

Balance | April 2024



Mental Health Awareness Week 2024

By the time the next edition of Balance Monthly comes around, we'll be in the midst of celebrating Mental Health Awareness Week. This year's theme is all about movement - which ties in well to some of the work we've been doing behind the scenes to provide colleagues with more opportunities to get active and boost their physical wellbeing.

Mental Health UK found that the majority of adults find regular exercise is a useful tool in managing stress or common mental health concerns. Exercise releases feel-good hormones that improve mood, boost energy, reduce anxiety and help us sleep better. Studies conducted amongst healthcare workers also indicate that physical activity can be crucial in enhancing [mental wellbeing](#) & [resilience](#).

Recently, we've been working to provide more opportunities to get active, as well as ways to learn more about your physical wellbeing.

As examples, there is:

- The launch our new [Gateshead Health Netball Team](#), playing on Tuesday evenings from May
- Two weekly [on-site Pilates](#) sessions at the QE Hospital, taking place on Tuesdays & Thursdays
- Weekly five-a-side football which you can learn more about via WhatsApp on 07847 220 759
- [Staff Health Checks](#), which are currently on a break and will return soon upon the start of the new academic year
- The [NHS North East Wellbeing and Outdoor activity Group](#), founded by Gateshead colleagues
- The opportunity to get involved in [Tag Rugby](#) locally - regardless of your ability and experience

Mental Health Support:

Those seeking to access mental health support may wish to consider leaning on [internal mental health support options](#) such as our [Mental Health First Aiders](#) (MHFAs) who are there to support and signpost someone experiencing poor mental health. Elsewhere, our [trained diffusers](#) can be contacted in the wake of traumatic events; [Counselling services](#) can offer a programme of support and [Maximus](#) can offer longer-term mental health support.

Mental Health Training opportunities:

Those wishing to play their part in helping us to promote positive mental health in the workplace and work towards our aim of making 1 in 10 colleagues a trained Mental Health First Aider can now register for our 2024 training opportunities, including a new targeted session for line managers. To express your interest, just [complete our sign-up form](#).





Marking Stress Awareness Month 2024

April marks [Stress Awareness Month](#), an occasion aimed at boosting awareness around the causes and cures of stress - as well as helping and encouraging people to adopt healthy coping mechanisms to deal with stressful situations.

Over on our website, we recently launched a new [resilience webpage](#), providing colleagues with signposting to a range of useful free workshops, tools, training courses and more which are all designed to help you build skills, confidence and resilience.

As covered on page one, we're also doing much work to promote physical wellness as well as the mental benefits of being active. For many of us, [financial wellbeing](#) can also be a major source of stress and to this end we're also using Stress Awareness Month to [remind colleagues](#) of the availability of our priority service with [Citizens Advice Gateshead](#) as well as our [Guide to Financial Wellbeing](#).

And we're also looking at how we can improve too - with a new stress at work policy currently being developed behind the scenes, new post-incident support pages in the works and much more!

[Check out more ways to tackle stress and boost your coping mechanisms](#)

STRESS AWARENESS MONTH 2024



#LittleByLittle

Mental Health Training Opportunities

As noted on page one, the organisation is currently working to promote [mental health training opportunities](#) throughout the remainder of 2024 - including Mental Health First Aider Training and a new one-day course targeted at line managers.

Last year, 47 colleagues completed Mental Health First Aider (MHFA) training with more than this already booked in and committed to completing their training during 2024.

We've increased availability in 2024 with spaces still available for training dates between May and November. We're also in the final stages of organising two dates for Mental Health First Aider refresher training, helping previously trained MHFAs to sharpen their skills.

If you're interested in attending an upcoming session, led by our accredited trainer Sam Corcoran, just [complete the form](#) below and we'll get back to you!



Visit our stall!

The organisation's Occupational Health and Wellbeing team are set to host a stall in The Hub this coming Thursday 24th April.

At the stall, you'll be able to find out more about the resources and opportunities available to you to support your wellbeing – as well as the services we provide that can help you to stay well at work.

If you're interested in learning more or simply want to pop down to have a chat to us about your Occupational Health needs, why not pop along on **Wednesday 24th** between **11:30am – 2:00pm**.

