHS team**, is penned in for Thursday 30th March between 1:00pm - 2:00pm.

The Round will be taking place via Teams with all welcome. To enquire about attending or storytelling, please contact ghnt.hwb@nhs.net.

[Learn about Schwartz Rounds](#)

Stop Smoking



Also taking place last week was [No Smoking Day 2023](#).

This year, focus was on reducing risk of dementia by quitting. To find out more about the benefits of quitting, as well as how we can support your quit attempt through access to free support and products, just click below!

[Access Stop Smoking support](#)

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.



Support



Hormone Replacement Therapy (HRT) Products

Those who experience symptoms of menopause will be soon able to access cheaper Hormone Replacement Therapy (HRT) products via a new prescription prepayment certificate (PPC) set to launch from 1st April 2023.

It is estimated that the offer will help over 400,000 people to access HRT and save hundreds of pounds per year.

PPC's will be available at the cost of £18.70, and will provide a year's worth of access to a range of HRT products. Certificates can be used as many times as you like through the year, and for an unlimited number of items.



Menopause impacts the majority of women, with 1 in 4 experiencing severe symptoms.

To find out more about the new offer, including the products which can be accessed through the new PPC, visit our website via the button below and follow the links.

[More on the HRT support](#)

DanceFuse Discount



Colleague Katy Maughan recently kindly organised dance fitness classes with [DanceFuse](#) based out of The Thomas Wilson Club (Low Fell).

While these have now stopped, DanceFuse has generously offered #TeamGateshead colleagues FREE access to their first class of any kind - followed by a code 33% discount.

Classes are easy to follow and suitable for all. To learn or see the weekday schedule, see below!

[Learn about DanceFuse](#)

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](#)

Body Coach app

The Body Coach app, led by popular fitness coach Joe Wicks, has been made [free to all NHS workers for 3 months](#) as thanks for your continued hard work.

Colleagues who sign up to the app, which is available on iOS and Android, can benefit from access to fun exercise routines and nutritious recipes.

If you'd like to take advantage of the offer of free access to The Body Coach app, just click below, scroll to the form and register using your NHS email address to get started

[Sign up for a free trial](#)

Alcohol Support



Colleagues are reminded of the [free alcohol support](#) available to them through DrinkCoach.

DrinkCoach provides access to tools which help you better understand your drinking, while also providing access to up to six free 1-to-1 support sessions with an alcohol treatment specialist.

To learn more about the support and how to access it, just click below!

[Learn about DrinkCoach support](#)

