

Staff Wellbeing HUB

Supporting Lincolnshire's health
and social care staff through
COVID-19 and beyond

Health and wellbeing offer



Updated July 2022



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Introduction

The COVID-19 pandemic has had a profound impact on our entire communities, non-more so than our health and care key workers. Staff have faced a great deal of uncertainty, anxiety and pressure to respond in often difficult circumstances, as well as carry the emotional load for themselves, their families and those they care for.

As a health and care system we want to ensure that staff have dedicated support available during and beyond these challenging times. We have been able to bring together a number of resources that can support staff with their emotional, physical, social, financial and general wellbeing.

The aim of this document is to guide you through what is available to the system, how to access that support and what it may entail.

For the purpose of this document, the system refers to the following organisations:



Helplines

These resources are available to everyone working for the system

Staff Wellbeing Hub - Lincolnshire



Supporting all health and social care staff in Lincolnshire. Brief therapeutic interventions supporting you to maintain your mental wellbeing. The support line acts as triage process for those in need but is also available as a space to offload, wobble or even just chat in a judgement free, safe space. Facilitated by the LPFT Staff Wellbeing Service.

Call 01522 518609, 9.00am-5.00pm, Monday-Friday (excl. Bank Holidays)
Or email lpft.staffwell-being@nhs.net

Bereavement support line (Lincolnshire)



The bereavement line is open to everyone in Lincolnshire. Run by St Barnabas, trained bereavement volunteers are available every day between 11.00am–3.00pm to offer support and a listening ear.

Please call 0300 303 1897

Bereavement support line (National)



A confidential bereavement support line, operated by Hospice UK and free to access. A team of fully qualified and trained bereavement specialists are available to support you with bereavement and wellbeing issues relating to loss experienced through your work.

Call 0300 303 4434 from 8am–8pm, seven days a week

Mental health and wellbeing

These resources are available to everyone working for the system

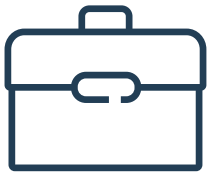
Bereavement counselling service



Run by St. Barnabas, if it is identified that you would benefit from ongoing one to one support, a referral can be made for you to access either telephone or webcam sessions with one a qualified counsellor/ therapist. The service is confidential.

Please call **01522 518246**

Emotional wellbeing toolkit



This easy-to-use resource has been developed with NHS staff to:

- Help bridge a gap in understanding and enable us to talk openly and regularly about emotional health
- Assess the impact emotional wellbeing has on ourselves, our colleagues and on our patients
- Enable us to action plan to enable more good days than bad

The toolkit can be used to check your own wellbeing or speak to and support colleagues with their emotional wellbeing.

Visit www.nhsemployers.org/howareyoufeelingnhs

Every Mind Matters



Access expert advice and practical tips to help you look after your mental health and wellbeing. Answer five quick questions to get a free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control.

Visit www.nhs.uk/oneyou/every-mind-matters

These resources are available to everyone working for the system

Lincolnshire Recovery College



The Lincolnshire Recovery College offers free educational courses on mental health and wellbeing to anyone aged 16+. Are you finding life challenging or supporting someone who is? Do you want to learn from people with real life experience of mental health challenges, as well as education and health professionals? If so, the Lincolnshire Recovery College could be for you.

Visit www.lpft.nhs.uk/our-services/adults/recovery-college

Call 01522 518500 (Monday-Friday, 9am-2:30pm)

Mental Health First Aid (MHFA)

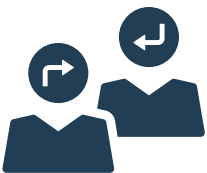


MHFA England

The role of a Mental Health First Aider in the workplace is to be a point of contact for an employee who is experiencing a mental health issues or emotional distress. This interaction could range from having an initial conversation, through to supporting the person to get appropriate help. Mental Health First Aiders are not trained to be therapists or psychiatrists but they can offer initial support through non-judgemental listening and guidance.

Please check your local area for information on contacting your MHFA

Steps2change



Steps2change provide evidence-based talking therapy for people with common mental health problems and is available to anyone over the age of 16 who are experiencing issues relating to anxiety and/or depression. There are a number of different ways that you can access this service:

- Call the Staff Wellbeing Hub on 01522 518609, from Monday to Friday, 9.00am-5.00pm and they will be able to refer you
- Refer yourself directly via www.steps2change.nhs.uk
- Contact the single point of access contact centre by calling 0303 123 400 (available 24/7)
- Discuss your problems with your GP, occupational health team or other health professional who can refer you to the service using the organisational referral form to lpft.steps2changereferrals@nhs.net

These resources are available to everyone working for the system

Stay alive app



If you are feeling at risk of suicide or are concerned about someone else, our NHS colleagues also have access to the Stay Alive app which is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis.

