

Balance | October 2023



Free salon treatments set to return

The Occupational Health and Wellbeing Team are pleased to confirm that students from Gateshead College are set to return to Gateshead sites from November 2023 to resume their popular free salon treatment offer.

Providing free treatments including Indian head massages, mini pedicures and mini manicures, students from Gateshead College's Botanica Salon will return from Thursday 9th November.

Previously, students had joined us on Fridays, with a change required this academic year to better suit the schedules of our students. Initially, this offer will be made available weekly in our [Listening Space](#), with an eye to bringing free treatments to both Bensham Hospital and Blaydon UTC again in the New Year.

Also new is the timing of our sessions, with 30-minute appointments now set to be made available between 1:30pm – 3:30pm. To allow us to offer the same number of appointments in a shorter space of time, we will be joined by up to four students each week.

We are now accepting bookings for treatments, and ask you send your preferred treatment, date and time to ghnt.hwb@nhs.net. We'll do our best to slot you in, or work with you to find a time that is available.

And for those who'd rather enjoy a full salon experience, all Gateshead Health staff (inclusive of our QE Facilities colleagues) can enjoy 30% discounts at Botanica Salon itself – just contact the salon directly on 0191 490 2283 or via email on botanica@gateshead.ac.uk to arrange this. A full list of their beauty, hair and barbering services available can be found [here](#).

Huge thanks go on record to Gateshead College once again, who continue to be a fantastic partner and supporter of the Trust and our workforce.



[Learn more about our partnership with Gateshead College and Botanica Salon's services](#)





World Menopause Day 2023

Earlier this week we marked [World Menopause Day 2023](#) with a stall.

At the stall, we shared more info around our newly-launched Menopause Passport as well as the impending launch of a new menopause awareness training offer for 2024.

Of course, the day was also used as an opportunity to promote some of [our existing support](#) - including our menopause warriors support group, menopause buddy system and more.



If you couldn't make the stall but are keen to learn more about the support available to those who experience symptoms of menopause and perimenopause, just head to our website for further information!

[Find out more about the support available to you](#)

Fighting alcohol addiction

We recently caught up with Health and Wellbeing Ambassador Aimee Day, who kindly shared her experience of alcohol addiction.

In a recently-published item covering the chat, Aimee discusses how alcohol can impact mental state, how she went about making the decision to quit and how quitting has changed her life.

The item also outlines where colleagues can find support with alcohol - and can hopefully act as inspiration for anyone who is concerned with their intake.

[Read about Aimee's experience](#)

Book your Flu and Covid Jabs

Though open drop-ins are now finished in the Occupational Health department, the team is now accepting appointments for vaccinations with regular clinics scheduled right up until December.

A full schedule of dates where appointments have been made available can be viewed [on the Balance website](#) via the button below.

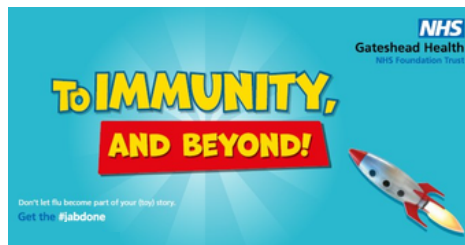
To enquire about booking a vaccination for Covid, Flu or both, you'll need to get in touch with the Occupational Health team. The team can be reached during opening hours via:

Phone: 0191 445 5494

E-mail: ghnt.occupational.health@nhs.net

Please note that if you have a preferred date, all appointments remain subject to availability. We will try to work with you to find a time that suits.

[Check out the dates that clinics for vaccinations are taking place](#)



On-site Pilates: Waiting List

We are inviting expressions of interest for our on-site pilates classes, taking place on Tuesday & Thursday evenings, 5:30pm – 6:30pm, at the QE Hospital.

The sessions, formally launched last month after a successful trial period, cost just £5 per week and provide a great opportunity to stay active and unwind.

To learn more about the classes, which are led by qualified instructors from our Physiotherapy department, just visit the news item on the link below. To register interest in attending, email us on ghnt.hwb@nhs.net.

[More on our Pilates programmes](#)

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



Events



New dates confirmed: training opportunities

Dates for health and wellbeing training opportunities throughout 2024 have been confirmed.

Dates for our Health and Wellbeing Awareness Session can be seen to the right, with the monthly session targeted at providing you with a foundation-level understanding of our overall health and wellbeing offer here at Gateshead.

Also confirmed are quarterly dates for our Mental Health in the Workplace sessions, with the next taking place on 14th March at 10:00am. To learn more about these opportunities and how to book a spot, [visit the news item below](#).

