

SNEE ICS Health and Wellbeing Bulletin:

Working in Partnership with all ICS Colleagues

Summary

In this edition, our main focuses are:

- MyPause Menopause Support Group
 - Stress Awareness Month
- Key Worker Housing 'Homestay Project'
 - Active April Calendar
- Mental Health Awareness Week; 15th to 21st May 2023
- 2023 Health and Wellbeing Calendar from Health at Work
 - Free Wellbeing App for Nurses and Midwives

We now have a team email address, email us about any of our events or any support you need or to receive this bulletin directly:

hwb.team@snee.nhs.uk

SNEE Health Wellbeing and Retention Team:

Debs Crelly	Paul Firth	Robert Perrement
Strategic Lead for Health Wellbeing and Retention	Primary Care Wellbeing Project Manager	Violence Prevention Project Manager
<u>Debs.Crelly@suffolk.nhs.uk</u>	<u>Paul.Firth@suffolk.nhs.uk</u>	<u>Robert.Perrement@suffolk.nhs.uk</u>

Team Email: hwb.team@snee.nhs.uk

MyPause Menopause Support Group**Update from MyPause, menopause Support network**

Menopause has been identified by NHS England as a high impact retention action as over 70% of our workforce within health and care are female or AFB (assigned female at birth)

The government recognised the unique challenges faced by women in the women's health strategy for England, published in 2022 [Women's Health Strategy for England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/publications/women-s-health-strategy-for-england)

There are stigma's and taboos associated with female health that may be difficult to discuss and sometimes even more difficult with a male line manager such as menstruation, endometriosis, fertility and pregnancy issues and menopause.

MyPause has developed a purple passport for female members of staff to assist conversations with their manager. If your organisation is interested in hearing more about this please contact us:

SNEEHWBTEAM@snee.nhs.uk

Don't forget to join us our monthly check-in and chats, its good to catch up and find out how others are coping with menopause symptoms and that you are not alone!
SNEEHWBTEAM@snee.nhs.uk



[Link for the Women's Health Strategy found here.](#)

[Link for the next 'Check in and Chat' session here.](#)

Stress Awareness Month

April is Stress Awareness month, and there are plenty of organisations who have produced some fantastic resources to support you and your colleagues.

Stress is something that everyone feels at times. Specifically, work-related stress is defined by the Health and Safety Executive (HSE) as 'the adverse reaction people have to excessive pressures or other types of demand placed on them'.

It is more prevalent in public service occupations, such as health and social care. This web page details the different types of stress, how stress can manifest, as well as providing top tips to support NHS colleagues (click on link [here](#)).



You can access some more resources via the links below:

- [Stress Management Society](#)
- [Health and Safety Executive – Managing Stress at Work](#)
- [NHS Employers – Supporting our NHS people experiencing stress](#)
- [MIND Stress Support](#)

Key Worker Housing – Homestay Project

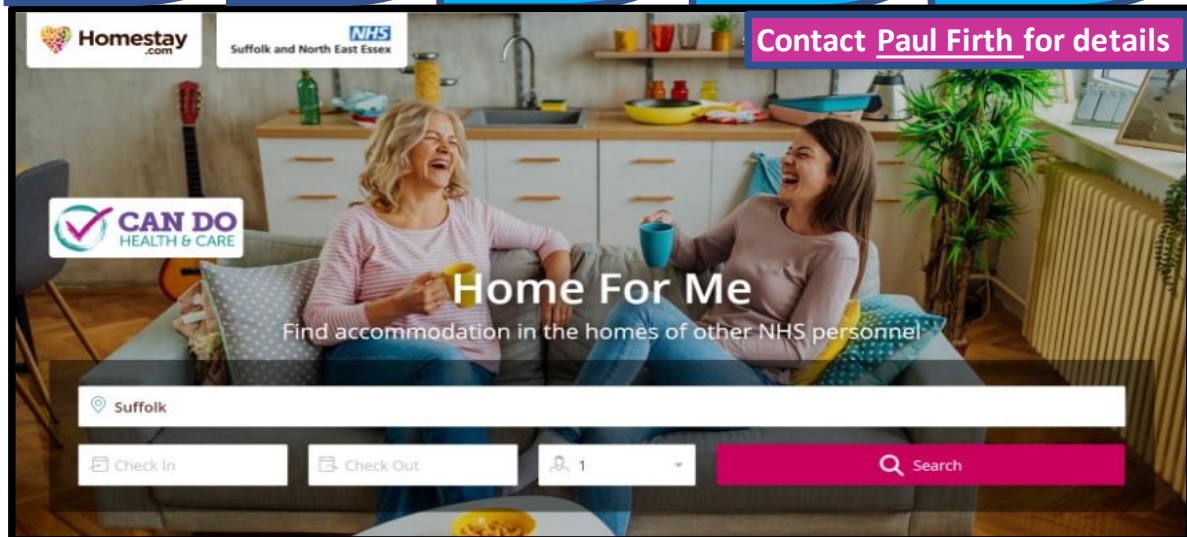
Have a spare room?

