

Balance | May 2023



Health Needs Assessment - identifying the key themes:

Since mid-March, we'd been asking colleagues to make their views known on how we can better support your wellbeing by completing a Health Needs Assessment.

Below, we've focused in on the three main themes that came from your feedback when it came to where you'd like support most. To make sure you're not missing out on support currently available, we've also highlighted some of our current offers - as well as some plans we've got to expand our support in direct response to your feedback in each area.

The Health Needs Assessment acts as part of our submission for the [Better Health At Work Award](#). In December 2022, the organisation achieved the Silver Award - which recently gained special recognition. Now, as the organisation seeks to 'Go for Gold', we'll be looking to use your feedback to power improvements.

WEIGHT

(inc exercise & diet)

- [Slimming World discounts](#)
- [NHS Digital Weight Programme](#)
- [Lunchtime Walking Club](#)
- [Balance Cookbook](#)
- [NHS NE Outdoor Activity Group](#)
- [Gym Discounts](#)
- [Alcohol Support](#)
- [Cycling & Walking Routes](#)
- [Fit4TheFight](#)
- [FitOn App](#)

SLEEP

- [Menopause & Sleep webinar](#)
- [Regular CBTi for Insomnia group programmes](#)
- [Free subscriptions to Unmind and Headspace](#)
- [NHS Sleep Well](#)

MENTAL HEALTH

- [In-house counselling](#)
- [Mental Health First Aiders](#)
- [Mental Health Diffusers](#)
- [Staff Wellbeing Hub support](#)
- [Trauma Support Guide](#)
- [Schwartz Rounds](#)
- [Targeted Support](#)
- [Addiction Support](#)
- [Mental Health Awareness Week - more below!](#)

SOME OF OUR PLANS & HOPES:

- Launch weekly football group
- On-site Slimming World group
- On-site Pilates group
- Healthier catering options
- Food labelling in catering
- Expand Balance Cookbook
- Improve Healthy Eating page

- Launch a dedicated web area
- On-site meditation & mindfulness sessions
- Promotion of CBT for Insomnia
- Sleep & Stress Course by Gateshead Talking Therapies

- New referral form
- Flexible working policy
- Stress at work policy
- Postvention training
- If U Care Share training
- Gateshead Talking Therapies quarterly stalls

[The Staff Wellbeing Hub](#)

There is strength in asking for support #HubsTheWord





Mental Health Awareness Week 2023

This week we're celebrating [Mental Health Awareness Week 2023](#), with this year's theme focusing in on anxiety. As part of the occasion, we're encouraging colleagues to share what they do [#ToHelpMyAnxiety](#) on [social media](#).



Over on our website, we've put together an agenda of relevant events taking place throughout this week and beyond - including events taking part this week as part of [Learning At Work Week 2023](#).

As part of our biggest ever celebration of the week the item also includes a host of self-care tips, focusing on how talking, socialising, accessing support and participating can help both yourself and others. Elsewhere, there are resources to help you deal with anxiety, mood and sleep issues - and a [separate item detailing the fantastic range of books](#) our [Library](#) team has kindly supplied us and that are free to read over in [The Listening Space](#). For more, just click below!

[Find out more about our MHAW celebration and support available](#)

Water fountain installed



Following feedback from colleagues, we're pleased to confirm the installation of a water fountain in The Hub.

As well as the fountain, refillable eco-friendly water bottles are also available for just £2.75. Find out more below!

[Latest facilities update](#)

Meet Teddy, our Staff Wellbeing Dog!

Last week we welcomed our new Staff Wellbeing Dog, **Teddy**, on-site for the first time.

Teddy, whose popular presence is funded through the Health and Wellbeing Charitable Fund, will be on-site every fortnight going forward with invitations being accepted for suggestions on where he visits.

A big thanks goes to Health and Wellbeing Facilitator Sarah White for her tireless work in helping bring Teddy on-site after over a year of work; as well as our IPC and Charitable Funds teams for their invaluable support.



[Request a visit from Teddy](#)

Star of the Month



This month congratulations go to **Lauren Kelly** in our Microbiology Team after she was named the winner of our April Star of the Month award.

