



Supporting Our Professionals

Waiting for a Vaccine...

... here are some other ways to protect your health while you wait

Many of the resources highlighted in this week's edition can be found on the NHS's **Our NHS People** website, where there is a wealth of useful information related to managing health and wellbeing, both your own and that of others.



Movement for Modern Life

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 its 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 workplace, a selection of energising morning classes, and evening classes that can help you wind down or recharge.

Return to Work Guide for Health Professionals

The **Society of Occupational Medicine (SOM)** has produced a very useful document designed to assist clinicians in providing guidance to patients and employers around returning to work during the COVID-19 pandemic. It describes a stepwise approach with clear navigation through the process, and specific tools and illustrative examples to assist with assessments.



Wessex LMCs Podcast - NLP

Feeling Flat or Overwhelmed - perhaps it's time to try something different? Dr Laura Edwards talks to Dr Sam Powell, portfolio GP and Master Practitioner of NLP (Neuro Linguistic Programming) about what NLP is, and how we might use some of its benefits at the current time. This **NLP website** is referenced and may be of interest to key workers.



Staff Support Line - 0300 131 7000

In the current climate of increasing pressures on our healthcare system, our NHS people potentially face significant stresses. There is now a confidential staff support line, operated by the **Samaritans**, free to access **from 7am – 11pm, seven days a week**. The support line is there for when you've had a tough day, are feeling worried or overwhelmed, or maybe have lots on your mind and you'd like to talk it through. Trained advisers can help with signposting and confidential listening. Alternatively, you can text **NHSPH** (doctors) or **FRONTLINE** (all other staff) to **85258** for support 24/7 via text.

Support For Leaders

To help you lead your team compassionately and inclusively during these extraordinary times, the NHS has developed a suite of leadership support offers, partnering with selected coaching companies and other leading-edge organisations to provide free, confidential, 1-2-1 coaching or mentoring support sessions for all NHS and social care leaders. **Access the sessions here.**



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, and spans careers, wellbeing, and parenting topics. Their aim is to help working parents and those with caring responsibilities develop skills, enhance family life, improve wellbeing, and support work/life balance.