

# Balance | March 2024



## Get active this Spring!

One current area of focus for the Occupational Health and Wellbeing team is providing, promoting or accommodating more opportunities to get physically active for our staff.

Recently, we've been requesting feedback from our [Health & Wellbeing Ambassadors](#) as well as managers participating in [Managing Well](#) around the physical activities they'd like to get involved with - and looking at how we might be able to facilitate opportunities to do just that.

Off the back of this, we've been able to identify a new social summer netball league, opportunities to try tag rugby and potentially join a team and launch a weekly five-a-side football group.

To find out more about each opportunity, read on below. Or, if you'd like to see us pursue another idea, please share your thoughts and feedback to us directly on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net).

### Netball



We're looking to enter netball teams into the social summer leagues which take place at Kenton High School on both Tuesday and Wednesday evenings.

Start times are likely to vary (6:30pm, 7:15pm & 8:00pm), and we're looking for players of all abilities to join a team.

There is a small cost of £26.80 per game, which is split between those playing. An 'Introduction to Netball' taster session for those interested can also be arranged.

To find out more, [click here](#), or to sign-up, click the button below!

[Sign-Up for Netball](#)

### Tag Rugby



[Try Tag Rugby](#) is an organisation already helping more than 10,000 people enjoy weekly tag rugby across England, and is now set to arrive in the North East!

The organisation is hosting a trio of free taster sessions suited to players of all abilities and genders, taking place at Paddy Freeman's Park on the following dates:

- Tuesday 4th April, 6:45pm
- Thursday 11th April, 7:00pm
- Saturday 13th April, 2:00pm

To learn more about this opportunity, [click here](#), or to sign-up for a session, just click the link below!

[Register for a taster session](#)

### Football



Health and Wellbeing Ambassador, Mirza Ali (Sonny) has kindly organised a five-a-side group for staff to get involved in a weekly kickabout.

Kicking-off from Thursday 28th March between 4:00pm - 5:00pm on the 3G surface at Cardinal Hume, Sonny is now looking for more players to help get the group up and running consistently from week-to-week.

There is a cost of £54.00 per session, which will be split equally between all involved to cover costs of pitch rental.

If you are interested in playing, whether weekly or otherwise, please email Sonny on [mirza.ali@nhs.net](mailto:mirza.ali@nhs.net).

[Email Sonny to get involved](#)





## Relaunching the Carer's Circle

The Health and Wellbeing Team is keen to relaunch the Carer's Circle and schedule monthly meet-ups for those with working carer responsibilities.

Carer's Circle meetings are designed as an opportunity for our [working carers](#) to meet and discuss their experiences - and the challenges - of being a working carer.

Many colleagues who've attended previous Carer's Circle meetings have found that they've been able to receive useful advice on their situation - or learn more about support available to them.

Amongst some of the support available to our working carers here at Gateshead includes the [Carer's Passport](#) - a document owned by the carer and designed to prompt managers to consider what adjustments may be made to support colleagues in staying well at work.

If you're interested in joining us at an upcoming meeting or even helping lead meetings, please [get in touch!](#)

[Email ghnt.hwb@nhs.net to join the Carer's Circle](mailto:ghnt.hwb@nhs.net)



## Development opportunities

A number of development opportunities which may pertain to staff wellbeing are currently being promoted.

A trio of three-hour **Domestic Abuse Training** sessions have been set-up and arranged, with sessions on 17th June, 23rd September and 11th November. To book, log-in and visit the main dashboard of [ESR](#).

Elsewhere, **Citizens Advice Awareness sessions for line managers** have been arranged for 29th May & 27th August, designed at helping managers better understand how their service may support staff. To book, [email us](#) or use the L&D Catalogue in [ESR](#) (under Face-to-Face).

And if you're a line manager, it's not too late to book your mandatory **Manager Inclusivity Training**, with a number of sessions still available until 5th April. Again, these can be booked via the [L&D Catalogue](#).

**Making Every Contact Count** training is also available on 23rd May May, with a 3 hour Teams session available (9:00am - 12:00pm). To register interest, please contact us on [ghnt.hwb@nhs.net](mailto:ghnt.hwb@nhs.net).

