

Helping you

**be** well. **live** well. **work** well.

in North Central London

Dear **Primary** **Care** teams,

**This pack has been designed to support your health and wellbeing, so that you can support others. It is for everyone working in Primary Care in Barnet, Camden, Enfield, Haringey and Islington.**

The advice, guidance and resources in this pack are available to all staff working in GP surgeries, community pharmacies and NHS funded dental and optometry sites. It includes information for individuals, as well as guidance for managers and support for organisations, who are providing NHS Primary Care services.

Please read this pack and share the materials with your colleagues: there are posters and cards for staff areas, as well as more details on finding appropriate support, when it is needed.



Created and sent to you by:

## **In Primary Care, we all carry a lot: from patient needs and workloads, to family, finances, and our personal health. We do it day in and day out because we all care, a lot.**

With so much on our shoulders, we all need to take time to care for ourselves, and each other, so that we can all be well, live well and work well.

This pack has been designed to signpost you and your organisation to the free

health and wellbeing support, advice and guidance available for all primary care workers in North Central London – including all staff working in GP surgeries, community pharmacies and NHS funded dental and optometry sites.

### **Here is what is included in this pack:**

- A set of **Thinking of You** cards to leave in your staff area.
- A poster to pop up in your staff area.
- Details on how to nominate your organisation for a Recognition Award.
- A summary of the kinds of resources available to support you and your colleagues. Please do share in a meeting, or pin it to the notice board.
- For managers and leaders, guidance on supporting staff wellbeing. Please give this information to your practice, surgery or shop's manager.

Please do check out the Bitesize resources on [keepingwellncl.nhs.uk](http://keepingwellncl.nhs.uk) for lots of ideas and techniques to help find balance: from mindfulness sessions to quizzes. We also invite you to sign up to hear about events, training and more by emailing [nclccg.nclth@nhs.net](mailto:nclccg.nclth@nhs.net)

Workplace and home challenges can affect all our health and wellbeing. And when

they do, it's more than ok to say you're not ok: it's a sign of strength and a mark of professionalism.

Whether it's tips to unwind from a day on the frontline or a referral, we are here to support you, should you or a colleague need us.

Thank you from,  
**NCL Training Hub** and **Keeping Well NCL**.

# Free and confidential advice to support you to be well, live well and work well

Visit [keepingwellincl.nhs.uk](https://keepingwellincl.nhs.uk) for resources, advice and guidance on finding wellbeing support for you, your team and your organisation.

For everyone



## Bitesize

Taking short breaks to step away from our busy lives and away from busy schedules helps us to reset.

Find tips, ideas and exercises to help you maintain your mental and physical wellbeing in short bursts.



## Physical health

We all know how important physical health is to all aspects of our personal and professional lives.

This section has lots to view, including menopause support, weight management programmes and free or complimentary workout offers.



## Managing stress and anxiety

There can be a lot of stress and anxiety triggers inside and outside the workplace – from personal finance, to caring responsibilities and workloads. In this section you'll find help to address the underlying challenges as well as the symptoms.

Resources range from confidential apps and helplines just for NHS workers, to coaching programmes and advice on mental health.

## Managing low mood

If you need support to manage low mood, this section provides you with fast, free and confidential access to help and referrals.

For anyone in need of immediate help because they are struggling to cope, text SHOUT to 85258: it's free and anonymous and available 24/7. Shout helps people who are anxious, stressed, depressed, suicidal or overwhelmed and who are in need of immediate support.

## Coping with trauma

Trauma can be any distressing or threatening event or series of events that overwhelms a person's ability to cope. You may have experienced it directly or witnessed or heard about it happening to someone else.

Find resources in this section to help manage and cope with some of the feelings and thoughts arising from trauma, which can include flashbacks, panic, avoidance, nightmares, and disturbed sleep.

## Sleeping difficulties

Sleep is fundamental for our wellbeing and important for our physical and mental health.

When it's difficult to get to sleep or stay asleep, you'll find a range of advice in this section to help overcome the challenge so that you can rest better.



## For managers, leaders and organisations



### Supporting staff wellbeing

As a line manager, find resources here to help you have conversations with team members about their health and wellbeing. Learn how to support them and find ideas for whole team activities – from mindfulness exercises to pause spaces for resetting, recharging and recommitting.

### Organisational wellbeing

Developing an organisational culture that puts staff wellbeing at its heart is the first step towards having a happy and engaged workforce.

Draw on a range of resources, mini-courses and materials to promote mental health and wellbeing in the workplace.

Included in this section is a framework to prioritise your health and wellbeing efforts, guides for implementing your strategy and training for wellbeing champions.

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**You are all**

**valued**

**Nominate teams, employers and  
organisations who put their  
teams at the heart of  
service  
delivery**



Discover more and submit nominations for excellence in leadership, education, inclusivity, service delivery and health and wellbeing at [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk)

Nominations are open now and close in April 2022.



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In **primary** care we all  
carry a lot, because  
we care a lot.



Do you stop to ask  
**yourself**



**how am I  
doing really?**



We can all find extra strength when we find the right support, advice and guidance just for us – head to [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk) for free, confidential health and wellbeing support.



# Thinking of you - cards

**How** are  
you, **really?**

**A lot** on your  
**shoulders?**

**Looking** to find  
some **balance?**

**Are you** kind and  
compassionate  
to **yourself, too?**

Find free, confidential health and wellbeing support at [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk)

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# For managers and leaders

*“The NHS People Plan and People Promise places the wellbeing of our NHS people at the heart of what we do.”*

Prerana Issar, Chief People Officer

Putting the health and wellbeing of NHS people first is fundamental to enabling them to put patients first. It is as much about embracing prevention as it is about supporting people when they face challenges.

Whether you are a line manager or a partner running a surgery, practice, clinic or shop, resources have been collated to support you to support your Primary Care team.

At [keepingwellincl.nhs.uk](https://keepingwellincl.nhs.uk) you'll find guidance for health and wellbeing conversations through to mini-courses and toolkits to embed a wellbeing culture.

The materials include NHS resources that have been developed to empower NHS organisations to create a sustainable wellbeing culture for the workforce.



These resources focus on:

- A positive health and wellbeing culture
- Preventative health and wellbeing interventions
- Embedding equality, diversity and inclusion
- Providing a clear, rational case for change

Many of the resources are part of the NHS Health and Wellbeing Framework. The framework targets the major factors which affect and could improve organisational health: management capabilities, job quality, social relationships at work, support for workers coping with health conditions or life stresses and promotion of workplace health.

Because organisations are at different points on the health and wellbeing journey, the resources are designed to be used in a flexible way to meet individual and institutional needs.



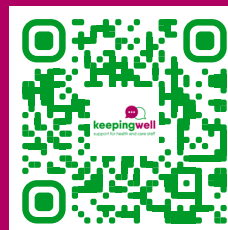
Scan this QR Code with the photo app on your phone to go straight to the resources for managers and leaders.





## Do you have 60 seconds?

Please scan the QR Code – using the camera app on your phone – to watch our animation and find out more.



As a thank you for sharing this pack with colleagues, we invite you to take a break and do something that brings you joy.

Need inspiration? Head to [keepingwellncl.nhs.uk](https://keepingwellncl.nhs.uk) to find ideas and resources.

If you have feedback about this pack or would like to sign up to hear about Primary Care events, courses and more, please email [nclccg.nclth@nhs.net](mailto:nclccg.nclth@nhs.net)



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