



Your Wellbeing Coronavirus COVID-19

Last updated 14/07/2020



OUTSTANDING CARE
personally DELIVERED



Do you have any questions?

Executive Team update Facebook Live & MS Team

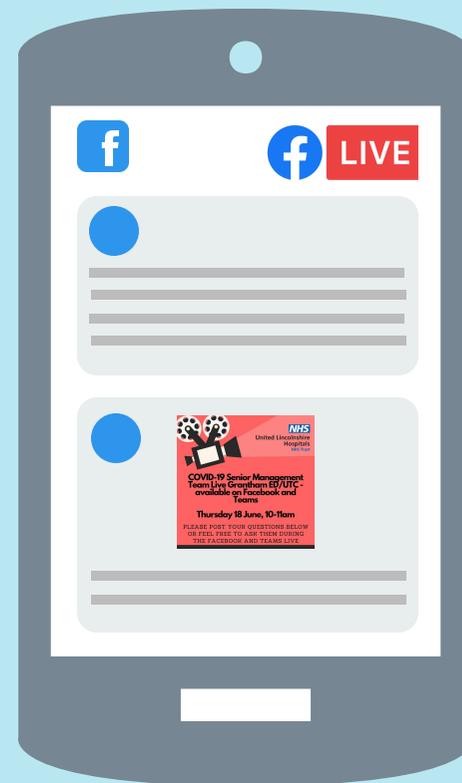
Since March 2020, we have had nearly **twenty** COVID-19 Facebook Live chats with members of our Executive and Senior Team. Feedback about the sessions have been so positive, that we are going to keep them going!

We continue to connect with as many colleagues as possible using Facebook Live and the MS Teams platform, Updating you all on important services and decisions and encouraging questions. We all have a responsibility to stay up to date.

Please remember to seek out **factual sources** of information from ULHT's Intranet, from these regular live videos as well as all updated SBARs.

You can go back and watch them at any time on ULHT Together as they are saved there AND now you can find them on the intranet.

<http://ulhintranet/covid-19-facebook-live-videos>



For ALL accurate information relating to all aspects of our response to COVID 19 and Coronavirus, please refer to the COVID-19 (Coronavirus) SBAR and Coronavirus intranet portal



join our closed Facebook page search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson

Hello!

Since mid March 2020, in Lincolnshire, we have worked tirelessly to respond to the pressures presented by the global coronavirus pandemic. We have seen some of the most drastic operational changes ever seen in ULHT. We've seen wards closed, clinical pathways entirely rewritten, visiting banned, face to face appointments drawn to a total minimum if not stopped all together as well as admin offices closed and colleagues asked to work from their home dining tables. Whilst all these changes have been going on, we have been so clear about the importance of our health and wellbeing. A team was quickly pulled together, responsible for this response.



Jenny Devlin
OD Practitioner



Penny Lee
OD Manager



Saumya Hebbar
OD Lead



Helen Nicholson
Head of OD



Nikki Galley
Comms Officer



Wayne McIntosh
Head of Facilities



Phil Upsall
Staff Side Chair



Pamela Beattie
Chaplain



Allison Amelia
Chaplain



Sam McCarthy
Phyll
Acute Pain Nurse
Specialist



Leanne Belton
Lead Nurse
coordinator
Health &
Wellbeing



Sharon Kidd
Patient
Experience
Manager

A team that pulled in experiences from multiple disciplines and we all had the same passion. We want every single colleague in ULHT to know that we care, that we are listening, that whatever the need, there is someone you can talk to. Remember we are here for you.

Please do get in touch with any of us if you have any questions or ideas about wellbeing.



COVID-19StaffWellbeing@ULH.nhs.uk



Occupational Health & Wellbeing



@ULHTWellbeing



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing

@MorganCEO

@mbrassin76

@paulm39

@KarenDunderdale

@SimonEvanNHS

@mrayson

Wellbeing Apps



Liberate has partnered with the NHS to offer you a free subscription until December 2020 to the #1 meditation app for POC/BAME communities.