Earn extra income

Become a host family

Short or long term guests

Host NHS colleagues



SNEE ICB currently has an initiative that aims to alleviate the shortage of affordable housing available to NHS employees in the region. The Home For Me project can match those who need to rent a room with those who have a spare room to let. Using an exclusive on-line Marketplace, built by Homestay.com just for SNEE staff, host individuals / families and renters can filter to find the partnership that best suits their needs.

The next stage is to build up a bank of Host Families. If you are interested, especially if you would like to become a host, please get in touch with Paul Firth – Paul.Firth@snee.nhs.uk

Active April Calendar

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Listen to your body and be grateful for what it can do	2 Spend as much time as possible outdoors today	3 Turn a regular activity into a playful game today	4 Do a body-scan meditation and really notice how your body feels	5 Get natural light early in the day. Dim the lights in the evening	6 Commit to being more active this month, starting today	7 Turn your housework or chores into a fun form of exercise
8 Have a day with less screen time and more movement	9 Set yourself an exercise goal or sign up to an activity challenge	10 Move as much as possible, even if you're stuck inside	11 Make sleep a priority and go to bed in good time	12 Relax your body & mind with yoga, tai chi or meditation	13 Get active by singing today (even if you think you can't sing!)	14 Go exploring around your local area and notice new things
15 Be active outside. Dig up weeds or plant some seeds	16 Try a new online exercise, activity or dance class	17 Spend less time sitting today. Get up and move more often	18 Focus on 'eating a rainbow' of multi-coloured vegetables today	19 Regularly pause to stretch and breathe during the day	20 Enjoy moving to your favourite music. Really go for it	21 Go out and do an errand for a loved one or neighbour
22 Get active in nature. Feed the birds or go wildlife-spotting	23 Have a 'no screens' night and take time to recharge yourself	24 Take an extra break in your day and walk outside for 15 minutes	25 Find a fun exercise to do while waiting for the kettle to boil	26 Meet a friend outside for a walk and a chat	27 Become an activist for a cause you really believe in	28 Make time to run, swim, dance, cycle or stretch today

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Mental Health Awareness Week: 15th – 21st May 2023



The SNEE ICB Health and Wellbeing team are planning a series of learning sessions to coincide with Mental Health Awareness Week. The sessions will take place daily, lasting between 30 – 60 minutes and at lunchtime.

The full programme will be finalised and released soon but sessions being scheduled include men's mental health, death and bereavement and strategies to increase mental health. There is still a chance to provide input and if you would like to suggest a topic simply email the team on hwf.team@snee.nhs.uk.

