



Dear Colleague

Welcome to your weekly edition of the LLR System Health and Wellbeing communication to make you aware of the latest support and resources available in supporting your Health and Wellbeing. We have also included 'positive top tips' and a 'good news story' which you do not want to miss!

We understand staff aren't always able to access emails, and ask you to please support your teams and colleagues by printing the information as you receive it, to either read out during team huddles or to include on team notice boards.

## LLR System Health and Well-being support available

### Health and wellbeing of a newly remote workforce

With many of us working remotely during the COVID-19 pandemic, the way in which we work together has significantly changed. You may be working from home alone, or with other family members around, you may be working and looking after a vulnerable relative, or home schooling your children. Regardless of individual circumstances, one common factor is true for us all - working from home for long periods of time can affect your mental health and it is extremely important to keep on top of how you are feeling.

Working from home may have started as a bit of a novelty, but over prolonged periods of time, for some, it could manifest in the common feelings included below:

- Feeling isolated, lonely, or disconnected from other people – socially and professionally
- Being unable to 'switch off from work'
- Difficulty staying motivated
- Difficulty prioritising your workload
- Feeling uncertain about your progress, and whether you're performing well
- Unable to sleep properly – insomnia and other sleep problems

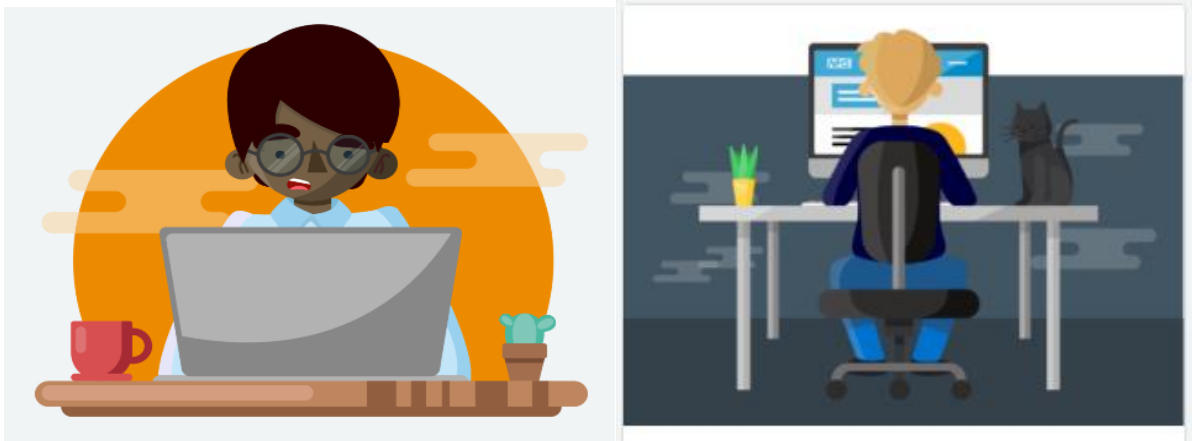
### Stay connected with co-workers and set up routine and structure for your working day, and create boundaries between 'work time' and 'home time'

This is just one of the great tips included on the Black dog Institute 'Managing your mental health at home' fact sheet which you can access for free at [https://www.blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute-managing-your-mental-health-at-home\\_covid-19.pdf?sfvrsn=8](https://www.blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute-managing-your-mental-health-at-home_covid-19.pdf?sfvrsn=8)

Always communicate regularly as a team, this will keep you focussed and can help people adapt to the sudden move from the workplace to a home space.

There is also a guide about working from home on Our NHS People website which is designed to provide you with top tips to stay connected, feel productive and maintain your wellbeing if you and your team have found yourselves having to rapidly adjust to remote working during the COVID-19 pandemic. The 5 parts to the guide are included below and you can access it in full at <https://people.nhs.uk/guides/remote-working-guide/>

- Why prolonged remote working takes some adjustment
- Tips for everyone when getting started with remote working
- Tips for teams
- Tips for team leaders
- Using technology to stay connected



And of course, as well as looking after our own mental health, what about that of your family and those you care for...it's equally important that you support and help them take care of their mental health right now too. There are lots of things you can do, and the following guides are here to help.

### **[Guidance for parents and carers on supporting children's mental health and well-being](#)**

The COVID-19 pandemic is affecting most people's daily lives, and regardless of their age, the day-to-day changes around the situation may be a difficult time for children and young people. Some may react right away, while others may show signs of worry later on. It's important to listen to children's questions and communicate openly by providing clear and honest answers in a way that does not exacerbate any feelings of anxiety.

Government guidance provides key points to consider when talking to your child about COVID-19 and includes tailored advice on how they may react and the support you can provide broken down into age bracket.

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Reassuring your children about the unknown during the COVID-19 pandemic is really important. Like adults, children need structure and routine. Below are some general tips to support their wellbeing, and you can access a free factsheet which includes more information at

[https://blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute\\_reassuring-young-people-about-the-unknown\\_covid-19.pdf?sfvrsn=2](https://blackdoginstitute.org.au/docs/default-source/factsheets/black-dog-institute_reassuring-young-people-about-the-unknown_covid-19.pdf?sfvrsn=2)

- **Remain active** – get outside in the garden or go for a walk and participate in online fitness classes such as Joe Wicks, together
- **1-1 Time** - Spend time with your children, show them there is still time for fun
- **Stay connected** - encourage virtual communication with their friends and family members
- **Home schooling** – with the help of your child’s school develop a plan and complete assignments around your work schedule, without feeling pressured.
- **Get enough sleep** – limit the use of screen time in the evening and try to stick to whatever bedtime is normal for you as a family.

