

# Balance | February 2024



## International Women's Day 2024

Friday 8th March will mark International Women's Day 2024, with the campaign theme for this year being to 'Inspire Inclusion' - and the wider aim of the event to identify, celebrate and increase the visibility of women's achievements to forge equality.

Here, we share how the organisation will be marking the occasion and how you can get involved, and outline some of our plans from a staff health and wellbeing perspective on how we'll look to sustain our commitment to support women at Gateshead Health.

### IWD 2024 Events:

#### **Women's Network IWD Stall:**

To mark International Women's Day, our Women's Network are holding a get together in The Hub at the QE Hospital on the day itself, where you'll find them around between 12:00pm – 2:00pm. Those looking to join our Women's Network can learn more at the stall – and there's even the chance to join as the Network's new Chair – so do pop along if you'd like to learn more about the role.

#### **Celebrating International Women's Day 2024 (NHS Confederation):**

Prior to the above, the Health and Care Women Leaders Network will gather over Zoom between 10:00am – 12:00pm to celebrate International Women's Day. On the call, the network will highlight work that is ongoing to progress gender equality and enhance inclusivity for women working in healthcare. All are welcome and to book your spot, [just visit this link](#).

### Our plans:

As part of our organisational ambition to improve to become a Northern Centre of Excellence for Women's Health, it has become clear that we could and should expand our support offering for staff – to reflect that organisational knowledge, expertise and support internally and ensure this is to the benefit of our colleagues as well as our patients.

To this end, we are currently focusing in on the priority areas listed within the [NHS England Women's Health Strategy](#) and building a portfolio of resources, signposting and support for our colleagues. This work is already underway and will be hosted in our new [Women's Health](#) area, with pages on support for [menopause](#) and [violence](#) against women already up and live and with many more to follow.

We'd appreciate your feedback and input on our work to improve women's health support at Gateshead, so if you have any ideas or specific requests, please do let us know by getting in touch on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net).

[Visit the in-development Women's Health area on balancegateshead.com](https://balancegateshead.com)





## Skydiving for Staff Wellbeing

Gateshead Health Non-Executive Director Anna Stabler will take a leap of faith in July when she skydives in aid of Staff Health & Wellbeing here at Gateshead.



**ANNA'S  
CHARITY SKYDIVE**

21st July

In support of staff  
Health and Wellbeing



Anna has worked in the NHS for 38 years, and her second job as a staff nurse within the surgical division was here at Gateshead Health, where she spent many happy years before completing her midwifery training.

Anna returned to Gateshead back in 2021 as a non-executive director, and as she prepares to take place in the annual Gateshead Health Charity skydive, has kindly chosen to raise for our staff wellbeing fund.

To find out more about Anna, her history at Gateshead, the skydive and how you can make a donation that will help support staff wellbeing here at Gateshead, just click the button below to be taken to the Gateshead Health website.

[Find out more about Anna's skydive and how to donate](#)

## LGBT+ History Month

It is currently LGBT+ History Month and to round out the celebration, our LGBT+ Network will be providing free breakfast to those who join them to celebrate on the morning of Friday 1st March.

All are welcome to come along, learn about LGBT+ history within medicine and enjoy free food. At The Hub, there'll be breakfast sandwiches (including vegan options) from 08:30am. Elsewhere, scones will be available from The Park Deli at Bensham from 09:00am.

[About our Staff Networks](#)

## Supporting our Fruit & Veg Stall

Recent discussion with our friends at Passion4Fruits has indicated that sales at our weekly Wednesday on-site fruit and veg stall at the QE Hospital are slow compared to other hospitals throughout the region.

To keep colleagues in the loop, we wanted to share that the worst-case potential implication of this is that we may lose our stall. At the moment, it is looking likely that the stall is likely to be reduced to a fortnightly basis in the first instance.

Feedback received through our staff Facebook page has indicated that other locations on-site may help improve accessibility to the stall, and we will explore the possibility, but must note that this would depend on insurance and licensing checks as well as appropriate space. A delivery service has also been discussed with the P4F team, so we are exploring options to try make things more convenient where possible.

#TeamGateshead colleagues can enjoy 10% off all purchases at the stall by showing their ID badges when making a purchase. If you have any feedback or ideas, please can you email [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net)?

[About our Fruit & Veg Stall](#)

## Book Salon Treatments

Following a well-earned break for the Botanica Salon students, **free salon treatments** will be available to book again from Thursday 7th March, with 30-min appointments between 1:30pm - 4:00pm.

Head massages, manicures and pedicures are all available free of charge, and all colleagues are invited to book a 30-minute appointment slot by emailing [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net) with their preferred appointment time and treatment.

Support for this initiative is always appreciated so please spread the word, too!

