

Learning at Work Week 2023

15th – 19th May

	Monday 15 th May	Tuesday 16 th May	Wednesday 17 th May	Thursday 18 th May	Friday 19 th May
AM	<p>09:00 – 10:00 Mental Health in the Workplace Sarah White, Room 9&10 Trust HQ</p> <p>11:00 – 12:00 How Gateshead Health Library services can support colleagues and teams Sarah Stockton, virtual</p>	<p>09:00 – 10:00 Cost of Living Challenges / Day to Day Finances Karleen at Schroders, virtual</p> <p>10:30 – 12:00 Effective Communication Anna Dorward, Room 1 Trust HQ</p>	<p>11:00 – 14:00 Citizens Advice Gateshead drop-in Listening Space</p>	<p>09:00 – 10:00 Back Chat JP Gowland, Lecture Theatre</p> <p>10:30 – 11:30 It's good to talk about Mental Health Talk Works, Lecture Theatre</p>	<p>09:30 – 10:30 Building a Thriving Team Lecture Theatre, Ivan Hollingsworth</p> <p>10:30 – 11:45 Resuscitation BLS Training Resus training room</p>
PM	<p>14:30 – 15:30 Financial wellbeing and being smart with your Money Mark Shay at Schroders, virtual delivery</p>	<p>12:00 – 14:00 Occupational Health & Wellbeing Roadshow Park Deli, Bensham</p> <p>13:00 – 14:00 Developing yourself and your team Anna Dorward, Room 1 Trust HQ</p> <p>15:00 – 16:00 Top tips for presentation skills Anna Dorward, Room 1 Trust HQ</p> <p>15:00 – 15:45 Mat Work Physiotherapist Led-Pilates Ann-Marie Ginnever Room 9&10 Trust HQ</p>	<p>13:00 – 14:00 Debt – The Good, The Bad and The Ugly Citizen Advice Gateshead, online</p> <p>14:30 – 15:30 Savvy Budgeting to Make Ends Meet Citizen Advice Gateshead, online</p>	<p>12:00 – 14:00 Occupational Health & Wellbeing Roadshow The Hub</p> <p>13:00 – 14:30 Application Forms Room 4, Trust HQ</p> <p>14:00 – 14:45 'Time to Move' – How to exercise in your workspace. JP Gowland Room 9&10 Trust HQ</p> <p>14:30 – 16:00 Interview Skills Room 4, Trust HQ</p> <p>15:00 – 16:00 Resilience: detoxify and break the myth Lecture Theatre, Ivan Hollingsworth</p>	<p>13:00 – 14:15 Resuscitation BLS Training Resus training room</p>

Session Overview:

Key:

- * - session is going to be recorded
- (x) – max number of delegates allowed.

Monday 15th May

- **Mental Health in the Workplace (18)**
In this training session you will be able to identify the reasons for supporting the mental wellbeing of team members, as well as recognise the signs of poor mental health in others. The session will talk through how to have a conversation with a team member about their mental health and identify sources of help.
- **How Gateshead Health Library services can support colleagues and teams* (50)**
In this session, we will look at all the essential library and knowledge services and resources available to you to help you in your studies, or in any role, including support in using online tools, accessing high quality electronic resources, full text articles, research support, advice and training. We will also demonstrate how to submit requests for library services such as a literature request where a professional librarian conducts a search for information on your behalf. The session will also allow help you understand how to access the library's physical space and resources and how to get in touch and stay in touch.
- **Financial wellbeing and being smart with your money* (50)**
Schroders will deliver this one-hour webinar and provide you with clarity on what is financial wellbeing and why it is important. They will provide 6 practical tips to look after your financial wellbeing as well as giving you an introduction to protection, discussing the different types and why you should start to think about it.

Tuesday 16th May

- **Cost of Living Challenges / Day to Day Finances* (50)**
Karleen from the Money and Pension Service (MAPS) will deliver this session on the cost of living and what the challenges are. Throughout the session, there will be discussions on day-to-day finances such as basic budgeting, debt management and getting on the housing ladder.
- **Effective Communication (8)**
This Effective Communication session is also delivered on the Managing Well programme. Effective communication is an issue that is often

challenging for many reasons, but there are real benefits to trying to get it right. Join us for this session to identify the key principles of effective communication and identify practical steps that you can take to improve communication within your team.

Occupational Health and Wellbeing Roadshow

Pop along to this roadshow at Park Deli, Bensham, which is hosted by our very own Occupational Health and Wellbeing team. You will have the opportunity to meet the team, talk and discover the support available to you by being a colleague here at Gateshead Health. The team can help support and signpost you based on your query.