2023 Health & Wellbeing Calendar - Download your copy [here](#).



HEALTH & WELLBEING CALENDAR 2023

JANUARY FINANCIAL WELLBEING JAN 1-30 DRY JANUARY VEGANUARY JAN 17 BREW MONDAY JAN 17-23 CERVICAL CANCER PREVENTION WEEK  Want to learn more about financial wellbeing and how you can support your staff? Find out more on Health@Work's website JAN 17-23 BIG ENERGY SAVING WEEK 2023	FEBRUARY NUTRITION FEB 3 TIME TO TALK DAY  Do you know how to perform CPR? Watch this video, where Health@Work will walk you through step by step. FEB 4 WORLD CANCER DAY FEB 14 VALENTINE'S DAY  Health@Work has a variety of courses on Nutrition and Healthy Eating for employees.	MARCH SLEEP MAR 1-31 ENDOMETRIOSIS AWARENESS OVARIAN CANCER AWARENESS MONTH MAR 7-13 NATIONAL FEET WEEK MAR 14-20 NUTRITION AND HYDRATION WEEK MAR 18 WORLD SLEEP DAY MAR 20 WORLD ORAL HEALTH DAY MAR 20 INTERNATIONAL DAY OF HAPPINESS MAR 20-27 NATIONAL COMPLEMENTARY THERAPY WEEK Check out our sleep stories and sleep mindfulness course on the mPROVE YOURSELF app.	APRIL MENTAL HEALTH APRIL 1-30 STRESS AWARENESS MONTH BOWEL CANCER AWARENESS MONTH APRIL 1 WALK TO WORK DAY APRIL 7 WORLD HEALTH DAY APRIL 22 INTERNATIONAL EARTH DAY  Did you know that with an Employee Assistance Programme, employees have access to helplines, counselling and a wellbeing portal? More info APRIL 28 WORLD DAY FOR SAFETY AND HEALTH AT WORK	MAY SUN AWARENESS MAY 1-31 SKIN CANCER AWARENESS MONTH NATIONAL WALKING MONTH MAY 2-8 SUN AWARENESS WEEK  Check your skin for the signs of skin cancer with SkinVision. More info MAY 9-15 MENTAL HEALTH AWARENESS WEEK MAY 16-JUNE 16 NATIONAL SMILE MONTH MAY 15-21 NATIONAL VEGETARIAN WEEK MAY 21 WORLD MEDITATION DAY	JUNE ENVIRONMENT JUNE 1-30 PRIDE MONTH JUNE 5 WORLD ENVIRONMENT DAY JUNE 6-12 NATIONAL GROWING FOR WELLBEING WEEK JUNE 13-19 MEN'S HEALTH WEEK  Did you know that we work with Cool Earth to support and empower rainforest communities to halt deforestation? More info MAY 16-JUNE 16 NATIONAL SMILE MONTH JUNE 16 NATIONAL CLEAN AIR DAY JUNE BIKE WEEK
JULY HABITS JULY 1-31 TALK TO US MONTH - SAMARITANS  Learn more about how to make walking a habit this summer on our blog. Find out more on our blog JULY 3-9 ALCOHOL AWARENESS WEEK  Did you know the mProve YOURSELF app has a variety of mindfulness courses and mental wellbeing guides? More info	AUGUST PHYSICAL ACTIVITY  Access a variety of fitness training and yoga exercises on the mPROVE YOURSELF app. AUG 4 CYCLE TO WORK DAY	SEPTEMBER WELLBEING IN THE WORKPLACE SEPT 10 WORLD SUICIDE PREVENTION DAY SEPT 18-24 INTERNATIONAL WEEK OF HAPPINESS AT WORK  Looking into workplace wellbeing? Get accredited with the Workplace Wellbeing Charter. More info SEPT 18-24 EYE HEALTH WEEK SEPT NATIONAL FITNESS DAY SEPT 29 HEART DAY	OCTOBER WOMEN'S HEALTH OCT 1-31 STOPTOBER BLACK HISTORY MONTH CHOLESTEROL MONTH BREAST CANCER AWARENESS MONTH OCT 2-6 WORK LIFE WEEK OCT 10 MENTAL HEALTH DAY  Health@Work offers a variety of Menopause courses. Find out more on the website. OCT 18 MENOPAUSE AWARENESS DAY	NOVEMBER MEN'S HEALTH NOV 1-30 MOVEMBER PANCREATIC CANCER AWARENESS MONTH  Understanding how to manage stress is an essential skill to have. Learn more about managing stress in the workplace on our blog NOV 1 STRESS AWARENESS DAY NOV 6-12 STRESS AWARENESS WEEK  Want to support men's health in your workplace? Watch our mProve in 30 webinar	DECEMBER SOCIAL WELLBEING DEC 1-31 DECEMBER  The five ways to wellbeing were created to improve an individual's wellbeing. Read more on the Five Ways to Wellbeing blog What are your New Year's resolutions?  Planning your health & wellbeing strategy for the year ahead? Read our 3 Steps To Planning Your Employee Health & Wellbeing Strategy

Free Wellbeing App for Nurses & Midwives

**Shiny
Mind**



The power to shine

**A wellbeing and empowerment resource
- co-created with the NHS, for the NHS**

ShinyMind is an evidence-based programme now available to all PNAs so they can support their own mental health and wellbeing, as they support and care for others.