[Read our testimonials!](#)

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



# Events



## Unlock the world of digital reading through BorrowBox

Gateshead Public Libraries is thrilled to invite all Trust colleagues to join BorrowBox, a digital platform that brings their library to your fingertips.



The Gateshead Library team will be on hand in The Hub on Tuesday 5th March, where they'll be on hand to introduce BorrowBox.

Through the platform, you'll be able to access thousands of eBooks, eAudiobooks, eNewspapers and eMagazines - all completely free of charge through the BorrowBox app.

Those who visit the stall will be able to learn more about the app and get hands on assistance to help you register. Even better, your home address is irrelevant - meaning you can sign up regardless of where you live.

Those who can't attend or who are based elsewhere can also request further info [through Microsoft Forms](#). To learn more about BorrowBox, click the button below.

[More on BorrowBox and Gateshead Public Libraries](#)



The Point of Care Foundation



Schwartz Rounds

## Schwartz Rounds at Gateshead

Bookings for next week's **Schwartz Round**, 'When My Best Isn't Good Enough' are looking healthy with the virtual round set to be one of our most well-attended yet.

Thursday's topic was voted for by #TeamGateshead colleagues, with the round taking place over Teams between 12:30pm - 1:30pm.

If you'd like to request an invitation to join us, please drop us a line on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net). You can also see our line-up of rounds for the year via the button below.

[Email the team for an invite](#)

## 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)

## Inclusivity Training

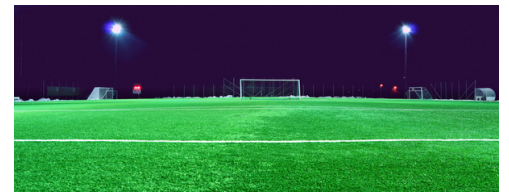
**All** line managers are asked to book on to Show Racism The Red Card's Inclusivity Training sessions between now and the end of March.

In total, more than 20 sessions are available to book with all line managers expected to complete the training.

To book, log-in to [ESR](#) and open the L&D Training Catalogue in your portal. Sessions can be booked through the 'Face-to-Face' section and are titled 'Manager Inclusivity Training'.

[Log-in to ESR](#)

## Five-A-Side Football



Health & Wellbeing Ambassador Mirza 'Sonny' Ali is looking for colleagues interested in getting involved in a weekly 5-a-side session.

Sonny has helped identify a venue and now just needs a few more players to help decide on a regular day and time.

If you'd be interested in getting involved, just drop Sonny a line on [mirza.ali@nhs.net](mailto:mirza.ali@nhs.net).

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



# Support



## Mental Health Support in the Workplace

Support available through [Maximus](#) looks to help you improve your wellbeing at work, providing those with conditions such as anxiety, depression and stress at work with free and quick-to-access to longer-term mental health support.

Maximus' support is suitable both for those who are working and who are currently signed off from work, and is completely free to access. To be eligible to access the support, you need only have a mental health concern (diagnosed or undiagnosed) which is making your job difficult or has resulted in workplace absence.

The service can help with workplace support, wellbeing plans and coping strategies and can be accessed via by completing their [application form](#).

# maximus

YOUR MENTAL  
HEALTH MATTERS



## Understanding your pension

The Money & Pensions Advice Service is looking to help you better understand your pension through its upcoming webinar targeted to public sector workers.

Taking place via Teams on Tuesday 27th February at 11:00am, the session will see MoneyHelper Pension Specialists provide more info around your pension, how it works and what you can expect in retirement, with a chance to ask questions following the presentation.

To [book your spot](#), just sign-up through the button below.

[Apply for support through Maximus](#)

[Book your spot on the webinar](#)

 **Gateshead**

The latest monthly bulletin from [Citizens Advice Gateshead](#) focuses in on [pet costs](#), and can be found on their dedicated Balance webpage.

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](#)

## Ramadan staff support

With Ramadan taking place between Sunday 10th March to Tuesday 9th April, a webinar has been organised to share insights and advice on supporting Muslim colleagues throughout Ramadan.

Taking place via Zoom on Monday 26th February between 3:00pm - 4:00pm, the session will help equip colleagues and line managers with the knowledge needed to help accommodate religious beliefs & practices during Ramadan, and increase awareness around any potential occupational ramifications. To book, just click below!

[Book on to the Webinar](#)

## Suicide Prevention Training

If U Care Share are holding a number of face-to-face suicide prevention training sessions over the next month.

The courses will focus on the charity's health-service focused STOP programme, exploring the support needed for those bereaved by suicide and how this support can be accessed; as well as increasing participants knowledge around suicides, the warning signs and how to intervene.

For further information, training dates & how to book, click the button below.

[Sign-up for the training](#)

