

# Balance | December 2023



## Celebrating our Mental Health First Aiders!

As we approach the end of 2023, we've been taking the opportunity to [reflect](#) on some of our work throughout the year. One area we're particularly proud of is our work to develop a network of trained mental health first aiders.

During 2023, Gateshead has more than doubled its number of Mental Health First Aiders (MHFAs), meaning there are now more than 80 active first aiders across the Trust - 47 of which completed their training this year.

The area most proactive in boosting their skills in spotting signs of mental health issues and their confidence and ability in guiding colleagues to appropriate support was clinical support and screening. With more than a dozen colleagues from the team completing their training this year, the unit is now the most active area when it comes to mental health first aiders.

And in more good news, no business unit has been left behind with mental health first aider representation now existing across all business units. Providing non-judgemental listening, guidance and signposting, first aiders are there as a compassionate friend when you're in need - and you can contact any from our list (regardless of your or their department) through the contact details listed on our [find a mental health first aider page](#) on our website.



### Train as a Mental Health First Aider:

Dates for 2024 training opportunities are currently being finalised, and will include both Mental Health First Aider training (2 days) as well as refresher training (half day) for those who completed their training three or more years ago. To find out more about the training, [click here](#) - or to register your interest and be the first to know when dates are available, please [register your interest here](#).

### Line Manager development opportunities:

As we look to expand and increase the impact of mental health first aiders within the Trust, we're also looking at planning in MHFA Champions training for Line Managers in 2024. Find out more on the training [here](#), or register your interest in attending through our [sign-up form](#).

For more on MHFA training opportunities, including the thoughts of our instructor and OD Practitioner, Sam Corcoran, please read our news item below.

[Find out more about MHFA Training opportunities](#)





## Book your free health check for 2024

We're now arranging bookings for [free staff health checks](#) on Friday 2nd February and Friday 3rd March. To register your interest, please [complete our registration form](#).

Led by pharmacy students of Newcastle University, health checks have been very popular with #TeamGateshead colleagues since their launch - with feedback on experiences available to read below.

Health checks offered are representative of a standard NHS health check, and are inclusive of checks on blood pressure, blood glucose, blood cholesterol, height, weight, healthy lifestyle advice and the likes.



"Brilliant service. The three students I had were very welcoming, very friendly and very attentive. Great job! Thank you."

I found this experience really helpful. I wasn't sure what to expect when I arrived but the students who saw me were all lovely. I would recommend this health check to my colleagues.

Staff undertaking the health check were very pleasant and appeared knowledgeable in the subjects of raised blood pressure, blood glucose and healthy lifestyle. Provided verbal and written feedback of results which was useful to take away. The venue is easily accessible and the surroundings were pleasant and comfortable. A positive experience, thank you!

[Register your interest in attending a free staff health check](#)

## Latest People Pulse Survey now live

The latest [NHS People Pulse survey](#) is now live and available for colleagues to complete until January 1st 2024.

People Pulse surveys provide the organisation with a more frequent temperature check and provide you with the opportunity to share your thoughts, feelings and concerns.

Of course, the survey follows our Annual Staff Survey which recently closed. We'd like to thank all colleagues who took their time to share their thoughts in the survey, and look forward to reading results from a wellbeing perspective in the New Year.

This year, our hope is to dedicate time to sifting through data on a more granular level, potentially enabling us to take a more targeted approach to improving access to health and wellbeing support in the areas where it is most needed - in addition of course to using more general feedback to direct our focus as usual.



## Schwartz Rounds

Our final [Schwartz Round](#) of 2023 is titled 'What I get from Schwartz' and takes place on Wednesday 20th December between 12:30pm - 1:30pm in the Lecture Theatre of the Education Centre in the QE.

The session will provide attendees with the chance to reflect on their experiences with Schwartz Rounds, meet the steering group responsible for their delivery, and provide feedback and suggestions.

A schedule for the first half of 2024 has also been put together, with topics now confirmed based on staff feedback and available to [view on our website](#).

[Complete the latest survey](#)

[Request an invite to a Round](#)

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



# Events



## Citizens Advice Gateshead - Line Manager Training

A [new training opportunity](#) targeted at #TeamGateshead line managers is providing them with the change to learn more about how our partners at [Citizens Advice Gateshead](#) can support colleagues who are employed by Gateshead Health or QEF.



