

HEALTH AND WELL-BEING NEWSLETTER

*Providing information
to support your
health & well-being*

ISSUE 3
WINTER 2021

SHARED SERVICE

SHARED WELL-BEING

IN THIS ISSUE

**FORMER WELSH FOOTBALL INTERNATIONAL SHARES
MENTAL HEALTH EXPERIENCES**

**NWSSP HOLDS VIRTUAL COFFEE MORNING
FOR TIME TO TALK DAY**

LOOKING AFTER YOUR MONEY DURING CORONAVIRUS

**SHARING MY EXPERIENCES TO HELP OTHERS:
A NEW HEALTH & WELL-BEING BLOG BY SUZANNE TENCH**



GIG
CYMRU
NHS
WALES

Partneriaeth
Cydwasaethau
Shared Services
Partnership

Adding Value through Partnership, Innovation and Excellence



SHARED SERVICE

SHARED WELL-BEING

WELCOME to our third Health & Well-being newsletter for Shared Services Partnership staff.
Providing you with information to help support your health & well-being.



PHYSICAL

physical activity or exercise can improve your health whilst improving your quality of life



MENTAL

mental health is important at every stage of life. It affects how we think, feel, and act



SOCIAL

social wellbeing is an integral element of our overall well-being. It helps us live longer, manage stress, and become healthier



FINANCIAL

financial health is key to leading a happy and successful life. It lays the foundation to a stable and secure financial future

YOUR HEALTH AND WELL-BEING IS IMPORTANT.

This newsletter aims to ensure that it provides you with information that will support you with your health & well-being inside and outside of your place of work. Our information will cover all areas of health & well-being including; *Physical, Mental, Social* and *Financial* issues.

We will also be sharing the fantastic well-being initiatives that are being undertaken by Shared Services staff across Wales.

CONTACT US

Get involved! Share your health & well-being experiences with us.

Email: darren.davies@wales.nhs.uk

BE OUR CHAMPION!

Contact us via carolyn.isles@wales.nhs.uk

We would love you to be part of our exciting and innovative health & well-being initiatives!

MEET YOUR NWSSP HEALTH & WELL-BEING CHAMPIONS



Laura Price
Workforce and Organisational Development



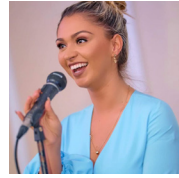
Sarah Hughes
Welsh Risk Pool Services



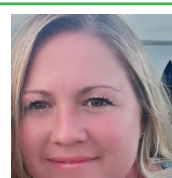
Andy Butler
Chair, Health & Well-being Partnership Group
Director, Finance and Corporate Services



Darren Davies
Finance and Corporate Services



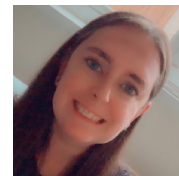
Elena Holmes
Workforce and Organisational Development



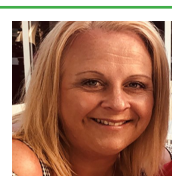
Nikki Regan
Central Team eBusiness Services



Ffion Morgan
Primary Care Services



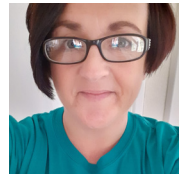
Kelly Jones
Accounts Payable



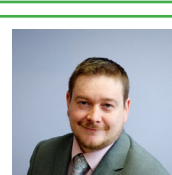
Michelle Richards
Finance and Corporate Services



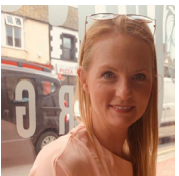
Jessica Morgan
Specialist Estates Services



Kerry Flower-Fitzpatrick
Workforce and Organisational Development



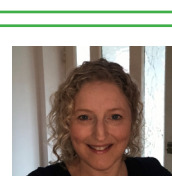
Gareth Price
Finance and Corporate Services



Justine Kincaid
Employment Services



Roxann Davies
Finance and Corporate Services



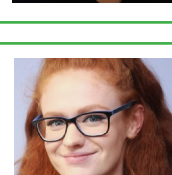
Sarah Jones
Counter Fraud Services



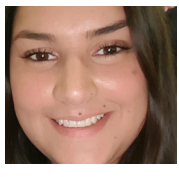
Oliver Rix
Workforce and Organisational Development



Lowenna Taylor
Legal & Risk Services



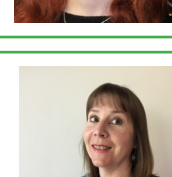
Nina Trist
Legal & Risk Services



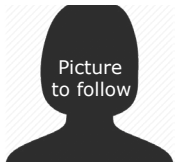
Nisha Eddy
Finance and Corporate Services



