

Call **0808 196 3833** (8am to 8pm)  
Visit [workforce.wyhpartnership.co.uk](https://workforce.wyhpartnership.co.uk)  
Email [bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net)



West Yorkshire and Harrogate  
Health and Care Partnership  
Mental Health and  
Wellbeing Hub



# CARING FOR YOU

August 2021

**As a staff member in a care home, whether Council or privately owned, you are part of our West Yorkshire and Harrogate Health and Care Partnership.**

We understand that the COVID 19 pandemic has been challenging for those working and volunteering in care homes, whatever your role - from the lack of PPE, to anxieties around protecting loved ones and those you care for, the relentless pressure on keeping residents safe has taken its toll. Whilst we are hopefully coming out the other side of the pandemic, this brings rise to other concerns such as anxieties around vaccinations, impact of losing people you have cared for, or struggles with the level of care you have been able to provide. If you want to discuss these difficulties or concerns, our staff Mental Health and Wellbeing Hub is here for you.



**Our staff support line is free and completely confidential - nobody will reveal anything you say to anyone. Call 0808 1963833 (8am-8pm, 7 days a week).**

**There is also a range of support services available in your local area - visit our website to find out more <https://workforce.wyhpartnership.co.uk/>**

## Therapies: Want to talk to someone?

Our therapists are trained to use approaches to explore how you think, feel and behave, and how your circumstances (both past and present) are affecting you. We understand that seeking therapy is a daunting process but our goal is to help you improve your situation and feelings. Our therapists know how hard it is to seek help when we are used to caring for others. They are used to working with people just like you. The service is confidential, free every time you use it and you will not be

asked to do or talk about anything you do not want to. There are different therapies that you may have heard of. These include CBT (Cognitive Behavioural Therapy), Counselling and CAT (Cognitive Analytical Therapy). Your therapist can explain these to you. If you are struggling with sleep, worry, anxiety, lack of motivation, low self-esteem, lack of confidence, agitation, flashbacks of trauma or feeling guilty, please reach out- there will be a therapy that is right for you.

## Self-Help Resources: Want to find out more?

At the hub, we have a collection of free self-help resources to support your wellbeing, including information about the **support available in your local area**:

### HUB WEBSITE:

Our hub website provides information and resources available whenever you need them. Signposting and further resources are also available, visit:

<https://workforce.wyhpartnership.co.uk/>

### STAFF SUICIDE SUPPORT:

A campaign with self-help, peer support and on-line learning. For more information visit: <https://staffcheck-in.co.uk/>

### PEER LED LEARNING- LEEDS MIND:

Providing free sessions to encourage peer to peer conversations to normalise and support mental health conversations.

For more information visit:

[bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net)

### CELLAR TRUST:

Mental Health and Wellbeing Training Platform offers a range of e-learning and webinar to support your wellbeing, including stress buster, managing low mood, improving sleep, skills for wellbeing and suicide awareness. For more information: Email

[training@thecellartrust.org](mailto:training@thecellartrust.org) or visit <https://livingwell.training/>



## Wellbeing Workshops. Want to develop more skills?

Do you ever find yourself struggling with worry, feeling anxious, or getting angry and frustrated? Or perhaps notice yourself sometimes being more snappy and irritable than you would like? This past year has been tough and placed an increased amount of pressure on most, leaving some of us wrestling with difficult thoughts and becoming our own harshest critic.

We would like to invite you to attend a series of four free wellbeing workshops that will help you to develop skills and ways to improve your wellbeing, your sense of purpose and meaning. These workshops will not only have a positive impact on your time at work, but also more generally in life too.

The Wellbeing Workshops will be running between 2pm-4pm on **22/09/21, 29/09/21, 13/10/21, 20/10/21**.

20 free of charge places will be available for these dates and taken on a first come, first served basis. We will hold a waiting list for people to attend, should we not be able to offer you a place. The Wellbeing Workshops are designed for each person to attend ALL four workshops.

