

SNEE ICS Health and Wellbeing Newsletter:

Working in Partnership with all ICS Colleagues

Summary

In this edition, our main focuses are:

- A thank you from Debs Creilly
- Call for Evidence – Women’s Health Strategy
- MyPause Menopause Support Group – Menopause Mentor Training
 - Healthwatch Essex – Call for Evidence on Cervical Screening
 - Healthwatch Essex Trauma Card wins award!
- Call for evidence on work-based violence, harassment and abuse in the NHS
- NHSE Handling Difficult Situations With Compassion – Training Offer
 - Three Ways Menopause & Me Can Support You
 - Course to Support Your Mental Wellbeing at ActivGardens
 - July/August Health & Wellbeing Calendar Themes
 - Key Worker Housing – call for applicants
 - Highlighting NHSE Offers and advice (for all!!!)

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

Thank you from Debs

Hi Everyone, Just a note from me to sincerely thank you all for the kindness and support shown toward myself and the SNEE Health and Wellbeing Team. My last day in this role will be Friday 18th August, and it has been my utter privilege and pleasure to work as SNEE ICS Lead for Health, Wellbeing and Retention of Staff. I am thrilled to let you know that I am starting a new role with East of England Ambulance Service as Health and Wellbeing Lead on Monday 21st August. I will continue to network with the system and hope to still see many of you.



Paul Firth and Rob Perrement will be staying on as HWB Managers and our SNEE HWB Team email will still be active for queries and questions. The @Mypause1 Twitter page for menopause support will still be active, and I encourage anyone who is interested in supporting colleagues with menopause symptoms within their organisation to sign up for menopause mentor training. The training is split into two sessions on the 13th and 18th July 1pm to 4pm via Teams. More details can be found within this newsletter.

Before I leave I am also completing a local call for evidence regarding womens health, in line with the womens health strategy published last year ([link here](#)) This is being completed with the guidance and expertise of my extremely knowledgeable and very wonderful colleagues at Healthwatch Essex (Sharon Westfield-de-Cortez) and Healthwatch Suffolk (Sally Watson). I ask for your kind help in circulating this as broadly as possible, we have an aim to reach as many women and those assigned female at birth in Suffolk and North East Essex. More details can be found within this newsletter.

Our broad portfolio of health and wellbeing offers has encompassed more than womens health, and has included MSK, mental health, financial wellbeing and accomodation and reducing violence and abuse in the workplace. Much of this work will continue in the near future with the support of Rob and Paul.

Once again my sincere thanks and very best wishes that you and your teams stay healthy and well.

Debs_x

Call for Evidence – Women’s Health Strategy

This very simple and quick survey has been designed with Healthwatch Suffolk and Essex to collect the local views of our female population regarding health and care within the context of the [Women’s Health Strategy for England - GOV.UK \(www.gov.uk\)](#) published last year.

In a national call for evidence 84% of women felt that they were not listened to regarding their health concerns.

Suffolk and North East Essex Integrated Care Board (SNEE ICB) are keen to hear the views of women, including all those assigned female at birth, regarding your priorities and thoughts on your health and care. **This short survey has just 4 questions**, thank you for taking part and helping to shape the future of health and care for women in our system. A report will be produced and shared regarding outcomes. Please find the link for the survey here - [LINK](#)

MyPause Menopause Support Group

Independently accredited
menopause friendly employer



NHS
Suffolk and
North East Essex



Menopause Mentor Training - An Overview

Thursday July 13th 1pm – 4pm Via Teams

- Summary of session and aims
- Boundaries
- An overview of menopause
- Support for perimenopausal and menopausal people
- Menopause and anxiety

Tuesday July 18th 1pm – 4pm Via Teams

- Summary of session and aims
- Boundaries
- Breaking stigmas and taboos
- Training for managers and colleagues
- Policies and passports
- Women's health strategy

Following attendance of both sessions you will receive slides and a resource pack, and information on where to gain on-going support as a menopause mentor.

To book email: SNEHWBTEAM@snee.nhs.uk



@MyPause1



MyPause

Our MyPause Menopause support group are still holding monthly sessions.