You can download the Stay Alive app from your app store or view their website here: www.stayalive.app

Working Minds – Campaign to address work-related stress



Launched by Sarah Albon, chief executive of the Health and Safety Executive, Working Minds raises awareness about how to recognise and respond to the signs of stress to protect workers and support good mental health to help people to stay well.

Visit <https://workright.campaign.gov.uk/workingminds/>

Physical health and wellbeing

These resources are available to everyone working for the system

One You Lincolnshire



Lincolnshire's free healthy lifestyle service, supporting the counties residents to go smoke free, lose weight, move more and drink less. A dedicated team of health coaches provide a range of clinically proven interventions, along with motivational and behavioural methods to support you in your healthy journey. To be eligible you need either:

- A long term health condition
- A Q risk score of 10% or greater
- To be waiting surgery under the NHS optimisation policy

Call **01522 70 51 62** or email hello@oneyoulincolnshire.org.uk

Visit www.oneyoulincolnshire.org.uk

Pilates with April Moon



A new 'Strengthen and Lengthen' six week course to alleviate aches and pains, improve posture and core stability is being offered at a reduced price for all health and social care staff in Lincolnshire. It's perfect for all abilities and levels of fitness, even if you're a complete beginner and have never done Pilates or Yoga before! All you need is a mat, a little bit of space and an internet connection.

For enquiries, email hellostrengthenandlengthen@gmail.com

For the course, visit www.movewithmoon.co.uk - Code: NHS01

Physio for You



Access free Physiotherapy for any MSK issues you may be experiencing. Staff can self-refer for a consultation directly.

Email lhnt.physioforyou@nhs.net to request a consultation

General wellbeing support

These resources are available to everyone working for the system

Book club



Join colleagues informally every month to share a love of reading.
Please email Joanne.Borrill@nhs.net for more information on joining

Caring for yourself while caring for others



A toolkit developed by NHS England and NHS Improvement Midlands to help you look after your own health. A number of resources available on; physical activity, mental health, sleep, menopause, menstrual health, alcohol, health at work, caring responsibilities, hydration and bereavement + more.

Please visit: [www.england.nhs.uk/midlands/wp-content/uploads/sites/46/2020/10/NHS_Caring_for_Yourself_FINAL MIDLANDS_201002.pdf](http://www.england.nhs.uk/midlands/wp-content/uploads/sites/46/2020/10/NHS_Caring_for_Yourself_FINAL_MIDLANDS_201002.pdf)

#Caring4NHSpeople wellbeing webinars



These are designed for people in workforce, occupational health, organisational development, leadership, trade union support or any other area that is supporting the wellbeing of our NHS people during and following the COVID-19 response.

Visit <http://horizonsnhs.com/caring4nhspeople/> for access to sessions

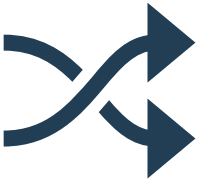
Connect to Support Lincolnshire



Connect to Support Lincolnshire is an online information and advice library, community directory and marketplace for adults in Lincolnshire. This website is intended for adults who want to find out about local groups, activities and services within the community.

Visit <https://lincolnshire.connecttosupport.org/>

EPEC Being a Parent Playlist



This is an online version of our popular, evidence-based parenting programme "Being a Parent", brought to you by the Empowering Parents Empowering Communities Team". Our interventions are developed by parents and delivered by parents and have the backing of the NHS.

Visit: <https://youtube.com/playlist?list=PLtqcqZxTf21YQ5J3mdNXIhFY23kGoFseb>

Groups and workshops



The LPFT Staff Wellbeing Service are now able to offer a number of groups and workshops to all staff via MS Teams:

- **Burnout**

Develop your understanding of the concept of burnout, how to recognise the symptoms and consider a number of different coping strategies.

- **Boost Your confidence and self-esteem**

Gain confidence and improve your self esteem by developing your skills in assertiveness, develop insight into your communication style and learn strategies for positive change

- **Sleep**

During 2-part workshop, we explore different areas of sleep, how they may impact on our lives and what we may be able to do to help ourselves to sleep better.

If you wish to book on to a group or workshop, please contact the Staff Wellbeing Hub on 01522 518609 or email lpft.staffwell-being@nhs.net

Guided meditation



Join these free, weekly guided meditation sessions via Zoom to help de-stress and learn techniques to support relaxation and resilience. These are FREE and take place every Wednesday 1pm-2 pm.