For more information and to book on, please email [bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net)

## **CELLAR TRUST: 'Leading Mental Wellbeing Together' Webinar**

Leading mental wellbeing is everyone's responsibility and this free webinar provides the skills and knowledge to manage mental wellbeing. This two-hour, interactive, facilitated webinar explores the concept of mental wellbeing within the context of leadership and the ongoing response to the Covid-19 pandemic. The course provides leaders with information and guidance on managing wellbeing in the workplace, using up-to-date research evidence and best practice. Topics covered during the session include: recognising the signs of poor mental wellbeing, self-care and leading through adversity, as well as practical wellbeing tools which can be used with colleagues.

### **Upcoming Dates:**

**Tuesday 17th August 10.30-12.30**

**Tuesday 14th September,10:00-12:00**

**Tuesday 24th August 13.00 -15.00**

**Thursday 16th September,13:00-15:00**

**To book your place on the Leading Mental Wellbeing Together Webinar, please email: [bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net) or for more information visit [Living Well Training - Training for a healthy mind](#). For future dates [have a look at our news page](#).**

## **Wellbeing Check Ins**

If you are feeling unsure as to whether you need some support, why not give us a call for a free wellbeing check in? We are at the end of the phone to talk through any struggles or worries you might have or just to talk through the options available to you. We are here to support your mental health and wellbeing, whether you are struggling with anxiety, stress, low mood or anything else, our wellbeing check in offer can signpost you to the support you might need.

**To arrange a wellbeing check in, please email: [bdcccg.wyh.mentalwellbeinghub@nhs.net](mailto:bdcccg.wyh.mentalwellbeinghub@nhs.net) and someone will be in touch to arrange a wellbeing check in call.**

## **Schwartz Rounds - Coming Soon!**

Schwartz Rounds are structured groups, where all staff and volunteers who work in health and social care can come together regularly to talk about how it feels to be doing the work they do. In Schwartz Rounds, people are able to share the challenges and rewards that they experience when at work. They can help people feel more supported in their jobs, allowing time and space to reflect on their roles.



Schwartz Rounds are for any member of staff or volunteer working within health, mental health and social care and would benefit those working or volunteering within a care home. The Rounds could help staff to feel less stressed and isolated, with an increased insight and appreciation for each other's roles.

## Miya's story

Miya Lander's story reflects the experiences of many carers working in care homes across West Yorkshire and Harrogate. Hospitalised with Covid-19 for three months early in the pandemic, Miya is now back at work, but still relies on an inhaler to help her breathing. Miya has lost three stones in weight and it has taken many months for her to be able to return to work full time at the care home outside Bradford.

Regular check-ups with her GP focus on Miya's physical health, but not how she's feeling emotionally and dealing with the stress of having been in a life-threatening situation. Added to this stress is the challenge that all carers have shared, of coping with changes to routine and keeping residents and colleagues safe, with enhanced infection control. Sadly, although carers are familiar with the feelings that come with tending to people at the end of their lives, these numbers have increased in care homes over the past year, adding extra distress to carers' working lives.



Miya says her employer has been exceptional in supporting her while she was ill, making it easier for her to return to work and always keeping in touch while she was in hospital and recovering at home, but support for carers' emotional wellbeing is crucial for the time ahead:

"I'm fully vaccinated now but I still worry about getting infected again and I'm being very cautious about what I do, where I go and I'm still wearing a mask out and about.

The fact is, people's lives and thoughts have been changed by what's happened and they want to be able to talk about it. We talk amongst ourselves and look after each other, but it is hard. Sometimes even now I have to walk away from the tv when the news is on as it brings it all back."

**If you feel like Miya,  
call our support line on  
0808 1963833, every day 8am -  
8pm to access one-to-one  
therapy or scan the code to find  
out more from our website  
[workforce.wyhpartnership.co.uk](http://workforce.wyhpartnership.co.uk)**

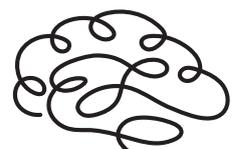
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Scan here for the  
Staff Mental Health and  
Wellbeing Hub website



**CHECK-IN.**

Looking after each other

[staffcheck-in.co.uk](http://staffcheck-in.co.uk)