

HEALTH AND WELL-BEING NEWSLETTER

ISSUE 6
SPRING / SUMMER 2022

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

SHARED SERVICE
SHARED WELL-BEING

IN THIS ISSUE

INSPIRATIONAL LIFE DEVELOPMENT CLASSES

KIND-HEARTED LAUNDRY SERVICES STAFF DONATE
ITEMS TO UKRAINE FAMILIES

MONEYHELPER: ONLINE HELP AND GUIDANCE
AVAILABLE

TREAT YOURSELF TO A DOSE OF THE CULTURAL CWTSH!

MENTAL HEALTH AWARENESS WEEK 2022

SAVE THE DATE!

Virtual Health
& Well-being
Conference for staff:

12 October 2022

Details to follow soon!



GIG
CYMRU
NHS
WALES

Partneriaeth
Cydwasaethau
Shared Services
Partnership

Adding Value Through Partnership, Innovation and Excellence



SHARED SERVICE

SHARED WELL-BEING

WELCOME to our sixth 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 well-being 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: nwssp.healthandwellbeing@wales.nhs.uk

HEALTH & WELL-BEING PARTNERSHIP GROUP



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

Health & Well-being within NWSSP is supported by a Partnership Group which is Chaired by Andy Butler Director, Finance and Corporate Services.

The Group contains a number of Health and Well-being Champions from across the divisions. A full list of our Champions can be found [here](#).

A warm welcome to our new Champions:

- Joseph Psaila (Health Courier Services)
- Christopher Prince (Health Courier Services)
- Kara Bowen (Legal & Risk Services)
- Emma Mazey (Specialist Estates Services)
- Tomos Matthews (Procurement Services)
- Roxanne Phillips (Finance and Corporate Services).

A special thank you to our former Champions who have moved on to pastures new:

- Gareth Price (Finance and Corporate Services)
- Justine Kincaid (Employment Services)
- Jessica Morgan (Specialist Estates Services).



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!

TREAT YOURSELF TO A DOSE OF THE CULTURAL CWTSH!

The Cultural Cwtsh is a new creative wellbeing resource for NHS and Social Care workers in Wales. Full of fun activities, the Cwtsh invites you to switch off from work, discover your own creativity and unlock the wellbeing benefits.

Choose from a wide menu of uplifting, bitesize activities brought alive by professional artists at a time that suits you.

Ever wanted to try Bollywood dancing? Paint a portrait? Get crafting? Write your first novel? Unleash your singing voice? Take even better photos?

The Cwtsh has great content in English and Welsh and across all artforms suitable for beginners and improvers.

Check out what the Cultural Cwtsh can offer you at:

- www.culturalcwtsh.wales
- www.cwtshcreadigol.cymru

The Cultural Cwtsh is a virtual and vibrant hug - the arts sector's way of saying thank you to all the extraordinary staff who go above and beyond every day in the NHS and Social Care in Wales to keep us all safe.

The Cwtsh hopes it brings you fun and inspiration, comfort and relaxation.

Byddwch yn greadigol Discover your creativity



**Cefnogaeth greadigol
i weithwyr gofal iechyd**

**Gweithgareddau llawn
hwyl dan arweiniad artist**



Cyngor Celfyddydau Cymru
Arts Council of Wales



**Creative wellbeing for
healthcare workers**

**Bitesized activities
brought alive by artists**



Cyngor Celfyddydau Cymru
Arts Council of Wales



LONG COVID (POST-COVID-19 SYNDROME)

Healthy Working Wales has collated [information and a number of resources](#) on Long COVID and post-COVID-19 syndrome, including guidance for managers and a link to the NHS Long COVID app.

Long COVID is a term used to describe signs and symptoms that continue or develop after COVID 19. It includes both ongoing symptoms of COVID 19 (4 to 12 weeks) and post COVID 19 syndrome (over 12 weeks). The condition usually presents with clusters of symptoms, often overlapping, which may change over time and can affect any system within the body.

