

SNEE ICS Health and Wellbeing Newsletter:

Working in Partnership with all ICS Colleagues

Summary

In this edition, our main focuses are:

- **Mental Health Awareness Week Follow Up and Recordings**
 - MyPause Menopause Mentor Training
 - Menopause & Me Facebook Page
- **2023 Health & Wellbeing Calendar for June and July**
 - Homestay Project – Key Worker Housing
 - National Campaign Focuses for June
 - Type 2 Diabetes Education Event
 - Highlighting NHS Employers Offers
 - LGBTQ+ Myth Buster Event

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 Creilly Strategic Lead for Health Wellbeing and Retention <u>Debs.Creilly@snee.nhs.uk</u>	Paul Firth Primary Care Wellbeing Project Manager <u>Paul.Firth@snee.nhs.uk</u>	Robert Perrement Violence Prevention Project Manager <u>Robert.Perrement@snee.nhs.uk</u>
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Team Email: hwb.team@snee.nhs.uk

Mental Health Awareness Week: Follow Up

Last week the SNEE ICB Health and Wellbeing Team hosted a series of webinars to coincide with Mental Health Awareness Week. The sessions, delivered by representatives from across the region, were very popular and each session was well attended. Paul Firth, a Wellbeing Project Manager in the team said:

“The response to the sessions has been uniformly positive and thanks goes out to the attendees for taking time out of their busy schedules. The sessions were informative, interesting and on occasion highly emotional. The biggest thank you is reserved for all of the contributors who made the week a success.”

There was also significant interest from those who couldn't make the live sessions. Consequently, please find below links to access all of the slides and recordings. Right click on recordings and choose to open the hyperlink to access the content.



Mental Health
Awareness Week - All

RECORDINGS

Please contact Paul Firth for more information – paul.firth@snee.nhs.uk

MyPause Menopause Support Group

Independently accredited
menopause friendly employer



Menopause Mentor Training 13th and 18th July 1pm – 4pm via teams

Become a support for your colleagues knowing when to signpost to professional support. Gain slides and training to provide inclusive sessions. You will need permission from your Manager to sign up to the commitment of attending both sessions.

Provided by Debs Crelly, Strategic Lead for Health, Wellbeing and Retention for Suffolk and North East Essex ICS, founder of [MyPause](#) accredited menopause support.

To sign up please email: hwb.team@snee.nhs.uk

Hear more about Debs journey here: [Hidden Voices: 'Never a Life on Pause': Experiencing Menopause on Apple Podcasts](#)



@MyPause1



MyPause

Our MyPause Menopause support group are still holding monthly sessions.

[Link for the next MyPause Menopause 'Check in and Chat' session \(15.06.23\)](#)

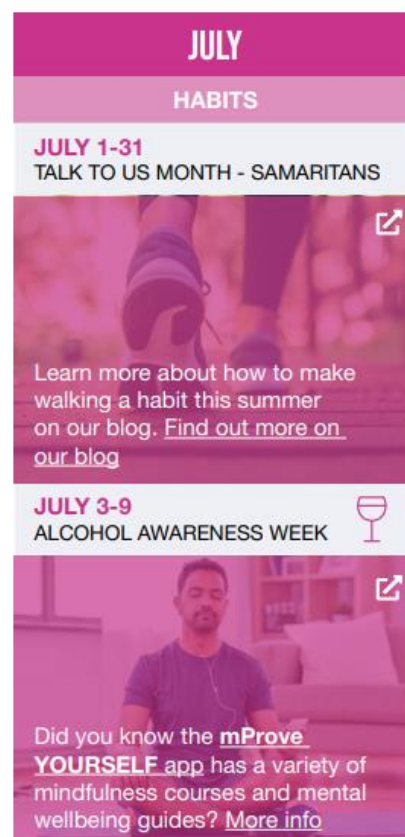
[Link to Hidden Voice Podcast](#) [Link for the Women's Health Strategy](#)

Menopause & Me: Facebook Page

Please find a link to the new Menopause & Me Facebook Group here – [LINK](#)

Menopause & Me is an exciting project providing support and advice for people who are experiencing the menopause and perimenopause. To find out more follow the link here - [LINK](#)

This group is designed to not only promote Menopause & Me and keep members up to date with the progression of the project, but it also aims to be a safe and friendly space to meet new people, share experiences and find support, encouragement and understanding from others.