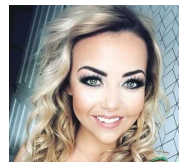
Sarah Holmes
Employment Services



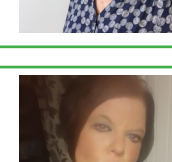
Carolyn Isles
Workforce and Organisational Development



Sara Taylor
Procurement Services



Jade Robinson
Primary Care Services



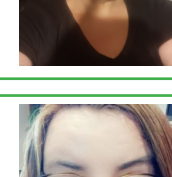
Lisa Westermarck
Employment Services



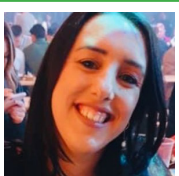
Christopher Hampson
Employment Services



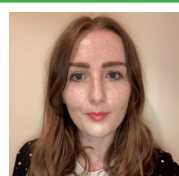
Lesley Cook
Procurement Services



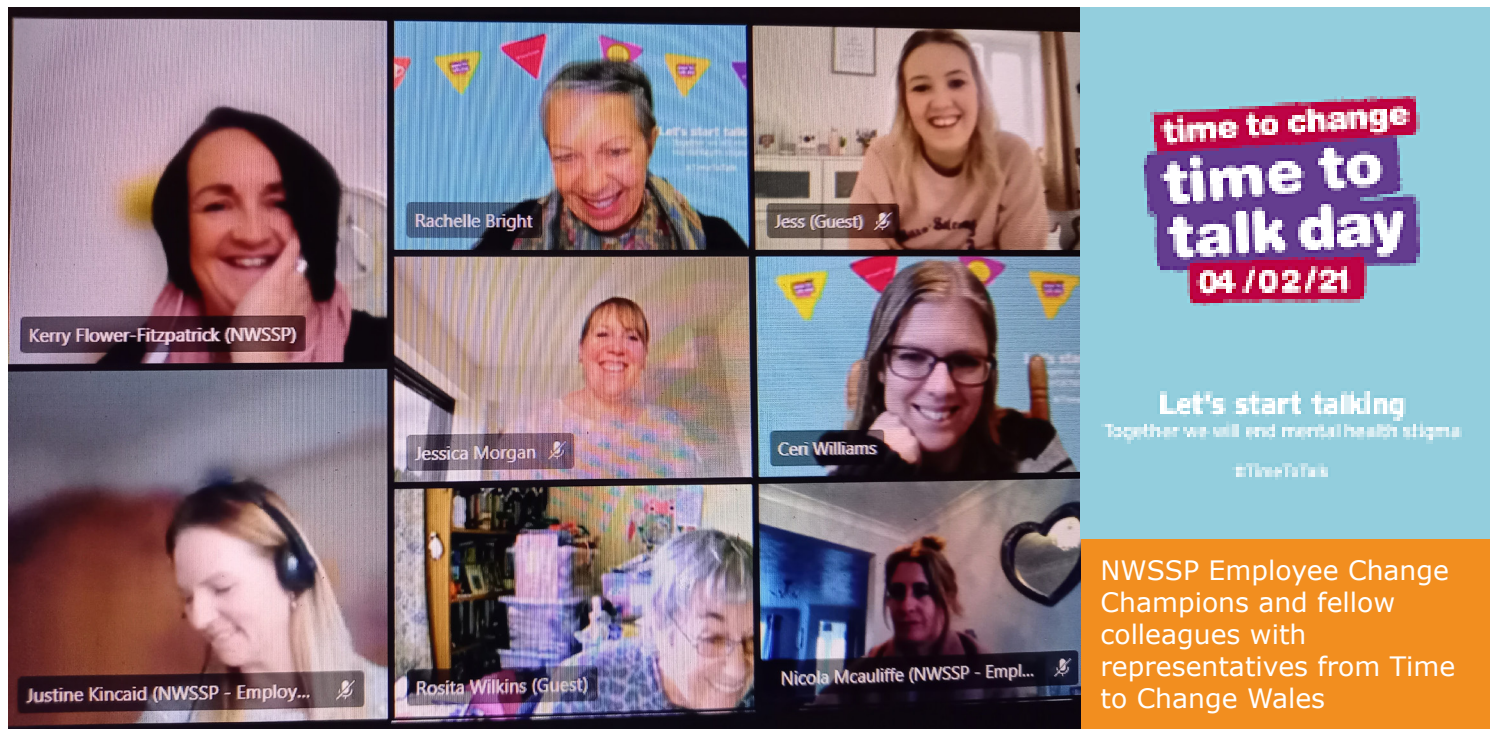
Kirstie King
Procurement Services



Frances Taylor
Employment Services



Megan Edwards
Legal & Risk Services



NWSSP HOLDS VIRTUAL COFFEE MORNING FOR STAFF AS PART OF TIME TO TALK MENTAL HEALTH DAY

Time to Talk Day 2021 was recently held on the 4 February. Time to Talk Day encourages everyone to be more open about mental health – to talk, to listen, to change lives. As pledged mental health employers, NWSSP is keen to support and highlight Time to Talk Day whilst also helping to raise awareness regarding mental health.