To check out the winning nomination and what makes Lauren a star, just click below. You can also nominate a Star of your own for May over on [StaffZone](#) - 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



Upcoming support sessions:

how are u?
losing someone to suicide can be tough,
we are here to help you through the journey

Lecture Theatre, Trust HQ

Monday 12th June
09:00am - 10:00am

Tuesday 13th June
1:00pm - 2:00pm

PABBS Evidence-based Suicide Bereavement Training

Evidence-based • Evaluated • Engaging • Effective

Lecture Theatre, Trust HQ

Friday 9th June
09:00am - 16:30pm

In early June both If U Care Share and Suicide Bereavement UK will deliver support sessions and training opportunities for colleagues.

Colleagues who have been [impacted by suicide](#) - regardless of when this happened or how you have been impacted can [register to join a 1 hour support session](#) on 12th June (9am - 10am) or 13th June (1pm - 2pm).

Expressions of interest are also open for a training opportunity on Friday 9th June, when Suicide Bereavement UK will deliver their specialist [PABBS Training](#), aimed at increasing the knowledge, skills and confidence of professionals who come into contact with those affected by suicide. If interested, please [complete our expression of interest form](#).

Menopause & Sleep



HENPICKED

Our partners over at [Henpicked](#) are holding a free Lunch & Learn session on Tuesday 23rd May between 12:15pm - 12:45pm on the topic of [menopause](#) and sleep.

This session will be led by Dr Clare Spencer, a registered menopause specialist and NHS GP. The session aims to help those who are experiencing menopause or perimenopause and struggle to get to sleep or wake early. To sign up, [complete the registration form](#).

[Register to attend](#)

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](#)

Lunchtime Walking Club



Our newly launched Lunchtime Walking Club embarked on its first journey last Wednesday, with 18 people taking part in a 20-minute, 2250 step site walk.

If you fancy getting involved and enjoying some lunchtime fresh air on Mondays and Wednesdays, click below for more details!

[About the new Walking Group](#)

Weekly kickabout?



In response to staff feedback during our Health Needs Assessment, we're currently inviting expressions of interest from colleagues who would be interested in participating in a weekly seven-a-side football group.

It's hoped that by gathering a list of colleagues who'd be up for a weekly kick-about, we can help co-ordinate a regular football group. To register your interest, just complete the form below.

[Express 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.



Support



Trauma support page launched

Our new [Trauma Support Page](#) aims to provide colleagues with clearer and more easily-accessible access to support in instances of trauma and/or bereavement - in the aim of building a safer and healthier work environment, more supportive of all who have experienced a traumatic event.



Amongst the resources on the new page include signposting to the regional [staff wellbeing hub's Advice, Supportness and Kindness after Trauma TRiM offer](#), there to provide support, signposting and intervention after a traumatic incidents.

Also featured on the page is our newly revised [Wellbeing Support after Trauma guide](#), which features the above in addition to a wide range of support options available to you - ensuring you can find the most suitable support for your situation.

[Visit our Trauma support webpage](#)

Stop Smoking help



Between January and March 2023, Gateshead Health was a top 3 Trust across the North East and North Cumbria region for colleagues who accessed [stop smoking support](#).

Aided by free nicotine replacement products like a refillable E-Cigarette, more than 50% of all who accessed the service report a successful quit attempt. To learn more about or access this support - click below!

[Visit our Stop Smoking page](#)



10% off at ASDA

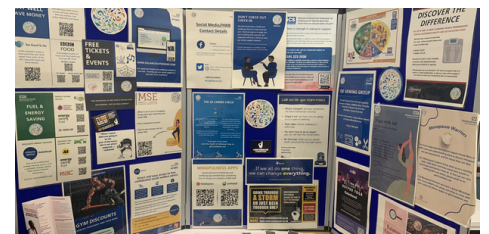
ASDA

Following on from our update in last month's edition, ASDA have now confirmed the continuation of their 10% offer to all [Blue Light Card](#) holders - with some small changes.

To take advantage of the discount, you'll now need to link your card with the [ASDA Rewards app](#) - which means you can also save through their cashback offers. To find out more, just head below.

[How to access the discount](#)

Awareness Events



May is a busy month when it comes to awareness events - and two others we're celebrating include [Skin Cancer Awareness Month](#) and [Dementia Action Week](#).

As well as dedicated news items on our website where you can learn more on each - you can also access our [melanoma page](#) or brand new [dementia page](#) at any time in [physical wellbeing area](#).

[More physical wellbeing support](#)