The one-hour sessions will take place quarterly and provide line managers with an insight into the impartial and confidential advice, guidance and information their staff can access free of charge.

In the context of current pressures, the sessions may be particularly useful if you have concerns about the wellbeing of your staff; a member of staff has mentioned money worries to you; you're seeking more information on signs to look out for as a manager or you're simply interested in hearing how our partnership works.

Places can be booked via 'My Learning' or the L&D Catalogue in ESR, with the next session scheduled for 12:00pm on Monday 5th February in Room 2 of the Education Centre.

[View & book upcoming courses via ESR](#)

## Master the art of Budgeting

Our partners at [Salary Finance](#) are hosting a trio of live streams, targeted at helping you master the art of personal budgeting - while stripping away the boring bits.

Taking place at 10:00am, 12:30pm and 3:30pm on Wednesday 17th January, colleagues can join to learn more about creating a tailored budget, the benefits of maintaining an emergency fund and proven strategies to help pay off debts.

There'll also be a chance to ask questions, and all attendees will also be entered into a prize draw. To register for a place on one of the streams, just click the button below.

[Register for a budgeting masterclass](#)

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



[Apply Now](#)

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

## HWB Conversation Training

NHS England continues to provide dozens of sessions to train and assist line managers in feeling more comfortable in having safe & effective health and wellbeing conversations.

A range of January dates are now available to book, with February and March dates also set to be released soon. All colleagues should have a health and wellbeing conversation (also known as a [check-in](#)) with their manager at least annually.

To book a spot, just click below!

[See upcoming training dates](#)

## Winter support from NEYLA

The North East and Yorkshire Leadership Academy has designed a winter support package full of workshops throughout December & January.

Included amongst the schedule includes workshops designed to support mental health, manage health and wellbeing in challenging times, provide a chance to socialise and more.

To check out the full agenda of support available and book on to sessions, please check the website item via the button below.

[Check out the full schedule](#)

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



# Support



## New Year, New You? Get support to cut down drinking

As we approach 2024, many of us will be setting out some personal goals for the new year - with some considering how they can cut down on their alcohol intakes.

Our partnership with DrinkCoach entitles all #TeamGateshead colleagues to access 6 free one-to-one and confidential coaching sessions with a qualified alcohol treatment specialist.

Accessing the service is as simple as taking a [quick 2-minute test](#), which will then create a results page featuring a number of routes of support - inclusive of the offer to book in for sessions with DrinkCoach. You can learn more about this offer via our [Alcohol Support page](#), where you can also learn about useful tools like the SoberBuddy and DrinkCoach apps.



[Take the test to access further support for drinking](#)

## Free vouchers from Uber

Colleagues with an '@nhs.net' email address can access £30 worth of vouchers through Uber between 24th & 25th December.

Those who link their Uber account to their NHS email will receive 2 x £10 taxi vouchers, as well as 1 x £10 food voucher, all of which can be redeemed over the two day period.

For instructions on how to link your account and ensure the vouchers are added to your account, just head over to our website where we've put together some simple instructions for you to follow.

[Get your free vouchers](#)

 **Gateshead**

The latest monthly bulletin from [Citizens Advice Gateshead](#) is on Council Tax Reductions & Debt and can be viewed [here](#).

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](#)

## Premium App Memberships

Free access to premium memberships for popular apps Headspace and Unmind have once again been extended into the new year.

The news means #TeamGateshead colleagues can access Headspace premium until at least 31st March 2024 free of charge, and Unmind's premium membership until at least 31st December next year.

To find out how to access memberships - or learn about other platforms you can access freely, read the news item below.

[About Headspace & Unmind](#)

## Free Salon Treatments

Our weekly free salon treatments are now on a festive break, and are set to return from Thursday 11th January.

Thirty-minute appointments are now available to book. Appointments begin at 1:30pm with the final appointments starting at 3:30pm.

Manicures, pedicures and head massages are available from the Botanica Salon students. To book, please email us on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net) indicating your preferred treatment and booking time - we'll try squeeze you in!

[Contact the team](#)