As part of Time to Talk Day a virtual coffee morning was held with an open invite to all staff which was hosted by our Time to Change Employee Champions, Mental Health Well-being Advisor Kerry Flower-Fitzpatrick, plus representatives from Time to Change to offer support and signposting to anyone who needed it.

The coffee morning was very well attended with many colleagues feeding back as to how helpful the session was. Similar sessions will be undertaken in the future and information regarding this will be communicated to staff.

As further support, a [video](#) was also recorded by our Time to Change Employee Champions and Kerry Flower-Fitzpatrick, who talked about the importance of reaching out should anyone be struggling, along with the Champions introducing themselves as another network of support.

Who are Time to Change Wales?



Time to Change Wales is a national campaign to end the stigma faced by people with mental health problems.

Further information can be read [here](#).

MENTAL HEALTH SUPPORT GROUP

January 2021 saw the return of NWSSP's Mental Health Support Group. The group is independently organised by colleagues Kerry Flower-Fitzpatrick and Carolyn Isles for colleagues to attend on a voluntary basis, as a space where anyone is free to attend; to share experiences and support for other colleagues in similar situations living with, or caring for someone with, a mental health condition.

The group has proven to be very popular with many staff benefitting from its creation. The group will continue every month. Please contact Kerry- kerry.flower-fitzpatrick@wales.nhs.uk or Carolyn- carolyn.isles@wales.nhs.uk if you would like to join or have any questions.

SUPPORTING INFORMATION FOR NWSSP STAFF

A number of useful supporting mental health documents have been published and are available to view.

These include:

- NWSSP's Time to Change Wales Action Plan
- Mental Health Contacts
- NWSSP Mental Health First Aiders information.

This information is available on the staff intranet at the following [link](#).



HOMESCHOOLING SUPPORT RESOURCES

Many families are having to balance homeschooling their children alongside their jobs at present, which can be very challenging. Here are a few useful resources and articles for support at this time. Don't forget that the Peer Support service and our Mental Health First Aiders are here if you would like someone to talk to.

[Homeschooling during lockdown- Scope UK](#)

There are a range of links and resources here aimed at families supporting children who have special educational needs

[Covid-19: How parents plan to tackle lockdown home-schooling - BBC News](#)

Parents share their experiences and advice

[How to help your child's online learning](#)

[Experts share their advice on coping with the stresses of home schooling](#)

[Tips and advice to help you find balance and create structure if you're new to working from home with your family - NSPCC](#)

GAMBLING SUPPORT

At the NWSSP Health and Well-being Partnership Group meeting in February, we had a [presentation](#) from Caitlin Tempest from [Citizens Advice Gambling Support Service](#).

The service offers free advice and support to individuals and families affected by Gambling related harm. This can affect people from any age and from all walks of life and tends to be a hidden problem.

We are working with Caitlin to offer some Gambling Awareness training for staff later this year.

In the meantime if anyone needs support there is a free 24 hour helpline: [0808 8020 133](tel:08088020133) and further support on the website [BeGambleAware website](#).

Citizens Advice Gambling Awareness service contact details:

[South and West Wales](#)

Citizens Advice Rhondda Cynon Taf

caitlin.tempest@carct.org.uk

Tel: 01443 409284

[North and Mid Wales](#)

Citizens Advice Denbighshire

jacob.kendall@dcab.org.uk

Tel: 01745 818082



FREE MINDFULNESS SESSION AVAILABLE FROM ACADEMI WALES

Academi Wales are offering free one hour [Mindfulness sessions](#) available to all staff.

Mindfulness 'practice' is a way of training the mind to increase levels of sustained awareness - of oneself, of others and of the environment. It offers us different ways of being with colleagues, coachees, partners, friends and family, by loosening our hardwired responses and by following our moment to moment experience.

Please click on the above link to join the session.

LOOKING AFTER YOUR MONEY DURING CORONAVIRUS: ONLINE HELP AND GUIDANCE AVAILABLE

The Coronavirus outbreak has meant that many of us have had to undergo an incredibly stressful period, because although this is a health-based emergency, in some respects it can also be a financial-based emergency too.

The more you can do now to plan ahead will save you time and energy – and importantly, money – when you might not be feeling at your best.