- **Developing yourself and your team (8)**

This Effective Communication session is also delivered on the Managing Well programme. During this short session, participants will explore the following:

- Benefits of supporting development
- How to identify development needs effectively and support required to embed learning
- Learning opportunities available to Trust colleagues.

- **Top tips for presentation skills (8)**

If you dread having to deliver presentations, this bitesize information session is for you. We will explore top tips for preparing and delivering effective presentations in a supporting learning environment.

- **Mat Work Physiotherapist Led-Pilates (10)**

Qualified Pilates Instructor, Ann-Marie Ginnever, is a musculoskeletal physiotherapist working at Gateshead Health. Pilates is a form of exercise that aims to promote strength, flexibility, balance, body awareness and endurance. It focuses on precision and control of movement through a variety of exercises, including stability at the central core. The majority of the session is based around mat work although some exercises are done in standing. The exercises can be varied depending on your ability and any musculoskeletal injuries. Please note, before you attend this session you will need to sign a consent form. This session is not suitable for anyone who is pregnant or has difficulties getting on/off the floor.

Wednesday 17th May

- **Citizen Advice Gateshead Drop-In**

Citizens Advice Gateshead advisors are equipped to help you with a range of concerns – many of which relate to financial wellbeing, but which can also extend beyond financial concerns. Pop along to this roadshow at the Listening Space to find out how you can best use the support available.

- **Debt – The Good, The Bad and The Ugly***

This session will help you to better understand the impact of borrowing, including the real cost- as well as benefits of debt. It'll help you be more risk aware when it comes to lending and also provide signposting to sources of help.

Savvy Budgeting to Make Ends Meet*

This session will help you to get more clued up on budgets, provide info on how to shop smarter, advise on how you might be able to top up your income and signpost you to sources of support.

Thursday 18th May

- **Back Chat* (70)**

During this session, Gateshead Health's own Occupational Health Physiotherapist, John Paul Gowland, will join us to talk about all things back pain including common myth busting as well as introducing you all to effective self-management techniques.

- **It's good to talk about Mental Health* (70)**

Talk Works will be joining us to deliver an interactive and informative health and wellbeing session. The session will cover three topics: Spotting the Signs, It's Good to Talk About Mental Health and Self-Care followed by a Q&A

Occupational Health and Wellbeing Roadshow

Pop along to this roadshow which is hosted by our very own Occupational Health and Wellbeing team. You will have the opportunity to meet the team, talk and discover the support available to you by being a colleague here at Gateshead Health. The team can help support and signpost you based on your query.

- **Application Forms**

This session will help people understand how to find out about the different roles on offer, understand the kind of skills and experience required for the roles as well as building confidence in completing job and learning application forms. The session will help you learn hints and tips on how to complete successful application forms for NHS jobs.

- **'Time to Move' – How to exercise in your workspace. (15)**

During this session Gateshead Health's own Occupational Health Physiotherapist, John Paul Gowland, will join us to discuss and explore what exercises you can do at your workstation to help improve your aches and pains.

- **Interview Skills**

This session will help prepare you for an interview, as well as being aware of the different types of interviews you may encounter. You will be prepared for difference selection methods used and recognise the value of using the STAR techniques in interviews.

- **Resilience: detoxify and break the myth* (70)**

This session will help delegates to feel empowered they can become more resilient through an understanding of what it means and the proactive steps they can take to make a difference in their lives today! The session will provide clarity regarding the definition of resilience i.e. our ability to either bounce back from adversity and cope when life throws you a curve ball. The session will de-weaponize and de-toxify the word: resilience is an output, not an input; we can't simply tell someone to be resilient and expect it to just happen, modern day culture is using the word in a way that is disempowering people. By the end of the session, we will walk through the 6 pillars that can act as your inputs to increasing your resilience.

Friday 19th May

- **Building a Thriving Team* (70)**

This session will help you understand the benefits of being part of a thriving team; to you, your colleagues and the organisation. During the session you

will reflect and acknowledge what everyone has been through over the last 3 years and think about what it means to thrive personally and how we can thrive as a team. The session will go through the importance of connection in building a positive team culture (team glue) and the power of trust in a team – what behaviours will help to continue to build it (team muscle)

- **Resuscitation BLS Training (10)**

Basic Life Support (BLS) describes a set of basic life saving (BLS) first aid techniques. This session will comprise both Adult and Pead BLS – including the management of choking and using a defibrillator.