[Express your interest in an upcoming MH training opportunity](#)

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



Events



If U Care Share: Suicide Prevention Training

Our friends at [If U Care Share](#) are going to be visiting Gateshead Health once again in July, this time to provide **Suicide Prevention Training** for any interested colleagues.

An organisation which specialises in prevention, intervention and supporting those bereaved by suicide, If U Care Share last visited in June 2023 when they held sessions designed support anyone who has ever been impacted by suicide.



Now, the organisation will return to Gateshead on Monday 22nd July their full-day Suicide Training on Prevention (STOP) session in the Lecture Theatre on-site at the QE Hospital's Education Centre.

If this session is something you would be interested in learning more about, or if you'd like to register to attend, please get in touch with Kerry on kerry.winthorpe@nhs.net to reserve a space.

[Drop Kerry an email on kerry.winthorpe@nhs.net](mailto:kerry.winthorpe@nhs.net)

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



Apply Now

tinyurl.com/gh-hwba-signup

Final salon treatments

Our partnership with Gateshead College is set to pause soon to allow students the opportunity to focus on exam season, meaning our final open salon treatment sessions are taking place this Thursday 25th April and next Thursday 2nd May.

As usual, manicures (20 mins), pedicures (20 mins) and head massages (15 mins) are available, with all appointments in 30 minute slots starting from 1:30pm. To book appointments, email us on ghnt.hwb@nhs.net.

[Book a treatment](#)



Our next Schwartz Round is set to take place this Thursday 25th April between 12:30pm - 1:30pm via Microsoft Teams, and is titled 'Professional Boundaries (can we be friends?)'.

Our last round was our most well attended yet and we'd love to see as many colleagues join us for our April edition. To request a Teams invitation to the round, just drop a line to the OD team at ghnt.gatesheadod@nhs.net.

[Request your invitation](#)

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



Support



New Pregnancy Loss support page

Pregnancy loss is a deeply personal and often devastating event for those who experience it. It's estimated that 1 in 4 pregnancies end in loss during pregnancy or birth - meaning a significant number of us are left grappling with the aftermath of loss.



Following feedback offered to us from colleagues within the organisation, and as part of our ambition to ensure that our women's health support offer is as useful for staff as it is for our patients, we have now launched a dedicated pregnancy loss support page, outlining the steps that you might want to take if you have experienced loss, your entitlements and perhaps most importantly, sources of specialist support who can help you work through things.

The new page is part of our new [Women's Health support hub](#), which currently remains under development.

[Check out our Pregnancy Loss Support page](#)

Gambling Support

Another new page over on balancegateshead.com is our gambling support area, providing information on support available to tackle addiction and the impact of gambling.

Amongst the information included on the page is detail on how our partners at Citizens Advice Gateshead can offer support, as well as how you can refer into the [NHS Northern Gambling Service](#) and the offers they provide. To learn more about these or other support providers, click below!

[Visit the Gambling page](#)

 citizens advice Gateshead

The latest monthly bulletin from [Citizens Advice Gateshead](#) 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](#)

At Your Side

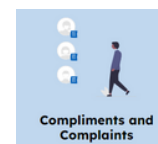
A series of '[At Your Side guides](#)' have been created to support those bereaved by suicide within the [armed forces community](#).

With specific guides aimed at veterans, families and serving personnel, the NHS-commissioned guidance has been co-produced with those who have been bereaved by suicide as well as experts in mental health, suicide prevention and bereavement.

Guides are free to download and can be accessed via the Suicide Bereavement UK website on the link below.

[Access further support](#)

SHARE YOUR THOUGHTS



Compliments and Complaints



Occupational Health and Wellbeing Feedback



Health and Wellbeing Offer feedback

The Occupational Health and Wellbeing Team takes pride in providing professional services which meet your needs and support you to stay well.

Compliments, complaints and feedback forms are hugely useful in helping us understand our strengths and where we could improve.

If you can spare a few minutes, could you help us out by completing any of our three feedback routes? Just click any of the three boxes above.

[Learn more about feedback routes](#)