Liberate Meditation offers culturally sensitive and diverse meditations and talks that have been curated for the **BAME community**. The app aims to help reduce anxiety, alleviate stress and promote rest.

With your free subscription, you get access to:

- Guided meditations by the most experienced teachers that identify as POC/BAME on topics such as sleep, mindfulness, grief, and anxiety
- A supportive and empowering digital community of others that identify as POC/BAME

How NHS staff can get access

Access: Liberate
Create an account using your NHS email address

Download the Liberate app on from your app store



Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.

The app is also available to use in Polish, Punjabi and Urdu.

For more information, please see details and advice about using the app in your app store



Movement for Modern Life is a British online yoga platform that brings together world class yoga teachers, inspired movement and mindfulness into your home or a place of comfort. It encourages it's members to look after their physical health, in order to promote good mental health and wellbeing. NHS staff are being offered free access to a range of resources, including breathwork sessions, stress reduction classes which can be done at a time convenient to you, in your home or in the workplace, a selection of energising morning classes and evening classes that aim to help you wind down or recharge.



Cityparents' programme offers expertise and support to help you balance work with family life.

Cityparents have offered their online programme of support and resources to NHS employees without charge until the end of 2020.

The programme consists of a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts . All Cityparents content is relevant for working parents and carers, spanning careers, wellbeing and parenting topics. Their aim is to help working parents and those with caring responsibilities develop skills, enhance family life, work / life balance.



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing

@MorganCEO

@mbrassin76

@paulm39

@KarenDunderdale

@SimonEvanNHS

@mrayson

Stay up to date



Wellbeing Welcome pack

Have you been redeployed recently or have you received some fab new team members? We know how hard it is to join a new team sometimes. We have created a summary pack to complement your local introduction packs to summarise the wellbeing offers available to your team.

If you would like to have a look at it, then download it from <http://ulhintranet/initiatives---covid-response>

Live in Lincoln?

@StagecoachEMid



From Sunday 5 July, there were a number of changes to the buses in the city. A key one is the X6 which now replaces the number 4 and now starts in Birchwood. Great for commuters and patients!

For more info and other timetables <https://www.stagecoachbus.com/promos-and-offers/east-midlands/lincoln-and-newark-services>

Working from home, shielding or self isolating? Come join us!

• Lincoln • Birchwood • Hospital

X6

MONDAY TO SATURDAY (excluding Bank Holidays)

| | X6MF | X6 | X6 | X6 | | X6 | X6 | | X6 | X6 | X6 |
|-----------------------------|------|------|------|------|-------------------------------------|----|------|-------|------|------|------|
| Lincoln Bus Station Stand J | - | - | 0610 | 0640 | | 10 | 40 | | 1810 | 1840 | - |
| Lincoln Morrisons | - | - | 0617 | 0647 | | 17 | 47 | | 1817 | 1847 | - |
| Swanpool | - | - | 0625 | 0655 | | 25 | 55 | | 1825 | 1855 | - |
| Birchwood NH Centre | - | - | 0638 | 0708 | then at these mins past | 38 | 08 | until | 1838 | 1908 | - |
| Swanpool | - | - | 0645 | 0715 | | 45 | 15 | | 1845 | 1915 | - |
| Lincoln Morrisons | - | - | 0655 | 0725 | | 55 | 25 | | 1855 | 1925 | - |
| Lincoln Bus Station Stand B | - | - | 0710 | 0740 | | 10 | 40 | | 1910 | 1940 | - |
| Lincoln Bus Station Stand B | 0615 | 0645 | 0715 | 0745 | | 15 | 45 | | 1915 | 1945 | 2015 |
| Lincoln County Hospital | 0624 | 0654 | 0724 | 0754 | 24 | 54 | 1924 | 1954 | 2024 | | |
| Lincoln Bus Station Stand J | 0635 | 0705 | 0735 | 0805 | 35 | 05 | 1935 | 2005 | 2035 | | |



Mon 10am | Thurs 2pm
on MS Teams

Simply email
OrganisationalDevelopment@ULH.nhs.uk
for joining details

For many of us, these last few months have felt isolating. We are still hosting our Virtual Community Spaces on MS Teams for anyone to join!