[Link for the next MyPause Menopause 'Check in and Chat' session \(20.07.23\)](#)

[Link to Hidden Voice Podcast](#)

Healthwatch Essex – Call for Evidence on Cervical Screening

Cervical screening (a smear test) checks the health of your cervix. All women and people with a cervix aged 25 to 64 should be invited by letter. It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer.



Hertfordshire and West Essex Integrated Care Board (ICB) have asked Healthwatch Essex to gather lived experience and feedback regarding the cervical screening process.

Do you have any issues with making the screening appointment? Do you attend these? If not, why not? Is there anything that can be done to improve your experience etc.?

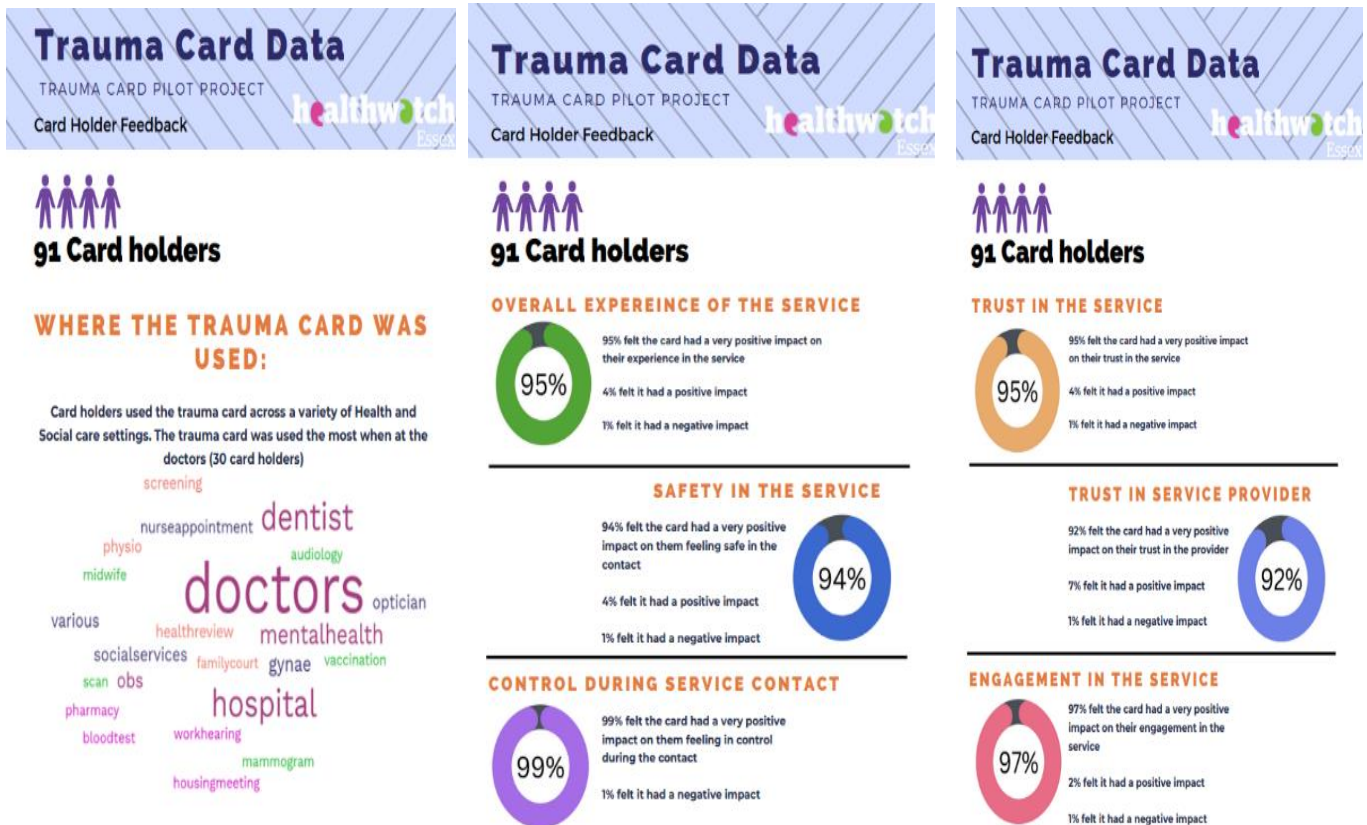
Local residents have a big role to play in the operation of the ICB. They rely on the experiences and perspectives of our communities to help shape their decision-making. Your experience of the system can give us vital, real-life insight – and can help make a difference. Healthwatch Essex would really like to talk to people to gather their experiences. This can be done face to face via Zoom/Teams, on a telephone call or you write to them. us via email or by post or complete the survey on their website – link [here](#).