[Log-in to ESR](#)

## Book Salon Treatments

Colleagues are again reminded about the availability of Free Salon Treatments, which tend to take place every Thursday in the Listening Space (outside of term-times), 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



## New Mental Health Training Opportunities for 2024!

Dates have now been confirmed and [expressions of interest](#) are now live for a range of Mental Health training opportunities throughout 2024, including Mental Health First Aider training and a new Mental Health First Aider Champions Training for Line Managers session.



Our two-day [mental health first aider training](#) equips attendees with the skills to spot the signs of mental health issues and the knowledge to guide a person to appropriate support.

New for 2024 is the introduction of 1-day [MHFA Champions training for line managers](#). This course equips managers with the skills and confidence to spot when someone in their team is struggling – and know how and when to offer support.

### MHFA Champions Training for Line Managers:

- Friday 26th April
- Wednesday 13th June
- Thursday 8th August
- Friday 11th October
- Wednesday 11th December

### Mental Health First Aider Training:

- Thursday 30th & Friday 31st May
- Thursday 18th & Friday 19th July
- Wednesday 11th & Thursday 12th September (Bensham)
- Wednesday 13th & Thursday 14th November

To register for either course, simply complete our sign-up form via the button below!

[Let us know you're interested - we'll then get back to you around preferred dates!](#)

## 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)



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

## Ramadan: breaking fast



Colleagues who celebrate Ramadan are advised that snacks and drinks to break the fast from sunset are currently available from The Hub .

A small sign will accompany the offer and we ask that colleagues kindly respect the offer for colleagues who are breaking their fast. Unfortunately this offer is not available from other outlets due to closing times and staffing presence.



Attendances at [Schwartz Rounds](#) continue to grow, and we're now looking forward to our next round, 'Professional Boundaries (can we be friends?', taking place over teams.

The next Round is scheduled for 12:30pm - 1:30pm, Thursday 25th April. We're on the lookout for storytellers for the round, so if you have a relevant experience and would like to meet a facilitator, or just want to request an invite, please [email our OD Team!](#)

[Email ghnt.gatesheadod@nhs.net](mailto:ghnt.gatesheadod@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



## Manager Support area

Did you know that our Occupational Health & Wellbeing website, [balancegateshead.com](http://balancegateshead.com), has a dedicated **Manager Support hub**, home to a range of support designed to help managers look after the wellbeing of their team?



The support area is home to a wealth of information, including a range of [handy guides for managers](#) on topics such as responding to traumatic events, stress, mental health concerns, sickness absence and more.

Elsewhere, there is information on [coaching](#), [health and wellbeing conversations](#), [various development opportunities](#), [support available through the OD team](#) and more.

Check the area & our latest guidance now to stay up to date!

[Visit the Manager Support Hub](#)

## Musculoskeletal Health

Colleagues are reminded of the wide range of self-help resources and information around musculoskeletal health available over on the Balance website.

Included amongst the resources hosted on our [Physiotherapy page](#) are guides for pain of the back, neck, shoulder, elbow, wrist, hip knee and ankle.

Additionally, useful info on ways to avoid or prevent pain can be found, while those looking for further support can also learn about accessing the service through a referral.

[Check out our support](#)

 **Gateshead**

The latest monthly bulletin from [Citizens Advice Gateshead](#) focuses in on [outcomes from the budget](#), 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](#)

## Webinar: Money & You

Our partners at Salary Finance are set to host a live webinar around **understanding your money personality and how you can make better financial choices**.

Taking place on Wednesday 10th April, three onling sessions will take place at [10:00am](#), [12:30pm](#) and [3:30pm](#), all lasting 45 minutes.

Those who attend will learn more about the psychology behind financial decision-making, setting goals and more. To sign-up, just click the relevant link above or click below to learn more.

[More info on the webinar](#)

## SPECIAL OPPORTUNITY!

An exciting opportunity to join our team as an Occupational Health and Wellbeing Administrator is currently being advertised.

Live until Wednesday 27th March, the opportunity is a 15-month fixed-term contract, and might be just the change for someone looking to join a team involved in supporting colleagues throughout the organisation.

To learn more or make an application, check out the [job advert](#) below!

[Check out the role](#)