The discussions will be supported by the OD Team where a range of other support information will be available if you need it.



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson

Coming soon...

People PULSE



Mental health support to the Lincolnshire health and care workforce as a result of COVID-19



As the system, we are constantly strengthening the mental health support for the Lincolnshire health and care workforce.

The support services available range from easily accessible apps that you can download straight to your person phone or tablet to priority when requesting a referral to a form of talking therapy treatment.

The focus right now is on:

Self-help

It is really important as a first step that staff across the system are aware of the mental health support available to them during these challenging times. See other areas in this booklet for further information

Emotional wellbeing and support

The emotional wellbeing helpline can be accessed by calling 01522 569512 or 01522 518609 or emailing lpn-tr.StaffWell-Being@nhs.net The team are available from 9am to 6pm, Monday to Friday.

Talking therapy treatment

For staff members requiring treatment, LPFT provides a talking therapies service 'steps2change'. The service will be expediting staff members into treatment to support the system and staff within it. More information about the steps2change service can be found at www.steps2change.nhs.uk.



For all of us at ULHT, listening and responding to your concerns is as important as ever and your health and wellbeing remains a top priority for us. So as we enter the next phase of our response to coronavirus and safely bring back our services, we want to continue to provide the support you deserve and need.

That is why, in partnership with NHS England and Improvement, we are supporting a new staff 'pulse check' which is entirely anonymous and voluntary and only takes 5 minutes.

NHS People Pulse will give us another way to listen to your views and help improve the support we provide during the Covid-19 response and recovery. Your feedback will be shared with the Trust Leadership Team, with staff-side colleagues and with you through all our communication channels. It will be particularly helpful for our Staff Wellbeing Group to help them focus on what support you want and need.



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson



Top Tips for working from home

Get up at your usual time...

Your commute will obviously be a lot shorter! It's still a good idea to get up, shower, have breakfast or even go for a walk at your regular time. Structure is key!



Limit your caffeine!

You heard it! Try not drink too much caffeine. This can reduce concentration and make you less productive.



Take a break...

have a Kit Kat - maybe not! When you are free from distractions you tend to focus much better, But take regular breaks so you don't burnout. **FACT** - No breaks can lead to blurriness and headaches also known as 'Computer vision'. Bupa suggests resting your eyes eyes for 15 minutes every 2 hours.



Space

Set up a designated space for work and work only!



Structure properly...

Try and plan your tasks that you need to get done for the day. You could even limit yourself to certain tasks - like an hour in the morning on emails then another hour in the afternoon.



Dress appropriately...

Getting into your PJs straight after work is bliss for some of us. But to start your day putting a work outfit on subconsciously switches you into a different headspace. Likewise, changing out of this outfit allows you to switch back out of work mode. Plus nobody wants to be that person caught in their pants on a video conference call!



Shut the door

Shut your door where you have set up your workplace, this lets people know you are busy



Communicate

Working from home can sometimes stop us from interacting with our colleagues so ensure you stay in touch regularly. Why not set up a WhatsApp group or FaceTime each other. And don't forget to praise good work!



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson

A guide to good sleep

for clinicians and healthcare professionals



COVID-19 has changed the way we all live and work. For those working in healthcare, especially those on the frontline, this stressful period may present a real challenge to both mental health and to sleep. Sleep is a cornerstone of our health and so protecting it is important. Here, we've developed a brief guide to help you do just that.

This guide was developed in partnership with Dr Dimitri Gavriloff, Clinical Psychologist and Clinical Course Tutor In Sleep Medicine and Big Health, the provider of Sleepio.

