

Balance | April 2023



Learning at Work Week 2023

Earlier this week the schedule for #LearningAtWorkWeek 2023 was released. The occasion aims to provide colleagues from throughout #TeamGateshead with the opportunity to learn, develop and invest in their own wellbeing through a variety of upcoming training sessions, webinars and activities set to take place during the week of 15th - 21st May 2023.



Many of the week's sessions will be recorded, so if you're unable to make a session but would like a copy of the recording, you needn't miss out - just drop an e-mail to the OD team via the address below. Sessions below prefixed with a * symbol will be recorded. You can also [view the full schedule online](#) for further info on each.

To register for sessions, visit My Portal on [ESR](#) or check for specific sign-up forms to certain sessions below. For any further queries about Learning at Work Week 2023, please e-mail the Gateshead OD team on ghnt.gatesheadod@nhs.net or the Learning and Development team on ghnt.learning.development@nhs.net.

Monday 15th May	Tuesday 16th May	Wednesday 17th May	Thursday 18th May	Friday 19th May
<ul style="list-style-type: none">• Mental Health in the Workplace• How Gateshead Health Library services can support colleagues and teams• Financial wellbeing and being smart with your money	<ul style="list-style-type: none">• *Cost of Living Challenges/Day-to-Day Finances• Effective Communication• Occ Health & Wellbeing Roadshow• Developing yourself & your team• Top tips for presentation skills• Mat Work Physiotherapist-Led Pilates taster session (sign up form)	<ul style="list-style-type: none">• Citizens Advice Gateshead Drop-In• *Debt - The Good, The Bad and The Ugly (sign up form)• *Savvy Budgeting to Make Ends Meet (sign up form)	<ul style="list-style-type: none">• *Back Chat• *It's good to talk about Mental Health• Occupational Health and Wellbeing Roadshow• Application Forms• 'Time to Move' - How to exercise in your workspace• Interview Skills• *Resilience: detoxify and break the myth	<ul style="list-style-type: none">• *Building a Thriving Team• Resuscitation Basic Life Saving Training (AM & PM)

[Learn more about each session including their timings, locations and how to sign up!](#)

The Staff Wellbeing Hub

There is strength in asking for support #HubsTheWord





We need your help!

Back in December 2022, the Trust earned the Silver Better Health At Work Award. As part of planned efforts to now 'go for gold', we're asking you about your most pressing health needs.



Better Health
at Work Award
Silver Award

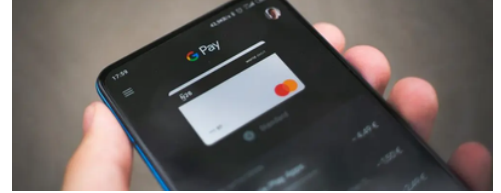
To do this, we're now asking you to [complete a Health Needs Assessment](#). The survey takes only 5 minutes to complete, and asks a series of questions about your health before asking where you'd like to see more support – helping inform where our focus should be as an organisation and as an Occupational Health and Wellbeing team.

Results provide us with ideas and help us to take action. To read how health needs assessments have helped us previously, [check out our website](#).

To make your voice heard, help direct our focus and ensure we're effectively helping you, please take 5 minutes today to complete a Health Needs Assessment.

[Help us out: Complete a Health Needs Assessment](#)

Vending Machine update



Further to our recent update about planned work on vending machine upgrades, we're pleased to confirm that the majority of work on machines is now complete.

Further work is set to see the installation of a coffee machine at The Park Deli (Bensham) imminently, while vending machines in Theatres will be upgraded soon.

Upgrades will ensure that all vending machines on-site accept both card and cash payments.

Free Mat Work Physiotherapist-Led Pilates

As you may have gathered from the main page feature, a taster session will be taking place for Mat Work Physiotherapist-Led Pilates during Learning At Work Week 2023.



The taster is being held ahead of the launch of three four-week pilot programmes which will be held at the QE Hospital over the coming months, and we are now accepting expressions of interest for those interested in attending. You can also [learn more about plans here](#).

To register your interest in attending an upcoming course, simply [complete our expression of interest form](#). We'll then work to try offer you a space where possible. We expect demand to be high so advise you complete your form quickly!

Please note that dates for pilot groups #2 and #3 are still subject to change at this time. We will confirm dates when offering you a place.

[Register your interest in joining a Pilates class](#)

Star of the Month



This month congratulations go to Vish Bhattacharya and Shelley Dyson who have been named co-winners of the March Star of the Month award.

To check out the winning nomination and what makes Vish & Shelley a star, click below. You can also nominate a Star for April 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



Maximise your income!

