

Values – Personal and Professional.

Our values are 'What is dear to us, what drives and motivates us at deep levels'.

- Core human values include: honesty, integrity, kindness, respect, patience, gratitude, courage, connection, good cheer and compassion amongst others.
- Core NHS values, from the 2012 NHS Board, are the 6 Cs: Care, Compassion, Competence, Communication, Courage and Commitment
- Somerset CCG values are: Quality improvement, integrated working, personal integrity, compassion and self-awareness

It's worth spending time to remember and ponder our own values – if we work in alignment with them, we feel at ease and life flows. If we are at variance, then we feel discomfort, and know that something needs to be adjusted or to change

This week, let's just share a poem that looks at values, as we are all part of families in life, whether the human family, the UK family, the NHS family, a Practice, Hospital, CCG, Council, company, organisation, or those we live with. We're all in life together!

A Family Is:

A family is a deeply rooted tree with branches of different strengths, all receiving nourishment from an infinite source
A family is where character is formed, values are learned, ethics created and society preserved
A family is where all members contribute and share, cooperate and work, and accept their responsibilities toward the good of the group
A family is where holidays are celebrated with feasting, birthdays acknowledged with gifts, and thoughts of days gone by kept alive with fond remembrances
A family is where each can find solace and comfort in grief, pleasure and laughter in joy, and kindness and encouragement in daily living
A family is a haven of rest, a sanctuary of peace, and most of all, a harbour of love

Anon

Reflection point: what are your values? Does anything you've just read resonate with you? If so, what will you do about it?

Good luck and go well!

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