Healthwatch Essex Trauma Card Wins Award!

We are delighted to extend our congratulations to Healthwatch Essex for their outstanding achievement in winning the prestigious award for "Most Promising Pilot"! Their work on the Trauma Cards initiative has garnered well-deserved recognition and applause. In a recent announcement, Healthwatch Essex shared their remarkable journey and the positive impact of the Trauma Cards project. The project's innovative approach in supporting individuals who have experienced trauma has proven to be transformative for the community, showcasing the power of empathy, understanding, and practical solutions. The Trauma Cards initiative, introduced as a pilot program, has gained widespread attention and praise for its dedication to improving the well-being of individuals affected by trauma. Through collaboration with various partners, Healthwatch Essex has successfully designed and implemented a valuable resource that empowers individuals, raises awareness, and facilitates access to vital support services.

By developing a concise and user-friendly tool, Healthwatch Essex has demonstrated their commitment to promoting mental health and fostering resilience within the community. The Trauma Cards project not only provides essential information and guidance but also serves as a catalyst for meaningful conversations, reducing the stigma surrounding trauma and mental health. We encourage you to read more about Healthwatch Essex's award-winning Trauma Cards pilot project on their website: [link here](#).

Some evaluation of the trauma cards can be found below:



Call for Evidence on Work-Based Violence, Harassment and Abuse in the NHS

NHS England / Improvement have commissioned the Public Health Institute at Liverpool John Moores University to carry out a project that seeks to better understand the nature, extent and impact of work-based violence, harassment and abuse to NHS staff, and identify good practice in preventative approaches and responses.



What we need?

The Public Health Institute, LJMU, is seeking evidence from organisations with relevant knowledge, expertise or experience that can provide evidence or information on violence, harassment, and abuse in NHS settings which addresses any of the following areas:

- Nature (e.g. types of violence experienced) or extent (e.g. numbers of staff impacted, number of patients involved);
- Risk factors (i.e. individual, situational, environmental or organizational factors that increase the risk of violence);
- Impacts (e.g. individual such as health and wellbeing, injuries, career, financial and social or organisational such as staff retention, absence, quality of care);
- Reporting and recording practices (e.g. how violence is reported, recorded and used to inform prevention and management, or improve working practices);
- Interventions, programmes, projects, policies, frameworks, strategies or tools (e.g. information on what it is, if it was evaluated/reviewed, any evidence of effectiveness or key lessons on barriers and facilitators to implementing).

For more information or to take part, please email nhscallforevidence@ljmu.ac.uk.

NHSE Handling Difficult Situations with Compassion - Training

NHS England is pleased to announce the launch of a new e-learning module – [‘Handling difficult situations – Caring for yourself and others with compassion’](#).

This training course is being offered to all frontline, patient facing NHS colleagues, and aims to teach colleagues the skills and techniques to handle difficult situations with compassion, including using appropriate communication techniques and active listening skills, whilst focussing on how to keep yourself safe and seek support if you feel affected by a situation.



The skills learnt in the training are considered transferable and can be used in a wide range of difficult situations, for example where patients may present in a challenging or distressed manner, during instances of uncivil behaviour or when speaking about difficult topics of conversation. The training also offers insight into models of self-awareness, self-compassion and emotional intelligence – all of which are important in looking after our own wellbeing, as well as that of others.