Did you know that over half of Citizens Advice Gateshead visits from our staff lead to outcomes that help colleagues be better off by more than £5k per year?

Citizens Advice Gateshead continue to offer colleagues the ability to [drop-in on-site](#) every Wednesday between 11am - 2pm; or to get in touch for priority access to their services through a dedicated line on 0191 490 4231 or via email on gestaffswa@citizensadvicegateshead.org.uk.

Also coming up are a range of in-person and virtual finance seminars on the topics 'Debt - The Good, The Bad and The Ugly' as well as 'Savvy Budgeting to Make Ends Meet' led by their advisors.

Every NHS colleague who accessed support in Gateshead and Newcastle Trusts achieved at least 1 positive outcome

100%

54% of clients were left better off through income gain, debt write-offs, reimbursements and rescheduling of payments.

These clients were on average £5187.70 per year better off with Citizens Advice Gateshead support.



Results for those who visit an advisor speak for themselves - you have nothing to lose and might even be able to top up your income.

Colleagues are also reminded the Barclays team will be [back on-site on May 4th](#), where they'll be available from Focus Room 3 in Agile.

[Sign up for a finance session](#)

April Schwartz Round



Our next Schwartz Round takes place on Thursday 27th April and is our first to take place face-to-face, meaning there'll be hot drinks and biscuits as well as the chance to connect with colleagues!

This month's topic is 'Heroes to Zeroes', with the Round set to take place in the Education Centre/Trust HQ Lecture Theatre. For more info on the round, click below!

[Find out how to get involved](#)

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](#)

Knitting Club



The new 'Knit and Natter' sewing club has now launched, with weekly sessions between 5:30pm – 7:00pm in the Listening Space on site at the QE Hospital.

Following feedback crocheters are also welcome, with sessions providing attendees with two hours of bilateral rhythmic psycho social intervention. Remember, you can always find other on-site groups via our [Events & Groups webpage](#).

[Get involved in Knit & Natter](#)

NENC ICS Support Groups

Our friends at the NENC ICS Staff Wellbeing Hub are currently promoting a number of new support programmes. To find out more about them, just click the relevant link:

- [CBT Group for Insomnia](#)
- [Mindfulness Support](#)
- [Coaching](#)
- [Self-Compassion](#)
- [Long-Term Conditions](#)
- [Virtual Arts Class](#)
- [Trauma & Stress](#)
- [Targeted Coaching for thjose from Minority Ethnic Backgrounds](#)

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.



Support



Supermarket discounts

Both Morrisons and ASDA have recently moved to extend their exclusive offers to NHS staff.



Morrisons' NHS Club provides all NHS colleagues with the chance to enjoy free next-day delivery when placing online orders of over £40, as well as personalised discounts based on your shopping history through their NHS Club. This offer has now been extended until 31st October 2023. To get started, register through the MyMorrisons app and join the NHS Club.

Elsewhere, ASDA has moved to extend its 10% off in-store shops offer for all Blue Light Card holders until 30th April 2023. To learn more about this offer or how to get your hands on a Blue Light Card for just £4.99, [visit the Blue Light Card website](#).

Remember, you can always find more big shop savings over on our Groceries page, where we list more providers of low-cost shopping. To view this, just click the button below!

[Visit our groceries webpage](#)

Salary Finance



The newest addition to our website is a webpage focusing on the support available to colleagues through our partnership with [Salary Finance](#).

Here you'll be able to find out more about their Borrow, Save, Advance and Help to Save services - and help you in understanding why leaning on Salary Finance can help you avoid more expensive providers.

[Visit our Salary Finance page](#)

citizens advice Gateshead

The latest monthly bulletin from Citizens Advice Gateshead is focuses on [spring clearout advice](#).

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](#)

Support in Sudan



For some of our colleagues, recent escalation of conflict in Sudan will be an understandable cause of concern, particularly for those with family and friends there.

To that end, the Occupational Health and Wellbeing Team wanted to share resources and advice which may be of use to colleagues in distress which may support you in maintaining mental and emotional wellbeing.

[Check out the relevant support](#)

Bowel Cancer Awareness

April marks Bowel Cancer Awareness Month, aimed at helping raise awareness of one of the most common cancers in the UK and the second-leading cause of cancer deaths.

The earlier bowel cancer is found, the easier it is to treat and the higher the chances of survival. This makes knowing symptoms of bowel cancer all the more important – as well as not delaying if and when you experience any of the symptoms.

Head over to our website to [view these symptoms](#) and check out our [screening pages](#) for more.

[Learn about Bowel Cancer](#)