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

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

National Campaign Focuses

BNF Healthy Eating Week (12th to 16th June)

- Healthy Eating Week is all about supporting and promoting healthier lifestyles and this years’ theme is “**Healthy Eating Week - For Everyone!**”
- The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us. With this in mind, for Healthy Eating Week 2023 BNF are focussing on providing free, evidence-based advice and support **for everyone** who wants to find their way to eat a healthier diet regardless of these barriers.
- The full suite of resources from BNF are only available to those who register, so register [here](#) now to receive the free, downloadable activity packs and resources.



Men’s Health Week (12th to 18th June)

- Led by the Men's Health Forum to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.
- You can find more information and register for their latest information [here](#).



Type 2 Diabetes Patient Education Event



VIRTUAL TYPE 2 DIABETES EDUCATION SESSION

Wednesday 14th June 2023 9:30am-12pm

Join us online for a morning of diabetes education with workshops run by local healthcare professionals from your diabetes teams. Topics covered will include day-to-day management of diabetes, food and diet, footcare, mental health, diabetic eye screening and more.

Sign up for free here: <https://sneediabetes.eventbrite.co.uk>

The British Diabetic Association operating as Diabetes UK, a charity registered in England and Wales (no. 215199) and in Scotland (no. SC09136). © Diabetes UK 2023



If you're living with Type 2 diabetes, sign up for this free education event for lots of top tips on how to manage the condition and how we can support you when times get tough. Keeping good control of your blood sugars is hard, but it will help to prevent or delay the serious problems that diabetes can cause. Your local NHS and Diabetes UK are here for you. For full details and to register visit:

[Suffolk and North-East Essex Living with type 2 diabetes education session Tickets, Wed 14 Jun 2023 at 09:30 | Eventbrite](#)

Please do share with anyone you may know who is living in Suffolk, Colchester or Tendring areas.

Highlighting NHS Employers Offers

Please note this information can be accessed by all employees across the ICS, however any direct support offers from NHS Employers are for NHS employees

- **Cost of Living Hub**

NHS Employers have created a newly refreshed cost of living hub. This has pulled together short- and long-term solutions to support employees with the rising cost of living.



There is also featured a series of enablers, providing key background information and guidance from NHS Employers and case study snippets from organisations which are implementing strategies into their workforce. For more information or to share any good practice examples, please email costofliving@nhsemployers.org.

➤ [A link to the hub can be found here - LINK](#)

- **Top tips for supporting the psychological safety of staff**

Prioritising the psychological safety of staff and creating an environment where everyone feels included, safe to ask questions and able to work without fear of retribution or retaliation is essential. It creates a sense of belonging amongst colleagues, which leads to increased employee engagement, an improved culture, better wellbeing, and mental health. Organisations that foster this culture see an increase in productivity, improved policies and processes and overall success, as colleagues feel free to speak up and share their ideas.

NHS employers have created a webinar on psychological safety and highlighted a list of 11 top tips for creating a psychologically safe environment. To access the webinar and find more information on the below tips, access the link here - [LINK](#)

1. Create an open and trusting environment
2. Importance of language
3. Tailor your actions to your organisation
4. Growth Mindset
5. Demonstrate compassionate and inclusive leadership
6. Tackle bullying and workplace harassment through education
7. Accountability
8. Allyship
9. Use the ABC Model (asking, Benchmarking, Considering)
10. Policy
11. Do this every day



- **Sleep, fatigue and the workplace**

Working in healthcare or other high demanding environments can be physically, mentally and emotionally challenging. NHS Employers have been supported by the work of Dr Mike Farquhar to create a new web page. This includes information on how sleep and fatigue can impact the health of staff, with practical recommendations for improving the quality of sleep and rest.



Sleep is an essential function that allows our body and mind to recharge and to process what we have done in the day. It is fundamental to every aspect of our physical and mental health, allowing us to feel refreshed, alert, and function at our best. Not getting enough sleep or rest can have significant consequences. For example, it can hinder our ability to function effectively, and can make us more irritable, have less patience and less empathy. Our thinking and reaction times slow down, we are more sluggish, and less able to cope with high-pressure and high-consequence situations.

You can find the link to the web page here - [LINK](#)

LGBTQ+ Myth Buster Event: 8th June



Dispelling the Myths Thursday 8 June 2023 12-1pm

Join the East of England **RAINBOW** network and its panel members who will help dispel the myths and misconceptions towards LGBTQ+

The network is a **DIVERSE**, **INCLUSIVE**, **ACCEPTING**, **WELCOMING**, **SAFE SPACE**, **FOR EVERYONE** to be their true self

Please contact declan.nugent@nhs.net if you would like to join this event

Individuals can submit questions in advance of the event by also emailing Declan.