



SOCIAL CARE NURSE CONFERENCE 2022

Wednesday 19 October, 2022

Staff Wellbeing

Working in Partnership with the:

Healthier Together **Support Network**

*your wellbeing
matters*



Health & Wellbeing Lead for Social Care

Alethea Mizen

Tel: 07469 155546

Email: alethea.mizen@careandsupportwest.com

Working in Partnership with the:

Healthier Together Support Network

*your wellbeing
matters*



Health & Wellbeing Lead for Social Care - Purpose

“Helping to support individuals, managers and teams working in social care to be aware of, and to access free local, regional and national health and wellbeing initiatives”

“To support, promote and implement health & wellbeing services and interventions for the needs of social care and the evolving BNSSG Healthier Together Support Network”

REACTMH Training

- Concise active listening skills training session to enable supervisors to identify, engage with and support people in their teams who may be struggling with their mental health.
- Designed to improve supervisor's confidence in initiating supportive wellbeing conversations.
- Recommended for all managers, supervisors and team leaders, as well as those with staff wellbeing responsibilities within certain organisations.
- Session types: 90 minute sessions; 2.5 hour 'Train the Trainer' sessions.
- Training is provided by March on Stress and more details can be found on <https://www.marchonstress.com/page/p/reactmh>
- **Availability: Online Sessions 1st November - 15th December 2022.**

To book please see us today, call 0117 3424740 , or email:

healthiertogethersupportnetwork@uhbw.nhs.uk



Ki-ACTIV

Programme to improve physical health and wellbeing for Social Care Workforce.

Social Care colleagues are invited to sign up to take part in this free initiative which involves:

- Unique new wearable device with a clinically proven personal and interactive dashboard that is simple to use.
- An accurate physical activity monitor for collecting your movement data.
- 6 x 20-minute remote support sessions from a Mentor at key times during the 12 week programme.
- Learn to make small changes to your daily routine and support your personal goals, in just 12 weeks.

To book please see us today, call 0203 371 3102, or visit:

<https://kiactiv.com/get-started/>



Health & Wellbeing Support to Social Care Survey

- Assist with data to show current support you are able to offer to your teams
- Looking at which resources and training you are currently able to access
- Gaining your views on what would be helpful to embed Health and Wellbeing within our teams
- Ways my role can assist you and provide support or resources to enhance your support to your teams
- Providing evidence based support to meet the new CQC quality statements as well as importantly enhancing the health and support for your teams
- Deadline 28th October - please return as soon as possible to enable booking onto the current training and initiatives running as they are time sensitive offers

Health & Wellbeing Support to Social Care Survey



Please take the next few minutes to complete the survey.



[Health & Wellbeing - Social Care Staff BNSSG Survey Sept 2022 \(google.com\)](https://www.google.com)

Your time and support is very much appreciated.

Workplace Health Check Information for Staff

In partnership with

Healthier Together **Support Network**

*your wellbeing
matters*

What is a Workplace Health Check?

- Funded via the Healthier Together Support Network.
- Delivered by a **Wellbeing Screening Nurse** employed by Avon Partnership NHS Occupational Health Service.

It aims to promote

- Physical wellbeing
 - Healthy lifestyles
 - Mental health
-
- **All Health and Care colleagues are eligible** who are working in Bristol, North Somerset and South Gloucestershire. This includes all council-run and independent care homes and home care providers.
 - It is **free and confidential**, and should take no more than 30 minutes per individual on a one to one basis.

In partnership with

Healthier Together **Support Network**

*your wellbeing
matters*

What is included in the Workplace Health Check?

- Data is recorded onto the Occupational Health system - please note personal (identifiable) information is confidential and will not be shared with anyone other than you, including your manager or GP.
- At the appointment, you will be asked to **remove your shoes - to be bare-footed** in order for a number of tests to be performed using a mobile body composition monitor.

Appointment includes a number of physical health checks:

- Weight and height measure to provide body mass index (BMI)
- Waist circumference
- Body fat percentage
- Visceral fat classification
- Skeletal muscle percentage
- Resting metabolism
- Blood pressure reading
- Resting heart rate
- Healthy lifestyle discussion and signposting

What is included in the Workplace Health Check?

Your results will be recorded onto a **paper form** for you to take away.

- Healthy lifestyle advice may be provided
- Signposts to other wellbeing services you may wish to explore. This may cover nutrition, sleep and mental health.

You will also have an option to set one or more SMART goals within this discussion.

How do I book a Workplace Health Check?

- To be carried out at a venue arranged by the Manager of your organisation, it could be a Care setting, or an office.
- Quiet setting/no interruptions, with at least two chairs.

A booking form is completed by the Manager with the name, date of birth and email address of the staff member attending.

Capturing your feedback and data reporting

Both your identity and results of your personal Health Check will **remain confidential**.

We collect anonymous activity data to ensure workplace wellbeing initiatives are equitable to colleagues across the organisation; to help to address health inequalities and to plan future wellbeing provision based on demand.

Your feedback is paramount to ensure we deliver an effective wellbeing programme. Following your appointment, you will receive a request to complete an anonymous online evaluation.

“I found this very enlightening to see what was happening in my body, and the 'kick' I needed to do something about it, so thank you for the help, information and guidance.”

“I am so glad I took the opportunity to have the health check it has motivated me to take regular exercise and eat more healthy meals.”

“Thank you for offering this. I am now on a programme to get fitter and lose weight.”

Availability currently for January - March 2023.

To book please see us today or email: catherine.abbey@uhbw.nhs.uk

In partnership with

Healthier Together **Support Network**

*your wellbeing
matters*



Healthier Together Support Network

Confidential wellbeing & mental health support for health and care staff in Bristol, North Somerset and South Gloucestershire.

- **Confidential & free:** If you work in health or social care, you are entitled to free 1:1 psychological support for work related difficulties.
- **Specialist support:** Our team of clinical psychologists specialise in supporting people and teams in caring professions.
- Training, workshops, webinars and wellbeing explainers available.

To find out more about support available for health and care staff:

- Visit <https://bnssghealthiertogether.org.uk/support-network/>
- Call 0117 3424740



Thank you for your time.

Any questions?

Working in Partnership with the:

Healthier Together **Support Network**

*your wellbeing
matters*