Some of the most common symptoms include:

- Extreme tiredness (fatigue)
- Shortness of breath
- Chest pain or tightness
- Problems with memory and concentration ("brain fog")
- Difficulty sleeping (insomnia)
- Heart palpitations
- Dizziness
- High Temperature.

Welsh Government has set up the Adferiad (Recovery) programme to diagnose, rehabilitate and support those suffering from long-COVID in Wales. Learn more about this programme [here](#).

Each Health Board in Wales has advice and information available and some areas also have dedicated services, usually run by a multi-disciplinary team of health professionals, to assist individuals with a range of support and interventions. Where a service exists, referral routes can vary with either referral via an individual's GP or in some cases self-referral.

The support available from each Health Board can be found via this [link](#).

In addition the Chartered Institute of Personnel and Development (CIPD) has put together some key recommendations and practical tips to support employees with Long COVID to return to and stay in work which can be found [here](#).



MENOPAUSE CAFE: OPEN TO ALL NWSSP STAFF

All women will experience the menopause. Trans, non-binary and intersex people can also experience the menopause.

In January 2022, NWSSP launched its own Menopause Cafe. This is currently held on Microsoft Teams and is an informal, friendly session open to everybody for virtual tea and cake and a chat about all things menopause.

2022 Dates

- Monday 18 July 11.30-12.30pm
- Wednesday 7 September 1.30-2.30pm
- Thursday 6 October 3-4pm
- Wednesday 9 November 11.30-12.30pm
- Tuesday 6 December 2-3pm.

Book by emailing: carolyn.isles@wales.nhs.uk
or: NWSSP.healthandwellbeing@wales.nhs.uk





MAL'S MARAUDERS: IMPROVING MENS HEALTH THROUGH WALKING AND TALKING

Originally formed in 2017, Mal's Marauders aims to improve men's physical and mental well-being through walking in talking in and around Neath-Port Talbot, South Wales.

Through connecting men out in nature, we, as people, not only get fitter and healthier, but can break down the stigma of men's mental health by inspiring men, to talk openly to other men who understand and have lived similar experiences. Good and bad!

Why Walk and Talk?

Marauders Walk and Talk are designed to provide an opportunity to meet new friends, helping to improve men's well-being. For some men, it is simply a walk with like-minded men to improve their fitness, whilst for others it is a means to reduce loneliness and to improve their mental ill health out on walks in nature's wonderful places.

We are surrounded by natural beauty on coast and countryside in South Wales. Nature has a fantastic means of encouraging men to open up to each other out on walks and creating positive energy.

Walking with other men creates priceless banter bring fun to the walks which in turn helps improve your whole well-being.

You can join Mal's Marauders via:

- 0781 200 0336 or
- marauders.menshealth@outlook.com

MAN V FAT: PLAYING FOOTBALL TO LOSE WEIGHT AND GET FIT

Health Courier Services and Health and Well-being Champion, Marcus Axworthy has started his second season of the [MAN v FAT football league](#) at PureFootball, Swansea, South Wales.

MAN V FAT is not only an excellent way to get fit and lose weight but to regain confidence within an active football league. In a space of 6 weeks, Marcus has not only lost over 5% of his body weight, but found a new level confidence in himself and made new friends as Marcus himself explains:

"I won't lie to you, regarding weightloss and building mental health resiliency, MAN v FAT is 100% the best thing I've ever done."

"Football isn't just the focus, its also great to get everyone together. The togetherness and pride you have being a part of the challenge fills you with the best feelings possible!"

"I play at an amazing venue where they instantly make you feel at home. And this is coming from someone who is shockingly bad with a football!"

If you want to know more, please contact Marcus or coach [Ben Gleeson via Facebook](#).

Pictured below is Marcus with colleague and fellow MAN V FAT team member Kevin Coulson.



Marcus Axworthy



Kevin Coulson

WELL-BEING SUPPORT LINE FOR NHS STAFF

Samaritans Cymru have launched a [well-being support line](#) for NHS and social care workers.

The support lines are run by the Samaritans and all calls are answered by trained Samaritans volunteers, who provide confidential, non-judgemental support.

Call 0800 069 6222 to access the service.



