

Balance | July 2023



Free sanitary products now available through Occupational Health

Limited supplies of free sanitary products are now available to collect for all staff through the Occupational Health department, as we look to provide colleagues with access to period products at work.

Funded through our [Health and Wellbeing Charitable Fund](#), the initiative aims to ensure that our colleagues are never caught short while working and is designed to enable discreet collection by those in need.

A range of care packages have been made available, with personal use packs grouped by sizes, and team packs containing a mix of product sizes so that these can be shared within your area.



Colleagues who are based at other sites and who cannot visit Occupational Health that would like to make use of this support, are kindly asked to get in touch with the health & wellbeing team on ghnt.hwb@nhs.net to arrange a collection.

Please note that stocks for this initiative are limited, and so we will eventually run out of care packages available. If you'd like to help us look at extending this offer further, please read about and consider contributing to our [staff health and wellbeing fund](#).

If you do access this support offer, we'd also massively appreciate it if you could complete our [health and wellbeing initiative feedback form](#). This helps us to understand the impact of our work, initiatives, partnerships and activities – and best understand which are best to continue and expand on!

Caught out at work?

We've got you covered

Visit
Occupational Health
to discreetly collect a
care package

Packages are
available for both
personal use and for
teams to share





2023 Step Count Challenge winners revealed!

Last week we celebrated the 75th birthday of the NHS - which meant the end of our annual step count challenge and the reveal of our winners!



With your help we were able to enjoy our most successful challenge yet, with a mammoth 101,002,508 steps in total - and a record number of teams and colleagues taking part.

Congratulations go to all who took part and boosted their activity levels throughout the month - and so too to each of our winning teams.

In the 7000 target league, The Troopers took the win. In the 10,000 league, it was ECG Girls who were victorious, while our 13,000 league was topped by Ward 26 Too Inspired to be Tired. To find out how your team finished, just click the button below.

[Find how you finished with our full final league tables](#)

#MeetTheMHFAs



Throughout 2023 a number of colleagues have been training as [Mental Health First Aiders](#).

To help grow their profile, we launched the #MeetTheMHFA series, providing an introduction to some of our first aiders and sharing more around their motivation for getting involved in the training and role.

Check out the series below!

[Meet our Mental Health First Aiders](#)

Do you feel well-rested?

During July, we're focusing on rest breaks and asking you - are yours sufficient? How rested do you feel after taking them?

We recently [updated our website](#) to promote, encourage and work towards a break-taking culture, in acknowledgement of the benefits both to our own wellbeing and the care we can provide our patients.

It was a change that has been timely, with this month's NHS People Pulse survey focusing in on the topic. To let us know your thoughts, just scan the QR code to the right or visit www.nhspeoplepulse.com.

You can also help us in promoting a break-taking culture by downloading and displaying our poster, outlining 5 steps you can take in your area towards better breaks.



[Complete this month's People Pulse Survey](#)

New training opportunities

A new training opportunity is now available to colleagues through a 90-minute session titled [Mental Health in the Workplace](#).

Building on the new [Health & Wellbeing Awareness session](#) launched in June, the session aims to assist anyone who supports the mental health of their colleagues.

During the session, participants will better their understanding around how to have impactful conversations on mental health, find out about sources of support & boost their ability to support colleagues.

[Learn more & book a place](#)

We love hearing your feedback! Help us improve by completing our [HWB Activity Feedback form!](#)



Events



Gateshead Health Star Awards

Nominations are still being accepted for the 2023 Star Awards, providing you with the perfect opportunity to say "thank you" and "well done" to those who've gone over and above what would be expected of them.

This year sees a number of new categories added to the awards, more about which can be seen over on the [new Star Awards StaffZone area](#).

Nominations generally only take around 10 minutes to put together and are a fantastic way to recognise a colleague. Take some time to express your appreciation - nominate a colleague by 31st July.

[Nominate a colleague for a 2023 Star Award!](#)

June 2023 Star of the Month

This month our congratulations go to Emma Scott of the East Locality Team, who has been named June 2023 Star of the Month!

Emma was nominated by Sarah Kershaw and Charlotte Webber, for always going over and above - demonstrated perfectly by the support and care she provided during a recent incident in which a person was stabbed in the community, after noticing the injured party while driving to another patient's home.

Thanks to Emma for your care, compassion and bravery!

[Read the full nomination](#)

Become a HWB Ambassador

We're revamping our approach to better support our health and wellbeing ambassadors. As part of this, we've launched a new ambassador web area and application form.

[READ MORE](#)



tinyurl.com/about-hwb-amb



[Apply Now](#)

tinyurl.com/gh-hwba-signup



Earlier today we held our latest [Schwartz Round](#) - and we're now seeking storytellers for our upcoming rounds.

Our next round will take place on September 20th, on the topic 'A time I felt proud'. If the topic sparks a memory for you, get in touch with us to learn more about storytelling.

[Contact us about storytelling](#)

Alcohol Support



Earlier in the month we celebrated Alcohol Awareness Week 2023. We want to use the occasion to remind you of the free support available around drinking.

Click below to learn more around DrinkCoach, and how you can access 6 free 1-to-1 support sessions.

[Learn more about DrinkCoach](#)

For more Balance news, drop us a follow on Twitter, [@HWBGateshead](#). You can also visit our website on balancegateshead.com.



Support



Free help to quit smoking

Colleagues are reminded of the support available to them to help quit smoking - which includes 12 weeks of free NRT products or a refillable E-Cigarette as well as tailored support.

Smoking causes 16 types of cancer, and can lead to diabetes, heart attacks and strokes. Half of all smokers will die from a tobacco-related disease. Unsurprisingly, benefits of quitting are almost immediate - with your pulse normalising 20 minutes after quitting - and extending all the way out to a decade after, where risk of lung cancer falls to half of that of a smoker.

To find out more about the offer, visit our dedicate webpage via the button below, email ghnt.qef-stopsmokingservice@nhs.net or call 0191 445 8144.



Cycle to Work Day 2023

Cycle to Work Day takes place on Thursday 3rd August and we wanted to use the opportunity to remind you about the facilities and offers available to you to encourage you to cycle.

Over on our website, you can view [site maps](#) which includes information about facilities including bicycle parking and showering facilities.

And two Cycle to Work schemes are also available for those looking to make a purchase - more of which can be found out about on our dedicated [cycling & walking page](#).

[Learn more about the stop smoking support available to you](#)

[About Cycle to Work Day](#)

citizens advice Gateshead

The latest monthly bulletin from [Citizens Advice Gateshead](#) provides colleagues with advice on [issues that might happen in education](#).

Remember, you can always gain priority access to Citizen's Advice Gateshead advisors via [email](#) or phone on 0191 490 4231.

Find out more about their support offer, on-site drop-ins and more below!

[Visit our CAG web area](#)

Manager Support page

We've now updated the recently-launched Manager Support page over on our website to include further information on some of the Organisational Development support available to you.

When visiting the [Manager Support page](#), you'll now be able to see you can access further pages focused on topics including [coaching](#), [health & wellbeing conversations](#), [leading well](#), [managing well](#), [OD interventions](#) and [team engagement & development](#).

[Visit our Manager Support area](#)

West Denton Nutrition Club

[West Denton Nutrition Club](#) are offering colleagues 10% off membership - as well as a free wellness evaluation worth £50.

Evaluations give you a chance to discuss goals, eating patterns and nutritional challenges; and be weighed on body analysis scales to learn about your hydration levels, body fat percentage, muscle mass and more.

The evaluation will also help you learn about simple changes you can make to help you reach your goals - and how membership could help you progress too.

[Learn more about the offer](#)