During these difficult and unusual times, prioritising sleep is as important as ever. Getting these principles into action can be a powerful way to maintain healthy sleep or get it back on track. However, if you have a long-standing sleep problem, don't hesitate to get in touch with your local healthcare provider to access the help you need.

- Protect your bedroom from non-sleep activity and technology that might disturb sleep; make it your own sleep oasis.
- Give yourself time to wind down and relax in the evening, including at least an hour of dim light to allow the body to get ready for sleep.
- Stay active during the day and keep up some regular and enjoyable physical exercise as part of your routine.
- Try some of our practical techniques to help manage your sleep during shift work.

For the full guide visit <https://people.nhs.uk/guides/a-guide-to-good-sleep-for-clinicians-and-healthcare-professionals/>



We've worked with a team of experts to develop over 20 short guides to help support you with skills and new ways to improve your experience of work. Our guides cover topics such as personal resilience, support for line managers and how to run your own 10 min Pause Space.



- 10 minute pause spaces
- A guide to good sleep
- ABC Guide to personal resilience
- Bereavement support during COVID-19
- Compassionate leadership in crisis
- Conversations about painful subjects
- Creating a 10-minute Pause Space
- Eid-ul-Fitr 2020: Guidance for NHS Staff
- Financial wellbeing
- How to support staff fasting during Ramadan
- Leaders; looking after your teams
- Leaders; looking after yourself
- Maintain routines
- Making decisions under pressure
- Managing stress
- Managing with kindness, civility and respect
- Personal resilience: An anchor in the unknown
- Remote working guide
- Resources for Balancing Home Schooling & Working
- Shielding and returning to work

<https://people.nhs.uk/all-guides/>



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing

@MorganCEO

@mbrassin76

@paulm39

@KarenDunderdale

@SimonEvanNHS

@mrayson

REACT MH® conversation training: Empowering you to support the mental health and wellbeing of our NHS people



IMPORTANT

We are unable to use Zoom on ULHT computers therefore you will need your own personal device to take part.

LAST CHANCE! Very limited spaces available

What you will learn: This short remote live training session will enable you to identify people in your team or community who may be struggling with their mental health, initiate a supportive wellbeing conversation, confidently hold the conversation using active listening skills, and signpost them to appropriate support. You will gain new knowledge and have a chance to put this into practice during the session. The training is underpinned by psychologically sound principles and the **REACTMH** technique comprising of: **Recognise**, **Engage**, **Actively listen**, **Check risk**, and **Talk about specific actions**. The **REACTMH** technique is well-established and has been delivered for the past three years to thousands of people across public and private sector organisations.

Who is it for: All managers, supervisors and those with caring responsibilities for NHS people, in clinical and non-clinical NHS services, across all our NHS, health and care organisations – in particular those working in areas exposed to high risk of stress, burnout and disadvantaged groups during COVID-19.

Delivered virtually: Sessions last up to 1 hour 15 minutes and are run remotely using virtual platform technology (Zoom).

Who delivers it: NHS England and NHS Improvement are working in partnership with March on Stress who are experts in managing stress and wellbeing during crisis situations to deliver this training.

How do I book: Make sure that you register for / sign into your account and click on the 'Going' button at the bottom of this screen. Check your name and email address. If these are correct, click 'Submit RSVP'. You will receive an email confirmation from the people.nhs.uk website to confirm your booking.

How do I cancel: Remember, if you can no longer attend, please log back into the website and cancel your session to make this available to someone else. When you have logged in, find the event date/time you originally booked, scroll down to the RSVP section and above this you can access a link to 'View your RSVP' to change your booking to not attending.

What happens after booking: You will be emailed a link to your chosen virtual session along with further joining instructions a couple of days before the session is due to be delivered. This will be sent to the email address that you used to sign up.