The [Money Advice Service](#) has created a guide which looks at how you can best manage your money, what help is available from your account providers and what to think about if you might need to borrow money.

The [NHS UK website](#) has also provided information on money matters which includes 8 things you can do to feel more in control, as well as lots of free support if you need it.

There are lots of specialist organisations who can offer further advice and support on the practical aspects of issues with money and mental health:

- [Citizens Advice](#)
- [StepChange Debt Charity](#)
- [National Debtline](#)
- [Debt Support Trust](#)
- [Mental Health and Money Advice](#)
- [Mental Health Foundation](#)
- [Macmillan](#).



COLLEAGUES WALK FOR THE MISCARRIAGE ASSOCIATION AND VELINDRE CANCER CENTRE CHARITIES



Nicola Needs

Primary Care Services colleagues Nicola Needs and Matthew James have been walking to raise money and awareness for the Miscarriage Association and Velindre Cancer Centre charities respectively..

After undertaking her challenge Nicola said:

"My target was to walk 250,000 steps throughout the month of January to raise £50 for The Miscarriage Association, however I'm delighted to say that I managed to walk 186 miles, 367,698 steps and raise £800! Which I'm extremely pleased about!"

Following on from this Matthew James is undertaking his personal journey: "I have recently started my 30-day challenge which is to walk/run 232 miles. This is signified by the distances of our Primary Care Services sites (shown in the picture below) and is to raise money for Velindre Cancer Centre."

Donations to Matthew's Justgiving page to help him with his challenge can be made [here](#).



