

Quarterly Staff Mental Health and Wellbeing Newsletter

What's On

Guest Editor: Kate Leese Staff Mental Health and Wellbeing Lead

As we head into winter, we have pulled together all of the events on offer for you – so please do take a look and book on to any that will help you build your selfcare toolbox.

Restorative Supervision

An evidence-based model of supervision that allows you to consider the whole person using a range of skills, to help build resilience and reduce compassion fatigue, rather than traditional case based supervision.

Dates:

- **15th Nov 9.30-2.30** (full module)
- **16th Nov 12.00-1.30** (intro session)
- **28th Nov 9.30-11** (intro session)
- **5th Dec 9.30-2.30** (full module)
- **7th Dec 10.00-11.00** (rs action learning set)
- **14th Dec 10.00-11.30** (intro session)
- **15th Dec 13.00-14.00** (action learning set)
- **20th Dec 1.00-2.30** (intro session)
- **21st Dec 9.30-2.30** (full module)
- **3rd Jan 11.00-12.00** (intro session)
- **6th Jan 9.30-2.30** (full module)
- **13th Jan 9.30-10.30** (intro session)
- **20th Jan 10.00-11.00** (intro session)
- **31st Jan 12.00-1.00** (intro session)

Embracing your Wellbeing

The online session will provide an overview of applying self-care strategies in challenging times. There will be space for discussion and experiential exercises.

- **24th Nov 11 - 12.30**

Financial Wellbeing Seminars

A broad overview of the tools that are available for all staff.

- **9th Nov 10.30-12**
- **7th Dec 10.30-12**

Soulspace

A space to explore those questions with maybe no answers and share experiences of the human spirit and religion.

- **22nd Nov 15.00-16.00**

Menopause Learning

- **9th Nov – Staff support**
- **8th Dec – Staff Support**

Women's Health and Menopause Awareness

- **16th Nov 10-12**

Winter Wellfest

From **Nov 21st-25th November**

Visit [the intranet](#) or use the QR code to see the planned events.



Twixtmas – Wellbeing sessions

Drop in Restorative supervision

A chance to have a bit of restoration yourself!

- **28th December**

Tea & Talk with Clare Knighton

Christmas can be a tough time for some so lets talk about it

- **29th December 2-3pm**

An Introduction to Compassion Focused Therapy

Evidence shows us that compassion is the starting place for good self-care and compassion to others.

- **3rd January 2023**

Wellbeing Wednesdays

A whole range of different topics to support your wellbeing, visit [the intranet](#) or use the QR code to see the full list of events.



To book on any of these dates please email the Hub at
whcnhs.hwstaffhub@nhs.net

