

# Balance | September 2023



## Free health checks for Gateshead staff

Following discussions with Newcastle University, we're delighted to confirm that free monthly on-site health checks will now be available for all staff - starting from Friday 6th October in the [Listening Space](#).

Led by Newcastle University Pharmacy Students, health MOTs will be available to book for all staff. The aim of the checks is to help provide you with a better understanding of your general health, while also providing the chance to learn more about relevant support available that can help you. Students will be accompanied by an Academic Pharmacist, so staff are always in good hands!

Checks take between 20-25 minutes, and signposting to appropriate and relevant support will also be available on completion. The first clinic will take place on Friday 6th October between 11:00am - 2:00pm in the Listening Space. Spaces are limited and must be booked in advance.

To learn more about the offer and our future hopes for the service, [read our full news item](#). Or, to enquire about booking an appointment, just [complete our enquiry form](#) via the button below.

[Complete the form to enquire about booking an appointment](#)

## Get your flu and covid jabs

It is all of our responsibility to protect both ourselves and our patients from the flu - which can be a serious illness for those with weakened immune systems such as the elderly or children.

This Monday 25th September will mark the start of a 'Jabathon', as we look to provide colleagues with the chance to get their jabs on-site. From Monday 25th to Friday 29th, you'll be able to visit The Hub to get a flu jab between 08:30am - 4:00pm daily.

Then, during the weeks commencing 2nd & 9th October, open drop-ins for both Flu and Covid vaccines will take place from Occupational Health, giving you the chance to pop in anytime between 9:00am - 4:00pm with no appointment needed. Please note this service will only be available on weekdays.

Also taking place from 2nd October will be staff who will be roaming the Trust to provide flu jabs. This will include evenings, nights and weekends. To find out more, [read our news item](#) on the button below.

[Find out more about our Flu and Covid vaccination offers](#)

## Free Staff Health Checks

Taking place the first Friday of each month, book a free health MOT in partnership with Newcastle University Pharmacy Students.

Visit [tinyurl.com/gh-healthchecks](https://tinyurl.com/gh-healthchecks) or scan the QR code:





## Welcoming Passion4Fruits

Yesterday we welcomed Passion4Fruits on-site for the first time, as part of a new partnership that will see the local produce vendor set-up and provide a stall at the Queen Elizabeth Hospital on Wednesdays between 7:00am - 4:00pm.



The arrival of the popular local supplier comes following staff feedback, and aims to help colleagues in making healthier decisions easier while at work.

The stall will be found in the car park opposite the main entrance of ECC every Wednesday, and will be home to some of the region's finest fruit & veg at outstanding prices.

Even better, all #TeamGateshead staff will be able to access the goods at a discount when showing their staff ID, which will entitle them to 10% off any purchase. You can find out more about it all below!

[Learn more about our newest partners and their stall](#)

## Singing Group reconvenes



Following a summer break, the Gateshead Health Singing Group has reconvened and is now hosting weekly sessions on-site.

Taking place every Thursday between 5:30pm - 7:00pm in Room 4 of the Education Centre/Trust HQ, sessions are open to everyone and no experience (or audition!) is needed to be part of the group.

For further queries on the group, please drop us a line.

[Email ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net)

## Marking Back Care Awareness Week

Taking place between 2nd - 6th October, the Occupational Health and Wellbeing Team will be making an effort to mark Back Care Awareness Week with a number of events over the course of the week to help support colleagues.



On Monday 2nd October, representatives of our Occupational Health & Wellbeing [Clinical Ergonomics](#) and [Physiotherapy](#) teams will be available in The Hub between 11:30am - 1:30pm. A stall will also take place at The Park Deli (Bensham) between 11:30am - 1:00pm the following day, Tuesday 3rd October.

Those who visit a stall will be able to chat with colleagues and be given information and resources that can help support you. You can find out more about the occasion and resources available to support [you via our website](#).

[More on Back Care Awareness Week 2023](#)

## On-site Pilates launched

Following a successful trial, we were delighted to formally launch on-site pilates classes earlier this week.

Taking place on Tuesday and Thursday evenings at the QE Hospital, the 4-week programmes provide colleagues attending the chance to participate in classes on-site, at a low cost and with the leadership of trained facilitators from our musculoskeletal physiotherapy team.

To find out more about the groups, including how you to get involved in future programmes, read our news item below.