Matthew James

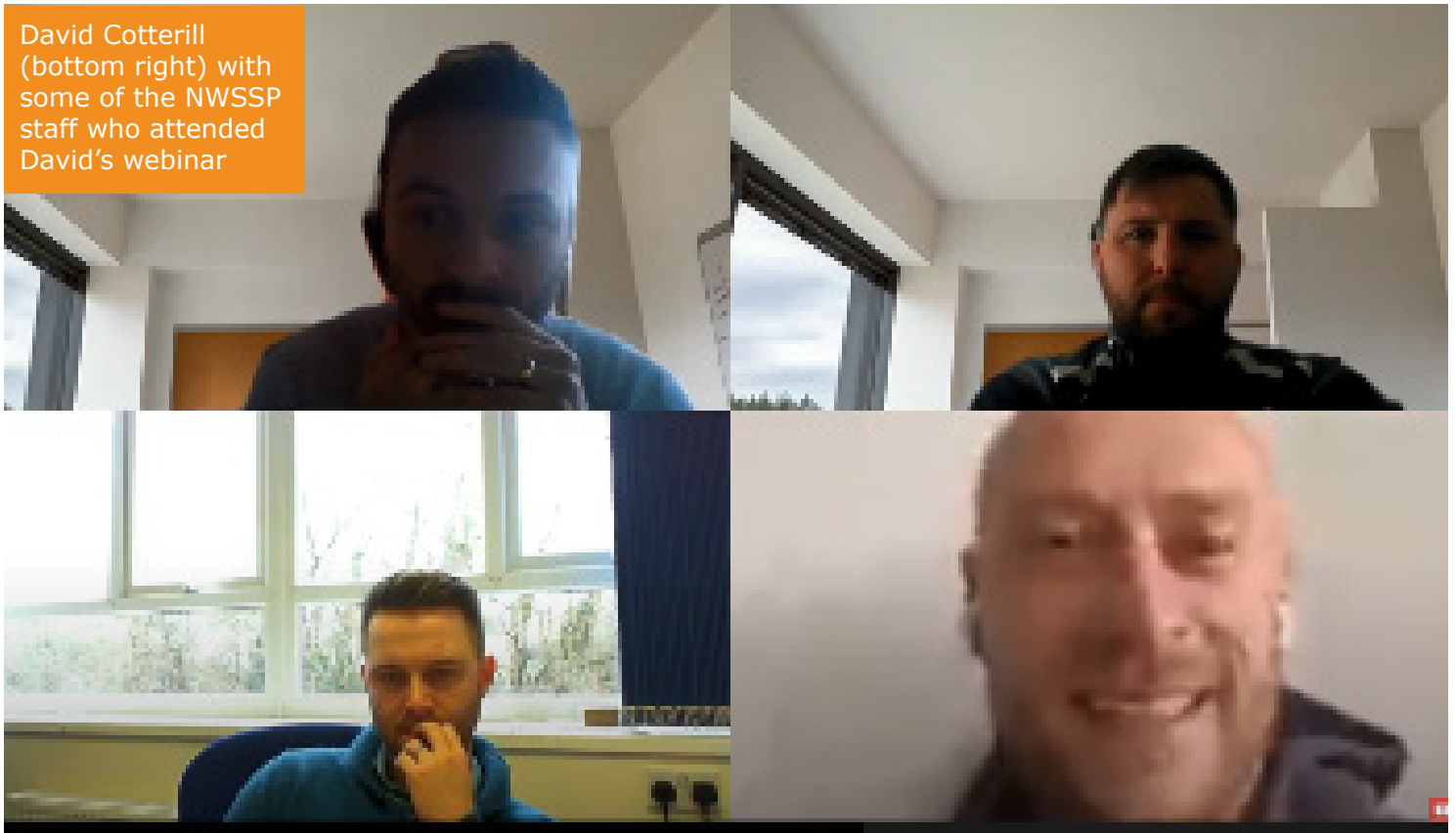


Your support and generosity throughout this 30 day challenge would be gratefully appreciated.

Matt James 😊



David Cotterill (bottom right) with some of the NWSSP staff who attended David's webinar



FORMER WELSH FOOTBALL INTERNATIONAL SHARES MENTAL HEALTH EXPERIENCES WITH NWSSP STAFF

Former Welsh international football player David Cotterill recently held a [webinar](#) where he discussed his experiences with mental health and well-being to NWSSP staff. In the webinar David talks candidly to NWSSP staff about his colourful career in professional football as well as the well-publicised challenges he has faced away from the game.

With over 20 international appearances for Wales and a career spanning many clubs, David discusses the highs and lows of his journey from playing the sport he loved to the set up of his own Foundation to help others like him. The link to the webinar can be found via NWSSP's official YouTube channel [here](#).

FURTHER INFORMATION

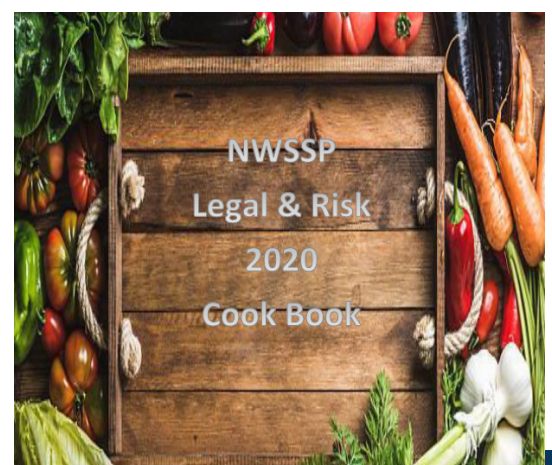
Information regarding David's Foundation can be found at: www.thedavidcotterillfoundation.com/

LEGAL & RISK SERVICES COLLEAGUE CREATES COOKBOOK TO RAISE MONEY FOR CARDIFF HOMELESS CENTRE

Legal & Risk Services colleague Nicola Sloan has produced a [Cookbook](#) on behalf of the Legal & Risk Staff Engagement Committee to raise funds for the Huggard Centre, which is Cardiff's main homeless centre.

There are hyperlinks in the contents list so that you have a quick access to the Cookbook with loads of your Legal & Risk colleagues' favourite recipes.

Nicola said: "I am sure you will all agree, that whilst it is undeniable that things are very different and hard for so many, it would be horrendous to be on the street with nowhere to go! I invite anyone who wishes to, to make a [voluntary donation](#), if you think you will enjoy the Cookbook. Every little counts to make a difference."



NEED TO TALK? THE PEER SUPPORT SERVICE IS THERE TO LISTEN TO YOU

The NWSSP Peer Support Service is here to support all our colleagues, at any level, in any role. The aim of the service is to provide colleagues access to a listening ear. The Service can also provide information about a range of resources.

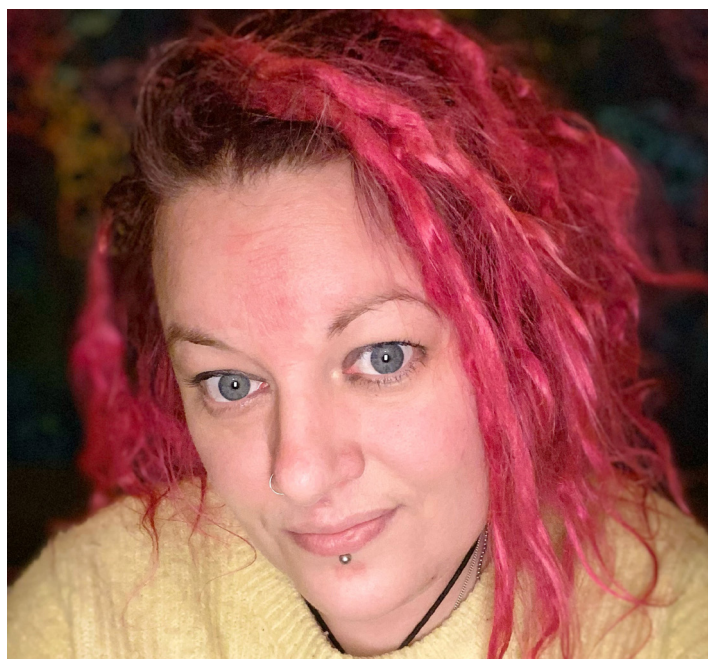
Topics covered include: Worries about returning to the workplace; How you are feeling about the current situation; Financial concerns; Family issues.