INSPIRATIONAL LIFE DEVELOPMENT CLASSES WITH LEAH SIAN DAVIES

Leah Sian Davies is an inspirational coach and trainer who supports people to bring their mind, heart and body into the here and now so that they can enjoy a full-bodied life.

Leah has been booked to deliver a series of workshops for NWSSP staff during 2022 to help quietly brave, big-hearted folk feel more alive, more themselves, and able to live life on their own terms doing things that truly make them happy.

Find out more about Leah [here](#).

Feedback about the sessions so far include:

"Very calming and helpful."

"Thoroughly enjoyed the session and feel really proud our organisation provides this support for its staff. We all have wobbly days and these sessions provide us with practical tools to use to turn those days around. Thank you."

Future workshops are as follows:

- *Modern day mindfulness*
Thursday 14 July 2-3pm
- *How to be your own best friend*
Tuesday 20 September 10-11am
- *Putting play before work*
Wednesday 23 November 2-3pm.

To book a place, or for more information contact:
nwssp.healthandwellbeing@wales.nhs.uk

GAMBLING SUPPORT

The [Citizens Advice Gambling Support 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.

If anyone needs support there is a free 24 hour helpline: **0808 8020 133** and further support on the 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

Ara Recovery For All and Enfys- Adferiad Recovery

There is a new, free gambling support service for Wales, [Ara Recovery For All](#), which has lots of useful tools and resources to help anyone affected by gambling.

Adferiad Recovery offers support for all kinds of addiction. Part of this is their [Enfys service](#) aimed specifically at healthcare staff in all roles.

They can be contacted via the following:

- Website: www.adferiad.org.uk
- Email: info@adferiad.org.uk
- Tel: **02920 407 407**



LEGAL & RISK SERVICES COLLEAGUES UNDERTAKE 'FRUIT AND VEG CHALLENGE' IN AID OF COMIC RELIEF

You may have heard of the 'Toilet Roll Challenge' for Comic Relief...now watch the Fruit and Veg Challenge!

During March 2022 kind hearted colleagues from NWSSP Legal & Risk Services undertook the Fruit and Veg Challenge which aligned with [Nutrition and Hydration Week](#) in the UK.

A target to raise £100 for Comic Relief was set alongside a quiz to raise further money which has since been exceeded. See our Legal & Risk colleagues in action [here](#).



PRIDE MONTH AND THE BALCH/PROUD NETWORK

June 2022 is [Pride Month](#). Pride Month sees members of the LGBTQ+ community and their allies celebrate their identities, accomplishments, and reflect on the struggle for equality. Across the globe, various events are held during this special month as a way of recognising the influence LGBTQ+ people have had around the world.

With this in mind NWSSP has its own LGBTQ+ staff network entitled BALCH/PROUD which welcomes LGBTQ+ colleagues and allies to come together in a safe space for discussions, event planning and the opportunity to build those supportive networks.

To enquire about joining PROUD please contact: NWSSP.Inclusion@wales.nhs.uk

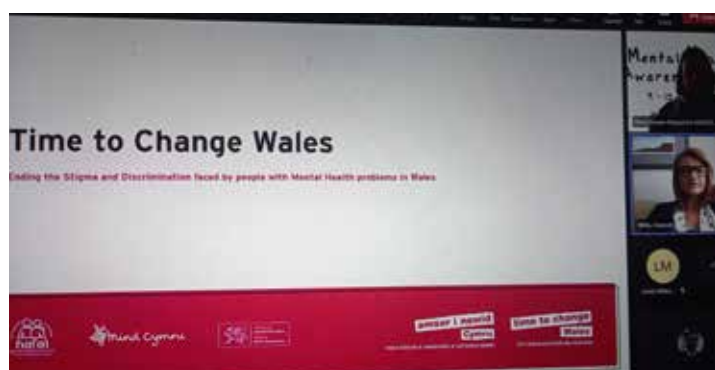


MENTAL HEALTH AWARENESS WEEK 2022

Mental Health Awareness Week (9-15 May 2022), is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. Hosted by the Mental Health Foundation, this year's theme was "Loneliness".