[More on our Pilates programmes](#)

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



# Events



## World Mental Health Day - 10th October

**World Mental Health Day** takes place on Tuesday 10th October, focusing in on this year's theme: 'Mental Health is a universal human right'. To mark the occasion, a stall will be held in The Hub.



Aimed at driving awareness of mental health as well as positive change for everyone's mental health, the day highlights the importance of mental health - which is a particularly pertinent topic for healthcare professionals who statistics show are more likely to experience poor mental health.

To find out more around some of the resources available to support your mental health at Gateshead Health, [visit our website](#).

Alternatively, we'd love to see you on 10th October at our lunchtime stall, organised by our fantastic [D-Ability Network](#). For more on World Mental Health Day, including resources you can print and display locally, just [visit their website](#).

[Learn about the mental health support available to you](#)

## World Alzheimer's Month



We're currently in the midst of World Alzheimer's Month, aimed at raising awareness of Alzheimer's and Dementia.

Over on [balancegateshead.com](https://balancegateshead.com), we've posted an item highlighting some of the support available to help you in reducing your risk of dementia, as well as support resources available for those who care for others with dementia, while further resources can also be found on our [Dementia Support page](#).

[About World Alzheimer's Month](#)

## 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](https://tinyurl.com/about-hwb-amb)



Apply Now

[tinyurl.com/gh-hwba-signup](https://tinyurl.com/gh-hwba-signup)

## Menopause Awareness Day

October 18th will mark World Menopause Awareness Day, with this year's theme focusing in on cardiovascular disease.

The Occupational Health and Wellbeing Team are currently putting the finishing touches to our plan to celebrate the day - but we wanted to use the upcoming occasion as a chance to remind colleagues of the support and resources available to those who experience symptoms. To view these, just [check out our Menopause page!](#)

[Visit our Menopause webpage](#)

## Fantasy Premier League



A bit of an unusual one - we've launched the Gateshead Health Fantasy Premier League, giving would-be gaffers the chance to show their skills.

To sign-up, just get your enter your fantasy.premierleague.com team in our league using the code: **c7a2c8**.

A small Amazon voucher is up for grabs for the winner, and we may look at holding a gathering every now and then for those involved if the demand is there.

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



# Support



## Stoptober - Support available to help you quit!

As we prepare to enter October we also approach Stoptober, an annual campaign aimed at encouraging smokers attempt to quit.

As what remains the single biggest cause of preventable illness and death in England, smoking remains a major challenge for the NHS. With those who go 28 days without smoking 5 times more likely to successfully quit, we want to highlight Stoptober as a fantastic opportunity to make an attempt to quit.

And to help boost those chances even further, we also want to remind all staff of the [stop smoking support](#) available internally - providing any quit attempters with 12 weeks of free Nicotine Replacement Therapy products or a refillable E-Cigarette, in addition to further support where desired.

We recently revealed that [Gateshead Health colleagues led the region in quit attempts earlier this year](#) - and we'd love to see similar success through Stoptober. Find out more about the support below!

[What support is available to help me quit smoking?](#)

## MELISSA Bus in Gateshead

The MELISSA Bus is set to return to Gateshead next week when it visits Trinity Square on Tuesday 26th September for a Health Promotion Day.

The bus will be around between 10:00am – 4:00pm, and will be home to a number of displays – with representatives from Gateshead Health teams including cancer prehabilitation, breast screening, AAA screening, bowel cancer screening, admiral nursing, colposcopy and Macmillan cancer information and support.

Learn more about the visit below!

[More on MELISSA](#)

 **Gateshead**

The latest monthly bulletin from [Citizens Advice Gateshead](#) provides colleagues with advice on [flight and train cancellations](#).

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](#)

## NENC Staff Wellbeing Hub

Colleagues are advised that the North East and North Cumbria ICS Staff Wellbeing Hub will officially close at the end of September 2023.

A fantastic partner to the Trust, the Staff Wellbeing Hub and its team has supported Gateshead colleagues through provisions including talking therapies, retreats, support groups, events and much more.

Those seeking to access Wellbeing Hub resources should do so before October at which point info may be removed.

[Visit the Wellbeing Hub website](#)

## National Fitness Day 2023



Yesterday (20th September) marked National Fitness Day 2023, as we welcomed BodyHacks Fitness instructor Joe on-site.

Over on our website, we marked the occasion by highlighting a number of offers available to support the fitness of staff - including gym discounts, free platforms and programmes and much more.

[Get fit for less!](#)