Join the Zoom meeting here below:

<https://us06web.zoom.us/j/6970359334?pwd=eHlGeUdWc>

Meeting ID: 697 035 9334

Passcode: 624574

These resources are available to everyone working for the system

The Anti-Burnout Club



An all-rounded wellness platform combining lessons such as yoga, Pilates and mindfulness with bite-sized practical tools and techniques from experts in EFT, CBT and psychodynamic counselling.

A discounted price can be accessed here: <https://theantiburnoutclub.com/kw>

Vocal tapas



Free daily singing sessions, for the first full week in every month. We really believe in the value of singing; that singing regularly is 'good for you'. It helps your voice, health and mental wellbeing, relieves stress, connects you to your body and reminds us of the joy of music and communicating.

Live each day at 6pm for 20 minutes and session videos are then available online to do any time (via Zoom)

Visit <https://vocaltapas.com/nhs-staff/> to register

Financial wellbeing

These resources are available to everyone working for the system

Cooking on a budget



We have recently partnered with Debbie Hopkins from The Homemade House Cookery School who has put 4 videos together each with a different theme but focussing on cooking tasty, quick meals on a budget. These can be accessed via YouTube below:

Avoiding waste & using leftovers: <https://youtu.be/V4NyF-ZNfMg>

Pasta & batch cooking: <https://youtu.be/vCtoCQh1AjA>

Making vegetables interesting: <https://youtu.be/SKyy9iRVqxc>

Cooking creatively with fruit: https://youtu.be/IVKM1iC_fKg

Discounts



The national Money Saving Expert website has helpfully pulled together a comprehensive list of discounts and deals available including food discounts, unlimited mobile data, free parking and lots more. These offers are all new and in addition to what NHS/emergency staff can usually get (eg, with a Blue Light Card).

Visit www.moneysavingexpert.com and search for 'NHS and care worker staff freebies & discounts'

Food bank



The Lincolnshire Staff Wellbeing Hub can now refer staff for food parcels. The foodbank also offers a triage for additional hardship support such as clothes bank, skills courses, and befriending.

Call the Lincolnshire Staff Wellbeing Hub for a referral on 01522 518609 (Mon-Fri, 9am-5pm) or email lpft.staffwell-being@nhs.net

These resources are available to everyone working for the system

GamCare



Are gambling problems affecting you, or those close to you? GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling. Chat with an Adviser one to one for confidential advice, information and emotional support, 24 hours a day via telephone, online chat or WhatsApp chat.

Call **0808 8020 133**, 24 hours a day, 7 days a week

Visit <https://www.gamcare.org.uk> to access the online chats and support

Union Support - UNISON



Members experiencing financial and emotional difficulties can contact UNISON's welfare charity, There for You, which provides a confidential advice and support service for members and their dependants. The UNISON website includes information on; wellbeing breaks, budget planner, check your benefits, energy support fund and more.

Call **0800 0 857 857**

Visit <https://www.unison.org.uk/get-help/services-support/there-for-you>

Union Support - Other



If you are a member of a union there is support and financial advice available to you. This may include; debt advice, budget planning, free offers and services and credit union. The links below are not exhaustive, so please check with your own union what support and benefits they can offer around your financial wellbeing:

- www.gmb.org.uk/support
- www.miphealth.org.uk/home/our-services/membership-benefits.aspx
- <https://nacas.co.uk/member-benefits>
- www.rcn.org.uk/Get-Help/Member-support-services/Financial-wellbeing

Menopause

These resources are available to everyone working for the system

Balance



The world's biggest menopause library. Balance has been created with a single mission in mind: to make menopause support inclusive and accessible to everyone, globally. Join a community of like-minded individuals and feel empowered to get the treatment that's right for your body.

Visit www.balance-menopause.com

Lincolnshire Menopause Support Group



This is a closed Facebook group which anyone working for the system in Lincolnshire can join. It provides a platform for ladies to discuss their menopausal issues in a safe and supportive environment.

Search '**Lincolnshire NHS Menopause Support Group**' in Facebook

Menopause in the workplace webinars



With renowned experts and speakers from a wide range of organisations this series of bitesize webinars offer information, understanding and signposting to resources for this important workplace issue. A full list of each day's sessions, along with links to the recordings and presentation slides, can be found below.

Visit <https://www.ardengemcsu.nhs.uk/showcase/news-events/news-events/menopause-in-the-workplace-bitesize-webinars/>

Additional menopause support



Women experience the menopause in widely varying ways. It may help to remember that it is not unusual to feel that your body is changing dramatically, or equally, that it has hardly changed at all.