NWSSP have supported this event for several years, sharing resources, tips, guidance and signposting to anyone experiencing a mental health condition.

This year NWSSP held three events throughout Mental Health Awareness Week which included Time to Change Wales delivering a talk regarding stigma, a "Come together and Beat Loneliness" quiz, followed by a dedicated support day for NWSSP staff by Remploy.



Time to Change Wales representative Hannah Mills delivering a talk regarding stigma to NWSSP staff

Loneliness is affecting more and more people across the UK with a sharp increase due to the pandemic. While the changes to our working lives have been positive for many, there are some people who find it isolating and lonely.

If you are experiencing Loneliness please know there is always help. Below you will find several platforms, all offer support along with self-help ideas.

- [Mental Health Awareness Week 2022 - Mind](#)
- [Get help with loneliness | British Red Cross](#)
- [Get help with loneliness - NHS \(www.nhs.uk\)](#)
- [Loneliness \(supportline.org.uk\)](#)
- [Mental Health Awareness Week | Mental Health Foundation](#)

NWSSP have a strong team of Mental Health First Aiders who are trained to guide and support anyone who may need it. To reach a Mental Health First Aider please select the following [link](#).

Should you wish to find support in private the following [Mental Health Toolkit](#) will provide you with that opportunity.

If you have any concerns or questions regarding support please contact Kerry Flower-Fitzpatrick: kerry.flower-fitzpatrick@wales.nhs.uk

MONEYHELPER: ONLINE HELP AND GUIDANCE AVAILABLE

At the present time, many people are feeling the squeeze financially.

[Moneyhelper](#) is a free and impartial service offering advice, useful tools, resources and support with all things to do with financial well-being and is backed by government.

Online, over the phone or face-to-face, they are here to give you clear money and pensions guidance. They can also point you to trusted services, if you need more support.

Open to everyone, MoneyHelper is helping people to clear their debts, reduce spending and make the most of their income. To support loved ones, plan ahead for major purchases and find out about entitlements.

Moneyhelper has a range of tools available on their website, these are just a few examples, follow the links below to easily access these:

- [Budget Planner](#)
- [Pensions Calculator](#)
- [Dealing with debt](#)
- [Bill Prioritiser](#).

To contact Moneyhelper/Helpwrrarian:

www.moneyhelper.org.uk

Tel: 0800 138 7777 (Money Guidance)

WhatsApp: +44 7701 342744

0800 011 3797 (Pension Guidance).

www.helpwrrarian.org.uk

Tel: 0800 138 0555 (Welsh Money Guidance)

0800 756 1012 (Welsh Pension Guidance).

**Money
Helper**



KIND-HEARTED LAUNDRY SERVICES STAFF DONATE ITEMS TO UKRAINE FAMILIES



Swansea-based Laundry Services staff, led Health and Well-being Champion Ellen Martin, have been collecting Easter eggs, clothing, blankets, sleeping bags and toiletries for children and families in the Ukraine. The collections, and subsequent donations, formed part of the locally run Sketty Hall Ukraine initiative.

The initiative became a personal matter for those involved as Ellen explains:

"This is a devastating and sad time for the people of Ukraine. My fellow colleagues and I began discussing about if something happened here how would we cope- or even survive -and would we be helped by other countries? This made me think of what we could do as part of a team to help in some way just to let the people of Ukraine know they do not stand alone in their time of need."

"I came to hear about the [Sketty Hall Ukraine Appeal](#) so once we collected a number of boxes we got in touch with them and they helped to arrange transport to collect from all the staff in Laundry Services."

"There was a true feeling of empathy amongst us all here at the laundry. Everyone wished to donate something and with the support from our managers (putting up with all the boxes bombarding their office space!) it all came together."

GETTING TO KNOW YOU: CAROLYN ISLES AND KERRY FLOWER-FITZPATRICK



Hi all, my name is Carolyn Isles and I joined NWSSP during lockdown in April 2020, as OD Facilitator for Health and Well-being.

It has been a strange two years, working mainly from home and I still haven't met everyone in my team face-to-face!