There will be complete confidentiality and no judgement, and it is aimed at helping colleagues feel heard and not alone.

The rota for each month in terms of times, dates and who you will be talking to are available on the staff [intranet](#) and [internet](#).

You can also find new information introducing our Peer Support volunteers on the above intranet page.

If you are unable to get through by telephone at the dedicated time, please contact: nwssp.workforce@wales.nhs.uk and one of the Peer Support Service team will contact you.



SHARING MY EXPERIENCES TO HELP OTHERS: A NEW HEALTH & WELL-BEING BLOG BY SUZANNE TENCH

Hi, I'm Suzi Tench. I work for NWSSP in Ophthalmic Payments within Primary Care Services and am based in Mamhilad, Pontypool.

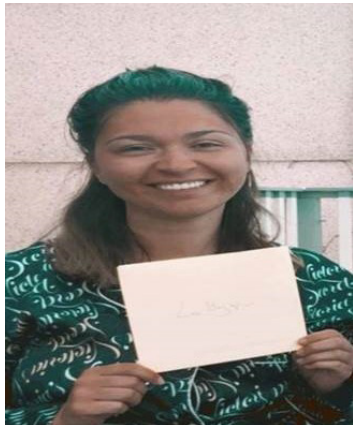
I have been diagnosed with stress, anxiety and depression, which, a few years ago meant I had to take extended leave from work when I was ill with my mental health. I also have Asperger's which can impact on my stress and anxiety levels day to day.

One of the toughest challenges so far has been dealing with the impact that Coronavirus has had when it hit the UK during March 2020. Work routines and day to day life was interrupted and so many plans and structures changed in a big way.

One of the biggest changes to the work environment happened when home working was introduced to many offices, not only has this changed how we work and deliver out services, the virus has also brought with it a great deal of uncertainty, stress, anxiety and general feelings of worry to most people.

Through my experiences, reading around the subject and trying many different things to help improve my health and wellbeing I have decided to write an ongoing series of blogs to share some of the things that I have found to help along with any useful resources that may be useful.

I hope that by [blogging](#) about my experiences and sharing tips and advice that there will be a better understanding of mental health and the effects it can have on individuals and that some of the things I share will be of use to you.



MY WEIGHT LOSS JOURNEY: STAFF BLOG BY HEALTH & WELL-BEING CHAMPION ELENA HOLMES

Health & Well-being Champion Elena Holmes has been writing a series of weekly blogs which have charted her weight loss journey. The blogs' aim to highlight Elena's efforts to improve her physical well-being whilst detailing how she has been doing it. To date, Elena has lost an incredible 23lbs since July 2020 through a mixture of exercise and healthy eating.

Elena said: "This really is a personal journey for me. I didn't feel confident in my own skin and that is why I felt I needed to make a change to my health and well-being. I am really pleased with my progress so far and I really hope that my journey can inspire others. I now feel pretty motivated for the Summer."

Elena's latest blog is available to read via the staff intranet [here](#).