Visit www.themenopausecharity.org and also visit www.womens-health-concern.org/help-and-advice/factsheets/menopause

Domestic abuse

These resources are available to everyone working for the system

Freephone 24-hour national domestic abuse helpline: 0808 2000 247

EDAN Lincs



Supporting any women, men or children who are, or have experienced Domestic Abuse, whether physical, sexual, emotional or financial abuse, including coercive and controlling behaviour, forced marriage and so called honor based violence, who are living either permanently or temporarily in the Lincolnshire area.

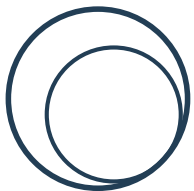
Call: 01522 510041, Monday-Friday 9am - 5pm

Visit: <https://edanlincs.org.uk/>

General Enquiries: info@edanlincs.org.uk

Secure Email: info.secure@edanlincs.cjsm.net

Galop - LGBT+ Domestic Abuse helpline



Helplines open to anyone LGBT+ in the UK, as well as friends, family members, and professionals who may be concerned about an LGBT+ person who is facing abuse. Support for LGBT+ people who are victims of domestic abuse, sexual violence, hate crime, so-called conversion therapies, honour-based abuse, forced marriage, and other forms of abuse.

Call: 0800 999 5428, Mon-Fri 10am-5pm, Weds-Thurs 10am-8pm

Visit: <https://galop.org.uk/>

Email: help@galop.org.uk

Respect - Men's advice line



Here to support men experiencing domestic abuse. If you want to talk to someone, you can speak to their friendly and professional advisors on the phone, by email or on webchat. No pressure, no judgement, just help.

Freephone: 0808 8010327, Mon-Fri 10am-8pm

Email support: info@mensadviceline.org.uk, Mon-Fri 9am-8pm

Webchat support: Weds 10-11:30am and 2:30-4pm

Visit: <https://mensadviceline.org.uk/>

Covid-19 wellbeing resources

These resources are available to everyone working for the system

How to stay calm in a global pandemic - Free e-book



Dr Emma Hepburn is an NHS Psychologist known as 'The Psychology Mum' (@thepsychologymum) who has made hundreds of illustrations on social media to improve mental health during the pandemic

Visit www.hachette.co.uk/wp-content/uploads/2020/12/How-to-Stay-Calm-in-a-Global-Pandemic-Free-ebook.pdf

Scan
me!



Lincolnshire staying well website



Our Lincolnshire staying well website brings together some of the local and national wellbeing resources available, such as anxiety and nutrition advice or adapting to life during COVID-19.

Visit www.lpft.nhs.uk/LincsStayingWell

Stress management with Long Covid



Dr Sari Harenwall, Senior Clinical Psychologist and COVID Rehab Clinical Lead for the Primary Care Wellbeing Service at Bradford District Care NHS Foundation Trust and colleagues in Bradford have recorded a video on how to manage your stress with Long Covid.

Visit <https://youtu.be/tgEuVN1iYQc>

The Coronacoaster



Developed by South Tees Hospitals NHS Foundation Trust Medical Psychology Team, the 'Coronacoaster' Recovery Programme is available to staff. Choose your own path through this programme, designed to help you to recover from the emotional rollercoaster of the Covid-19 pandemic.

Visit: <https://youtu.be/BcyZ-gerZPs>

Development

These resources are available to everyone working for the system

Coaching



Across the Lincolnshire Health and Care system we have a pool of accredited coaches that are able to provide support around individual and team development through the use of various coaching techniques. Topics for discussion that may but not exclusively identified as part of coaching sessions include:

- Managing change and transition
- Interview skills
- Personal performance
- Interpersonal working relationships

For more information please email lpft.leadership@nhs.net

Skills for Care



Skills for Care are a trusted independent charity who provide practical support to help leaders and managers recruit, develop and lead their staff.

- Support for registered managers - Webinars
- Support for the workforce - Resource finder
- Wellbeing sector stories

Visit the following links for specific support:

- <https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Support-for-registered-managers/Registered-manager-webinars/Wellbeing.aspx>
- <https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Managing-people/Wellbeing/Workforce-wellbeing-finder/Wellbeing-resource-finder.aspx>
- <https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Managing-people/Wellbeing/Wellbeing-sector-stories.aspx>

These resources are available to anyone in the system with access to with an NHS email address - please speak with your manager to see whether this is available to you in your organisation

National staff support line



A confidential staff support line, operated by the Samaritans and free to access. This support line is here for when you've had a tough day, are feeling worried or overwhelmed, or maybe you have a lot on your mind and need to talk it through. Trained advisers can help with signposting and confidential listening.