My previous employment has been mainly with the charity sector, I worked for Action for Children for 19 years in a variety of roles within Children's Disability Services. After that I delivered management training with Chwarae Teg (gender equalities charity) for two years.

At NWSSP, my main role is to lead on the development of general health and well-being support in the organisation. As part of my role I also deliver training on management and leadership as well as health and well-being related sessions.

Part of my role has been to recruit and support Health and Well-being Champions, who share information with their teams and attend our Health and Well-being meetings. We have over 40 now, covering a wide range of departments across NWSSP, but are still looking to recruit more, so get in touch if you would like to join us.

I organise other Health and Well-being events such as our virtual staff conference in October 2021, and our upcoming one this Autumn. I also organise Stress Awareness training, workshops with life coach, Leah Sian Davies, and one-off events on specific topics such as a cancer awareness session with Macmillan earlier this year.

I have set up and lead the NWSSP Menopause Café which meets virtually once a month (contact me for details), and I deliver a workshop on "the Power of Positive Thinking" which can be booked on ESR.

I am continuing to develop a bank of Resources on our staff intranet health and well-being pages. These are being updated and added to regularly and I am always open to suggestions about how they can be improved, or new topics which would be helpful to add.

Please get in touch with me if you have any ideas about that, or if there is anything you would like to see being offered which is not currently in place:
carolyn.isles@wales.nhs.uk



Hi, I'm Kerry Flower-Fitzpatrick and I joined NWSSP in March 2017 but have sat in my current role as NWSSP's Mental Health Well-being Advisor for over three years.

My main responsibilities include supporting the mental health and well-being of staff within the organisation.

I have qualifications in Counselling Skills, First Aid for Mental Health in the Workplace, Mental Health First Aider and Suicide Awareness Training. I am also currently studying an ILM qualification in Coaching and will soon become a Mental Health First Aid Instructor for NWSSP.

I am passionate when it comes to mental health and believe that anyone who lives and works with a mental health condition should be able to access support. I am dedicated, empathetic and accepting of any situation.

I work closely with several mental health organisations across the UK such as Remploy, MIND Cymru, Time to Change Wales and the Mental Health Foundation. Through these platforms I can help deliver the best support networks for staff who are experiencing mental health concerns.

I lead a team of strong, confident Mental Health First Aiders who are strategically placed throughout sites in Wales. They offer a listening ear and signposting to all staff. I also work closely with our Employee Assistance Programme, Workplace Options.

I can make referrals for any member of staff who finds it uncomfortable to do so themselves.

I work to continually improve and develop NWSSP's mental health service ensuring we are always offering the best choices when it comes to supporting our staff.

Please contact me via:
kerry.flower-fitzpatrick@wales.nhs.uk if you are looking for support or have any questions regarding the service.



MEN'S HEALTH WEEK 2022 AND NEW SUPPORT FOR STAFF

Men's Health Week was held between 13-19 June 2022. The [Men's Health Forum](#) have themed this year's Week around giving yourself an 'MOT'.

Why do men need an MOT?

While we've been focused on the pandemic we've taken our eyes off other serious conditions.

We know early stage cancer diagnoses fell by third in first lockdown and that shortfall has continued. Macmillan reckon that around 50,000 of us have missed a cancer diagnosis during the pandemic.

Prostate cancer diagnoses, for example, were down 29% between 2019 and 2020. That's not because prostate cancer is getting rarer (it isn't), but because men weren't seeing their GPs to begin to get diagnosed. Indeed, male GP visits fell more than female visits. There were good reasons for this fall during lockdown but not now.

And there's other things that you can do. You can take your blood pressure at your Dr's - there's probably a machine in the surgery waiting room - or you can buy a home-tester.

Blood Pressure is given as two figures. The first is when the heart is contracting (systolic), the second when it is resting (diastolic). 120/70 would be fine for a young man.

Once the systolic starts getting up towards 140 and/or the diastolic to 90, you need to monitor your BP more often. Of course, any stress can raise your BP temporarily but if you're getting regular readings of 140/90 or more, see your GP.