SUICIDE AWARENESS TRAINING FOR STAFF

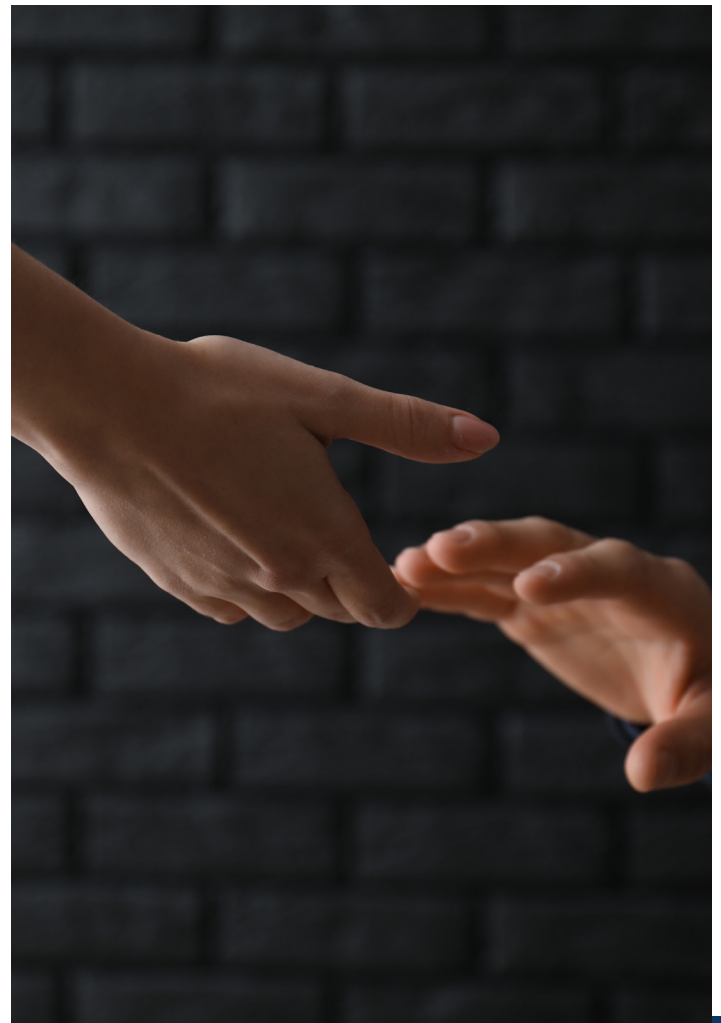
Awareness on suicide prevention is something we all need to take seriously. The last twelve months have been difficult for many, with the effects on some people being profound.

We never really know if we are in the company of someone who is struggling or when a crisis involving suicide could take place. The mental health organisations across the country are seeing an increase in attempted suicide, suicidal thoughts and suicide itself.

With this in mind all staff the opportunity to take part in [Suicide Awareness Training](#). Zero Suicide Alliance offer free Suicide Awareness Training, the course lasts roughly 20 minutes, you will gain knowledge in ways of supporting someone who may be at risk of suicide. Once completed you will be issued with a certificate that confirms completion of the course.

This is not mandatory and it is appreciated not everyone will want to take part- but if you are interested please click the link above and select step 3 for the full course.

If you have any questions please contact:
kerry.flower-fitzpatrick@wales.nhs.uk



WALKING THE LENGTH OF THE UK FOR THE LULLABY TRUST CHARITY: MY CHALLENGE BY CHRISTOPHER HAMPSON



Employment Services colleague and Health and Well-being Champion Christopher Hampson recently completed a virtual John O Groats to Lands End walking challenge for The Lullaby Trust charity which raises awareness of sudden infant death syndrome (SIDS), provides expert advice on safer sleep for babies and offers emotional support for parents.

Reflecting on his achievement, Christopher said:

"I decided to take on the challenge for The Lullaby Trust initially as another way to raise money as I had to cancel other charity-based events that I had planned due to Coronavirus. Raising money for The Lullaby Trust is very personal to me and I undertook the challenge in memory of my daughter who I lost to SIDS in 2012."

"Things began when I saw an advert for a virtual John O Groats to Lands End walk whereby I had 12 months to complete the 874 miles- I just needed to log how many miles I walk or run each day. I figured out that I needed to do about 2.5 miles a day to complete within the 12 months, and although there is also a gold medal challenge for completing in within 3 months I doubted that I'd get anywhere near that so purely aimed on 12 months when I signed up."

"I recruited a team to join in with me including fellow Employment Services colleague Ceri Thomas,- and a few friends from Swansea Bay University Health Board. My challenge began on 23 November 2020 where I walked around the local area for an hour whilst my son was undertaking football practice, combined with a quick mile or two during my lunch break and by walking to the shops in the evening. By the end of the first day I had completed just over 10 miles."

"This set me thinking that I could actually achieve the 3 month target so I changed my approach and then aimed to walk or run around 10 miles a day or a little further. 83 days later I finally completed the 874 miles. The challenge gave me something to focus on during the periods of lockdown and I feel better both physically and mentally for it."

"I am now determined to make sure that I keep walking to maintain this, with a view to undertake the Welsh 3 Peaks challenge once restrictions are lifted and allow for this to happen. Overall I have raised almost £150 and if anyone would still like to donate then they can do so [here](#)."



POWER OF POSITIVE THINKING: WORKSHOPS AVAILABLE FOR STAFF

New Health and Well-being Workshops have been arranged and are now available for all NWSSP staff to join.

It has long been proven that there are benefits for our mental and physical health of taking a positive approach to life. However this is easier said than done.