Call 0800 069 6222 from 7am–11pm, seven days a week

Or text 'FRONTLINE' to 85258 for support 24/7 via text

NHS People website



Helping you manage your own health and wellbeing while looking after others. The programme is split into a number of key areas, which you can read about online, or you can seek support for the following areas:

- Free access to a range of wellbeing apps
- Support for line managers in having safe and effective wellbeing conversations
- Supporting colleagues affected by Long Covid
- Physical health and wellbeing
- Weight management
- Substance misuse and gambling support
- Financial wellbeing
- Supporting our veterans
- Supporting our diverse colleagues
- Support for executive leaders
- Support for people working in social care
- Dedicated coaching for our primary care colleagues

Visit <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>

These resources are available to everyone with an NHS email

NHS staff working in ICU



The Intensive Care Society have produced a range of wellbeing resources for staff working in intensive care units. This wellbeing hub therefore examines wellbeing from all angles - individual, team, and system.

Visit: www.ics.ac.uk/wellbeing

Lateef project - #NHSMuslimsWellbeing



Free faith-based mental health counselling support for Muslims working in the NHS. Islamic counselling can help you address, process, and manage your mental health problems, questions, and worries.

Visit: lateefproject.org/get-support

Fit4thefight



As part of the The Royal Wolverhampton's NHS Trust's commitment to looking after staff wellbeing during the COVID-19 pandemic, they launched #DoingOurBit – a free collection of dedicated, original fitness videos for staff to do at home to keep up their fitness and encourage a more active lifestyle. As you continue to navigate this difficult time, #DoingOurBit aims to help you be happy and healthy through activity.

Sign up to the platform at www.fit4thefight.org/nhs-members-area and register using any NHS email address

Follow on instagram: @nhsdoingourbit and Facebook: ordoingourbit

Support for Indian NHS Nurses



The British Indian Nurses Association (BINA) is an independent, non-profitable organization set up to serve Nurses of Indian origin. BINA is available to provide the pastoral support to the newly arriving Nurses from India by working in partnership with NHSE/I, HEE, NHS organisations, voluntary sectors of faith groups, local culture based associations to make them “feel Like Home”.

Visit <https://binauk.org/> for information on how to access support

Call +44 (0)1234 363272 or email admin@binauk.org

Uplifting resources for the NHS from the NHS



Health Education England and the Reading Agency have crowd-sourced a list of uplifting, digital resources from NHS staff. The choices of poems, podcasts and websites were recommended by your colleagues in the NHS, and are ideal for boosting your mood. You can use at your leisure via any computer or mobile device.

Visit <https://library.nhs.uk/nhs-staff-and-learners/uplifting-resources/>

NHS Working Carers free digital resource



Are you an unpaid carer? Do you provide unpaid care and support to a family member or friend due to their disability, health condition, frailty, mental health problem, addiction or other health and care need? If you answer 'yes' to this question, then you are a carer.

Speak to your manager for the free access code and visit www.carersdigital.org/login/index.php

Nurse Lifeline



Whether you are a nurse, midwife or healthcare support worker; newly qualified or experienced, student, associate, military, retired, or a family member or friend of someone in the profession, if you want to chat, our volunteer team will be here to listen. Free, confidential, UK-wide and peer-led. A space to offload and decompress. Chat with another nurse or midwife who gets it.

Call 0808 801 0455, available Monday-Friday, 7pm-11pm

ShinyMind wellbeing app



The ShinyMind App is a uniquely interactive tool designed specifically for NHS staff that improves wellbeing, resilience and teamwork. It's proven to help reduce the stress and anxiety of everyday life, leaving people feel happier and more productive.

To sign up for the app, please complete the form at the following link: <https://forms.gle/8ut8x3rdKmHJ73vD8>

Need help now?

None of the services previously mentioned are an emergency service

IF THE EMERGENCY YOU ARE EXPERIENCING HAS AN IMMEDIATE LIFE-THREATENING DANGER CALL 999.

If you need immediate help, please contact your GP or their out of hours service. Alternative support services are detailed below:

- Go to 111.nhs.uk or call 111
- Mental Health Helpline - 0800 001 4331 (open 24/7)
- Samaritans – 116 123
- SANEline – 0300 304 7000 (4pm-10pm daily)
- The Silver Line (helpline for older adults) – 0800 470 8090
- LPFT Single Point of Access – 0303 123 4000 (24 hours a day)
- You can also present at your local A&E if you are unable to keep yourself safe and you have self-harmed and require medical attention.
- **If you are in mental health crisis please call the Mental Health Helpline above and they will ensure you get to the right service.**

More information can be found here: www.lpft.nhs.uk/contact-us/need-help-now