It is also very important to look out for dashboard 'warning lights'

Check yourself all over for:

- Moles changing shape
- Unexplained lumps
- Unexplained shortness of breath/breathing difficulties
- Unexplained pain (especially in the chest)
- Swelling or itching
- A cough that won't go away
- Blood where it shouldn't be
- Changes in bowel habits- such as blood in stools, diarrhoea or constipation for no reason, a feeling of bloating or of not having fully emptied your bowels or pain in your stomach or back passage.

Men's Health Forum message to men:

It's a simple one: it's time for your MOT.

- Take notice of what's going on in your body and mind
- Do the Forum's quick and easy [DIY Man MOT](#)
- Go and see your GP or use [NHS 111](#) if you're concerned about any symptoms
- Get an [NHS Health Check](#).

We understand that men can find it difficult and sometimes feel uncomfortable when it comes to asking for support. With this in mind and to support Men's Health Week, we are launching two new platforms to help support the well-being of our male colleagues.

Men's' Dedicated Mental Health Support Page

From 13 June NWSSP has had a [dedicated mental health support page](#) for men and those who identify as men. This is accessible through the staff intranet.

Men's Support Group

We are pleased to share that we are launching a new [mental health support group](#) for men and those who identify as male. The group will be led by NWSSP's male mental health first aiders who will be able to listen, share tips and guidance and find appropriate support if required. The group will provide a safe, non-judgemental private environment.

The first group will be held on the 5 July, this will be led by Mental Health First Aider Craig Chislett. Craig will be live on Teams between 2:30 – 3:30pm. You can join by selecting the following [link](#).

Coffee Morning

A men's Coffee Morning was also held on Wednesday 15 June. This was led by NWSSP's Mental Health First Aider Owen Morgan who was on hand to listen, guide, support, and signpost.

STRESS AWARENESS WORKSHOPS AVAILABLE FOR NWSSP STAFF

Joanne Pitt, pictured below, from NOSS (Network of Staff Supporters) is a Psychotherapist and Lecturer in counselling. She has been delivering workshops on Stress Awareness for NWSSP over the past year.

The sessions cover- *Understanding what stress is and how it affects us; how we can help ourselves; building resilience.*

All sessions will take place via Microsoft Teams. Numbers are limited to a maximum of 10, to enable interaction from participants. To get the most out of the sessions, please make sure you are in a private area, where you can speak freely.

Feedback about the sessions: *"I found Jo to be very good at making people feel at ease, which helped myself and everybody to open up and be honest about issues. She appeared very knowledgeable about the subject."*

If you are interested, please book on as soon as possible on ESR, see guidance on how to book, below:

- Thursday 21 July 9:30-11:00am
- Wednesday 5 October 9:30-11:00am
- Tuesday 13 December 9:30-11:00am
- Thursday 9 Feb 9:30-11:00am.

You can book onto the courses via the staff intranet at this [link](#).

If the courses are full, please email: nwssp.peopleandod@wales.nhs.uk to add your name to the waiting list.

If you have any questions please contact: carolyn.isles@wales.nhs.uk



CORONAVIRUS

Coronavirus has changed the way we work and live since it became part of our daily lives back in March 2020.

The last remaining coronavirus protections in law have now come to an end. After more than 2 years of living with coronavirus regulations, these expired on 30 May when the requirement to wear a face covering in health and care settings finished.

Although the last protections have been removed, we must remain alert to the threat of new and emerging variants and continue to take simple steps, including staying up to date with vaccinations, self-isolating if you have Covid-19 symptoms and maintaining good hand hygiene.

In light of these new changes, NWSSP's direction of travel was set out in our latest Coffee Morning which featured representatives from the Senior Leadership Group. The session provided an opportunity for staff to understand the importance of continuing to take precautions where practical/applicable, our general direction of travel, our agile working approach, plus information regarding our estates.

All of this, plus much more, can be viewed via the recording of the Coffee Morning which can be found [here](#).

Information regarding coronavirus will remain on our on [intranet pages](#) should you need to refer to it.

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