In these one hour workshops, we will explore how our thoughts can influence our feelings and behaviour and look at some tips and strategies to challenge our way of thinking. Please come with an open mind.

The dates for the sessions are:

- 11th March 1-2pm
- 20th April 12-1pm.

All sessions can be booked via ESR.

To find the course on ESR click on "my learning" (on the left of the screen) then there should be a search box for a course on the next page.

Type in 'Positive Thinking' and then click on the name of the course when it comes up. You should get to a page with the three course dates on it to choose from.

If you require any further information please contact Carolyn Isles: carolyn.isles@wales.nhs.uk

WORLD CANCER DAY: A LEADING INTERNATIONAL AWARENESS DAY

World Cancer Day, occurring every 4 February, is an international event led by the [Union for International Cancer Control](#).

By raising worldwide awareness, improving education and catalysing personal, collective and government action, they are working together to re-imagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equal for all - no matter who you are or where you live.

Created in 2000, [World Cancer Day](#) has grown into a positive movement for everyone, everywhere to unite under one voice to face one of our greatest challenges in history.

Each year, hundreds of activities and events take place around the world, gathering communities, organisations and individuals in schools, businesses, hospitals, marketplaces, parks, community halls, places of worship - in the streets and online - acting as a powerful reminder that we all have a role to play in reducing the global impact of cancer.

This year's World Cancer Day's theme, 'I Am and I Will', was all about you and your commitment to act. Through positive actions, together we can reach the target of reducing the number of premature deaths from cancer and non-communicable diseases by one third by 2030.

TRAINING

There is free training for managers supporting a member of staff affected by cancer available on the [Macmillan website](#).



USEFUL LINKS

- [What are the symptoms of prostate cancer?](#)
Prostate Cancer UK
- [Check your breasts](#)
Breast Cancer UK
- [About cervical screening](#)
Cancer Research UK

CORONAVIRUS

Providing you with the latest information, support and guidance

The 2019 novel Coronavirus infection, also known as Wuhan novel Coronavirus has changed the way we work and live since it became part of our daily lives back in March 2020.

We have been communicating with you corporately and at a local level to provide all staff with the latest information so that you fully understand how NWSSP is approaching the pandemic and to ensure that we fully support all colleagues as best we can.

For staff working in our sites, great efforts have been made by our [Building Sites Leads Group](#) to ensure that offices are safe environments to work in and comply with the relevant government guidance and legislation. Further information can also be found on our Health and Safety Covid-19 [web pages](#).

NWSSP has also instigated a number of [health & well-being initiatives](#) to support those in offices / stores / on the road and for staff working from home as well as the enabling the enhanced roll out of the new Office 365 suite of I.T applications.

All information has also been made available on our [external website](#) for colleagues unable to access our internal platforms.

From an organisational perspective we will continue to work on the principle that **"if you can work from home then you should continue to do so"** and the NWSSP Senior Leadership Team will review this in conjunction with our Union colleagues in April 2021.

As we move forward, a number of other staff-led groups have been set up to provide direction for NWSSP and to put into practice feedback received from staff and from recent staff surveys, latest government guidance and to ensure that we have one consistent message and approach.

These groups include (but are not limited to):

- [Adapt and Change Group](#)
- [Health and Well-being Partnership Group](#)
- Planning and Response Group
- [Agile Working Programme Board](#).

A number of videos have also been released to reassure and to [highlight the measures](#) put into place in our offices and what our [plans are for the future](#).

Focus Groups and [Virtual Coffee Mornings](#) have continued for all staff to help inform decision making and to talk to our Senior Leadership Team to ask any questions and to understand about NWSSP's approach to Coronavirus.

Our Workforce and Organisational Development team have also set up a dedicated email address for any Coronavirus queries you may have which is as follows: NWSSP.Covid@Wales.nhs.uk



Quick links for health & well-being & Coronavirus

Intranet

- [Health and Well-being - main page](#)
- [Covid-19 Resources](#)
- [Mental Health, Stress and Anxiety](#)
- [Health & Well-being Partnership Group](#)
- [Available Support Services](#)
- [Training Opportunity for Managers – Managing Mental Health at Work](#)
- [NWSSP Peer Support Service](#)
- [Employee Assistance Programme \(EAP\)](#)
- [Covid-19 Workforce Newsletters](#)
- [Latest weekly Coronavirus brief from Neil Frow, Managing Director](#)
- [Health and Safety pages on Covid-19](#)

Internet

- [Coronavirus information](#)
- [Looking after your mental well-being](#)
- [Test, Trace, Protect](#)
- [Library of information for staff](#)
- [Covid-19 Workforce Newsletters](#)
- [The NHS COVID-19 app](#)
- [Travel Advice for Wales](#)