HEALTH AND WELLBEING AWARENESS SESSIONS (1 HOUR) 2024 DATES
30TH JANUARY, 12:00PM
22ND FEBRUARY, 12:00PM
18TH MARCH, 12:00PM
23RD APRIL, 12:00PM
20TH MAY, 12:00PM
27TH JUNE, 12:00PM
30TH JULY, 12:00PM
24TH SEPTEMBER, 12:00PM
22ND OCTOBER, 12:00PM
18TH NOVEMBER, 12:00PM
10TH DECEMBER, 12:00PM

Staff Health Checks

Earlier this month we were delighted to launch [free on-site health checks for staff](#) thanks to a new partnership with Newcastle University.

While these are now fully booked until 2024, to ensure both you and the students conducting checks get the most from them, we are looking to create a waiting list we can contact on short notice to offer a health check.

If you'd be interested in being added to the list, please drop us a line on ghnt.hwb@nhs.net with your name and phone number. For more info on the checks, click below.

[Learn more about our training programs and secure your spot today!](#)

[About our Health Checks offer](#)

Become a HWB Ambassador

We recently revamped our approach to better support our health and wellbeing ambassadors - featuring a new ambassador web area and application form.

READ MORE



tinyurl.com/about-hwb-amb



tinyurl.com/gh-hwba-signup

International Men's Day

Next month we'll be celebrating International Men's Day with a stall where we'll be joined by [Andy's Man Club](#).

More information on the stall will be shared closer to the time. Please keep an eye on Gateshead Health Weekly for details.

This year's theme is split into four, encouraging men to take action to stay healthy, check in on a friend, work together to boost male health and promote healthy male role models.

[Visit our Men's Health webpage](#)

Self-Care Week

Self-Care Week returns between 13th - 19th November this year, and we wanted to use the occasion as a reminder of the support available to staff in this area.

This year's theme is 'Mind and Body', and over on our website you can find plenty of support in this area: whether it's [a free subscription to Headspace or Unmind](#), some 'you time' at a [salon treatment](#), support through our [staff networks](#) or otherwise - our aim is always to provide something for everyone. Check out more support below.

[Visit our Self-Care area](#)

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



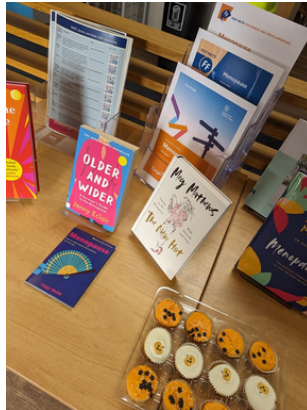
Support



How our Library can support your wellbeing

You might be aware that our on-site library is there to support you - but did you know it also stocks dozens of books to support your wellbeing?

We've been grateful for the support of our Library Team across a number of initiatives - whether their book club, publications available in the Listening Space or at events such as our recent World Menopause Day stall.



And colleagues are welcome to access our Library and Knowledge Services - just Clinical Skills, just above The Hub in the QE Hospital, at any time. Dedicated wellbeing-focused book lists can be found on our [website](#), along with relevant journals, resources, info and more.

Learn more about our Library and Knowledge Services team below.

[Find out how our Library & Knowledge Services team can support you](#)

Help us help you!

One area that we're always looking to improve in is our use of data.

Understanding the impact of our work helps us to better direct our focus going forwards - making all feedback, regardless of whether it is positive or negative, useful to us.

If you've interacted with any Occupational Health and Wellbeing service lately, [can you help us understand our impact by completing our feedback form](#)? This can be completed as many times as you like - so we always appreciate completions!

[Complete our feedback form](#)

 citizens advice Gateshead

The latest monthly bulletin from [Citizens Advice Gateshead](#) provides colleagues with advice on [mortgage and shared ownership issues](#).

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

In welcome news, the Trust was notified that [the North East and North Cumbria ICS Staff Wellbeing Hub will now remain open until at least March 2024](#).

The decision will see the Wellbeing Hub team able to provide their fantastic, albeit slightly reduced offer to staff across the region - including colleagues from Gateshead.

To find out more about the free and confidential support available through the Wellbeing Hub, just head over to their website on the button below.

[Visit the Wellbeing Hub website](#)

Financial Wellbeing

Colleagues are reminded of the financial wellbeing support available to them through various means - and highlighted through our popular [Guide to Financial Wellbeing](#).

The guide brings together all of the support available to colleagues across discounts, offers, savings and much more!

To [download the latest copy of the guide](#), just visit our dedicated page over on the website. We're currently working to further expand available support - so stay tuned for updates!

[Download the guide](#)