Preparing your IT equipment: Please make sure that your IT equipment (e.g. computer, phone, tablet) has the required working software (Zoom) to run the session well in advance. If using an NHS computer, check with your IT team that Zoom is enabled on your device either as an app or as a browser plug in. You are also welcome to join from your own personal devices. We use Zoom as we need many breakout rooms to enable you to practice having REACT conversations and this is the only virtual platform that currently enables us to do this effectively for high numbers of participants.

REACT MH® is a registered trademark and the intellectual property of March on Stress Ltd.

<https://people.nhs.uk/events/>



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing

@MorganCEO

@mbrassin76

@paulm39

@KarenDunderdale

@SimonEvanNHS

@mrayson

HEALTH AND WELLBEING

COVID-19 HELPLINE

 **01522 308885**

available Monday-Friday 8am-8pm • Saturday-Sunday 9:30-12noon

What Health & Wellbeing offers are available for me during this time?

I'd just like to speak to someone about how I am feeling

I have a staff member off work, can I make sure I am recording this correctly?

Our call handlers are here to support you with queries you may have big or small, even if it is just someone to talk to. We may also redirect you to a more appropriate source

Emotional Wellbeing Helpline

The emotional wellbeing helpline will offer brief therapeutic interventions to support you to maintain your wellbeing during this time. Call **01522 518609** and **01522 569512** or you can email at lpn-tr.staffwell-being@nhs.net

available Monday-Friday from 8:30am-7pm and Saturday-Sunday 9:30am-12pm

In partnership with • United Lincolnshire Hospitals Trust • Lincolnshire Community Health Services • Lincolnshire Partnership Foundation Trust • Lincolnshire CCG • Primary Care • Lincolnshire Care Association



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson

How are you? Summary of support offers available to you

Health and Wellbeing Champions

If you feel you need to talk, find your team's Health and Wellbeing Champion. They are trained to support and signpost you to services that can help you in your time of need. They are great listeners!

ULHT Chaplains

Your hospital Chaplains are there to listen whenever you need them. Whether you're feeling anxious, upset or just want to talk.

Contact your site's Chaplain by contacting the switchboard

ULHT Virtual community spaces

Mon 10-11am and Thurs 2pm-3pm, there will be a hosted virtual space on MS Teams for any ULHT colleague to connect with others. It is a space to share thoughts and feelings. You can use your home devices too.

Contact COVID19-StaffWellbeing@ulh.nhs.uk for joining details

Emotional Wellbeing Helpline

The emotional wellbeing helpline hosted by LPFT will offer brief therapeutic interventions to support you.

Call 01522 518609 and 01522 569512;
Mon - Fri 8.30am - 7pm and Sat - Sun 9.30am - 12pm.
Or you can email at lpn-tr.staffwell-being@nhs.net

ULHT Coaches

A coach, or person using coaching skills, will have a focus on talking less, listening more, giving fewer direct instructions, asking more questions, and giving specific feedback instead of making judgements.

Contact COVID19-StaffWellbeing@ulh.nhs.uk for more details

Counselling

Counselling provides an opportunity to talk about problems or issues that concern you in a supportive neutral atmosphere.

- You can access the service for personal and professional problems.
- You can refer yourself or ask your manager to refer you to OH.
- You can contact Occupational Health directly.

Lincolnshire helpline

Our health and wellbeing helpline can be used by staff and managers who have any queries or concerns relating to COVID 19 regarding their health and wellbeing. You can also access this if you would benefit from some support for your emotional wellbeing at this time

Lincs Health & Wellbeing helpline is available from 8am-8pm, Mon - Fri & 9.30am - 12noon Sat & Sun please contact us on 01522 308885.

Mental Health First Aiders

ULHT has a team of Mental Health First Aiders who are on hand to support staff during this emotionally challenging time.

Contact COVID19-StaffWellbeing@ulh.nhs.uk for more details



join our closed Facebook page
search 'ULHT Together'



@ULHTWellbeing @MorganCEO @mbrassin76 @paulm39 @KarenDunderdale @SimonEvanNHS @mrayson