### **A Special mention**

Most of us are working ‘above and beyond’ right now, but a special mention goes out to our frontline health and social care workers, some of whom have been forced to make difficult decisions due to the COVID-19 pandemic, including the ultimate sacrifice for their work ‘Continue to live at home with their loved ones, or move out of the family home so that they can protect their family and still go to work!’

Also, to those of you whose children have continued to attend school so that you can continue to carry out your role. Everyone’s circumstances are different and we hope you all find some useful tips in the information and guides included above.



### **Positive Top Tips!**

Make sure you laugh together at work and make time to talk – this helps with morale and with feelings of togetherness. Also, make a note of the positive things which happen each day.

Your working day may look a little different right now. There are staff working in different areas taking on different roles and learning new skills, there are also teams and people working remotely. Wherever you are based currently, it’s important to remain motivated and maintain good communication, check in on each other regularly, take breaks together (including virtually) and remember ‘it’s ok to not be ok’ all of the time – **‘We are in this together!’**

A quote from Dalai Lama **“Be kind whenever possible. It is always possible”**.

## Good news story

Six Year old Frank Mills from Bristol was inspired by the fundraising efforts of Captain Tom Moore and has raised over £280,000 for NHS charities.

Frank (pictured below) has spina bifida and has been walking ten metres a day with the help of his frame. His family set out with a Just Giving target of just £99 – how fabulous!

Frank's parents have said "they wanted to express their enormous gratitude for what the NHS have done for their family by spreading some joy at a time of great national anxiety".

We think Frank and his family are pretty incredible!



## Inspired to Care

Show your support for our amazing social care professionals in Leicestershire by adding the brand new profile picture frame shown below to your Facebook profile picture. You can access the frame and lots of good news stories and videos on the 'Inspired to Care' Facebook page. All you need to do is click on the 'try it' button to add the frame to your profile picture.

🌟 Show your support for all the amazing social care professionals in your community by using our brand new profile picture frame! 🌈👏



## New support and resources available!

### Creating a 10 minute pause space

In these challenging times, we know that the pressure on individuals and teams has the potential to mount, so finding space to re-set, recharge and re-commit will be crucial in encouraging people to leave the pressures of work behind, as they reconnect with family and friends at the end of a shift. A guide has been designed for anyone to use, in any setting, and to respect the current challenges on time and space. Further information can be found at <https://people.nhs.uk/guides/creating-a-10-minute-pause-space/>

### Social care messages of thanks campaign

Join us in saying a huge 'Thank you' to all of the carers, nurses, social workers and care managers working to keep our elderly and vulnerable loved ones safe during the COVID-19 pandemic. This is a National campaign created by TrustedCare in partnership with the Care Workers charity, and you can post a message of thanks or donate to the charity at <https://www.trustedcare.co.uk/message-of-thanks>

### BeeZone meditation

A free app designed for anyone who needs a break from all of the 'doing' and enjoy 'just being' for a while. You can explore the tools included to help you relax and re-energise, and access online meditation sessions at <http://www.bee.zone/>

### Finally....Budding singers and musicians wanted!

'The Choir: Britain in Lockdown' will follow choirmaster Gareth Malone as he puts together a choir of inspirational individuals from across the country. The production company are keen to receive applications from NHS clinical staff and non-clinical support workers. The aim is to shine a light on the vital services which are keeping us all going through the current crisis. Further details, including how to apply are included below. Go for it!



**BBC** **CALLING ALL BUDDING BEDROOM SINGERS AND MUSICIANS!** twenty twenty

The nation's favourite choirmaster Gareth Malone is on a mission to lift our spirits by putting together a very special choir of inspirational people from across the country...

And he needs YOU!

THE CHOIR: BRITAIN IN LOCKDOWN is a new series for BBC Two following Gareth as he uses cutting edge technology to form an extraordinary choir for the nation during these difficult times.

Gareth will work with the choir remotely and filming will comply with social distancing rules.

Whether you're an amateur singer or professional musician, young or old, we want to hear from you. To be part of this exciting project, please apply using the link below.

The application deadline is now:  
FRIDAY 15<sup>TH</sup> MAY 2020

<https://bit.ly/lockdownchoir>  
Email: [lockdownchoir@twentytwenty.tv](mailto:lockdownchoir@twentytwenty.tv)

For details on how Twenty Twenty Productions Limited processes your personal data and information on your data protection rights, please see our privacy notice available at [https://www.twentytwenty.tv/TV\\_Production\\_Privacy.html](https://www.twentytwenty.tv/TV_Production_Privacy.html)

Please get in touch by sending an email to the LLR System Health and Well-being Team via: [LLRAcademy@uhl-tr.nhs.uk](mailto:LLRAcademy@uhl-tr.nhs.uk)

**Thank you**