Co-created with the NHS, ShinyMind is already helping thousands of healthcare professionals improve their wellbeing, to feel and cope better, and provides over 150 interactive science-backed masterclasses, tools and activities accessible 24/7, all in the palm of your hand.

We are proud to have launched our **dedicated nursing and midwifery version of ShinyMind** including reflective supervision resources.



Scan the QR code to get access to the Nursing Version today!
or get in touch with us at hello@shinymind.co.uk



I enjoy using the ShinyMind app for the meditation and Resilience Masterclasses. These really help build on personal wellbeing, helping leave any negative thoughts after a bad day behind

Lizzie says why not try sending a positivity post to a colleague and make their day.

Lizzie Roberts, Practice Nurse, Milton Keynes



Janet Thornley ANP in Milton Keynes recommends...

★ **I enjoy listening to the Mindset Masterclasses to improve my confidence & self awareness**

★ **I enjoy relaxing after a busy day with one of the meditations**

★ **I enjoy the 'Bottling your happiness' to help when times are difficult**

★ **I enjoy 'Writing your story' to celebrate all my achievements**

★ **I enjoy listening to the Resilience Masterclasses to improve my overall wellbeing and positivity**

Janet Thornley ANP in Milton Keynes



Bereaved by Suicide Services in Suffolk and North-East Essex

The Bereaved by Suicide Service in Suffolk* and North-East Essex operates across the county, delivering support to those who have been bereaved or affected by suicide. You may have been affected by suicide if

you have supported a client who has taken their life, or you may have attended the scene of a suspected suicide. When you learn that someone may have died by suicide, you can feel a range of emotions. While talking things through can't change what's happened, it may help to make things a little easier. Friends and family can be a great source of support for you at this time. However, we know this can be difficult as they may also have experienced a loss, or your feelings may be different to theirs.



We can help

Our services support those who have been bereaved or affected by suicide. Our caseworkers provide free and confidential support tailored to your needs.

We can help in a variety of ways. This includes informing you of your rights and the next steps. This may be assisting with the funeral or the inquest, or at work/study. We can help by listening to you and validating your feelings. We also help you to reflect and explore ways to cope after a traumatic incident. And we can connect you with other services who may be able to support you, for example counselling.

Our support is delivered via email, telephone, or face to face or it may include a combination of these. No matter when the suicide took place, we can help to support you.

We provide support to adults as well as children from the age of 4 upwards.

The service is free and confidential and is here for you when you need it.

To get in touch call [01473 322683](tel:01473322683) or email SNEE.bereavedbysuicide@victimsupport.org.uk

**We are only able to support children under the age of 18 within the Waveney area. Adult residents are supported by Norfolk and Waveney Mind.*

Our national Support line service is also available 24/7. Call us on [08 08 16 89 111](tel:08001689111).

Useful organisations

- Samaritans – Samaritans provide emotional support to anyone who's struggling to cope and needs someone to listen.
- Suicide & Co | Support after Suicide Bereavement – Suicide & Co provide a national helpline and offer free online counselling to those who've been bereaved for six months or more.
- Support after Suicide Partnership – the Support after Suicide Partnership brings together suicide bereavement organisations and people with lived experience to ensure everyone bereaved or affected by suicide is offered timely and appropriate support.
- SoBs (Survivors of Bereavement by Suicide) – SoBs offers support for those bereaved or affected by suicide. Their helpline and email support services are staffed by trained volunteers who have lost loved ones through suicide. They have online and local support groups around the country.
- Papyrus UK Suicide Prevention | Prevention of Young Suicide (papyrus-uk.org) – Papyrus is dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people.