To learn more and to sign up to the training, please visit the website: [link here](#).

Three Ways Menopause & Me Can Support You

1. **Free courses for people with lived experience of the menopause**

****NEW DATES AVAILABLE****

Are you struggling with the impact of the menopause is having on your life? You're not alone! We've teamed up with Suffolk Mind to develop a free course to directly help people better understand their menopausal symptoms and how to support themselves. To sign up or to find out more - <https://tinyurl.com/avhe9zwm>



2. **M-Powered Groups** – Taking place in four of our libraries across the county, M-Powered groups are social groups that offer the chance to speak with other people who might be experiencing the same things as you and give each other support, encouragement and understanding. To find your nearest M-Powered Group - <https://tinyurl.com/3ttdfhsf>

3. **Menopause & Me Facebook Group** - This new group is designed to not only promote Menopause & Me and keep you 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 of the menopause and find support, encouragement and understanding from others. To join our Menopause & Me Facebook Group, click here - <https://tinyurl.com/ym2u4sxx>

Course to Support Your Mental Wellbeing at ActivGardens



Please find details of the third in a series of **FREE COURSES at ActivGardens - 'Gardening In Mind'** <https://activlives.org.uk/gardeninginmind/>

Designed to support mental wellbeing, the course is funded by Equity in Mind – a partnership between Norfolk and Suffolk Foundation Trust and Suffolk Community Foundation in the development of a new community-based mental health model in Suffolk.

Places are limited, so please let them know ASAP if you would like to join or refer someone into the programme. They are holding an OPEN DAY on Monday 31st July 2023 at the People's Community Garden from 10am to 12 if you would like to look around and find out more. Please register your interest.

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



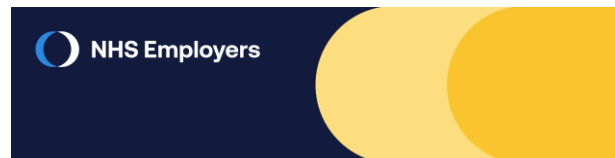
SNEE ICB currently has an initiative that aims to alleviate the shortage of affordable housing available to NHS employees in the region. The “Home For Me” project can match those who need to rent a room with those who have a spare room to let. Using an exclusive on-line Marketplace, built by Homestay.com 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

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

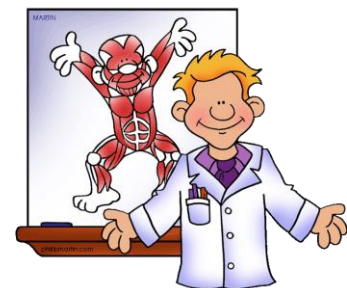
- **Cost of Living Hub**

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.



- **Musculoskeletal Health in the Workplace**

MSK symptoms are often caused by work-related injuries such as incorrect handling, or not having equipment in the workplace personally adjusted. With a recent increase in staff working from home, unsuitable home office set-up has also been a large contributor to the issue.



MSK disorders can include back pain, neck or arm strains and diseases of the joints. All parts of the workforce can be affected by MSK. It is one of the most common reasons for sickness absence in the NHS. According to the 2021 NHS Staff Survey results, there has been an increase in the number of staff who stated they have suffered from MSK problems resulting from work-related activities. It is therefore vital that employers focus on prevention and early intervention to effectively managing MSK disorders.

For more information on prevention and early intervention, how to upskill staff/managers and further resources please visit the webpage here: [LINK HERE](#)

- **Mental Health in the Workplace**

It is vital that staff understand the factors that affect mental health and have regular wellbeing conversations with their managers. Managers must also have the right skills to support their staff and be able to respond compassionately to individual needs. In addition, leaders have an important role in reinforcing positive attitudes, shifting mindsets and influencing organisational culture through modelling positive behaviours. Organisations can help facilitate this by raising awareness, educating their people, having the right resources in place to encourage open conversations, and beating the stigma about mental health.



To understand the risk factors to mental health and to learn other important information on the topic, please visit the webpage here: [LINK HERE](#)