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North East and North Cumbria Staff Wellbeing Hub Offers Rapid Support When It Is Most Needed

The North East and North Cumbria Staff Wellbeing Hub offers rapid, free confidential NHS psychological and mental health support to any member of staff working in health or social care in our region. Access is by confidential self-referral from our website at

<https://northeastnorthcumbria.nhs.uk/staff-wellbeing-hub/>

We will be in touch to arrange a confidential video or telephone conversation with one of our experienced NHS clinicians. We can then offer brief support or signposting.

Our feedback and outcomes are excellent.

Recent Feedback

“I didn’t know what to expect reaching out to the Staff Wellbeing Hub, but James was a very good listening ear, who allowed me to talk openly and explain my very lengthy situation fully. He offered me really great advice and strategies on how to cope and help my situation. I felt really positive and empowered and much calmer after my phone call with him. I would absolutely recommend this service to all of my colleagues.”

New Online Group - Interpersonal Effectiveness Skills Group

We are launching a new online group (on Microsoft teams) to support NHS and Social Care staff to develop the interpersonal skills needed both within the workplace and in personal life. The group will run for 6 sessions and start at 10am on Friday 26 January. Each session will run for 1.5 hours. It is a skills-based group that uses a DBT (dialectical behaviour therapy) informed approach, and will focus on validation, improving relationships, communication, and resolving conflict.

If you are interested in joining this new group, please drop us a confidential email at hubstheword@cntw.nhs.uk

Free Bespoke Coaching or Mentoring

Our Staff Wellbeing Hub also provides bespoke coaching or mentoring. If you are interested in this please drop us a confidential email at hubstheword@cntw.nhs.uk

Free Online Self-Compassion Course

We provide free access to an online self-compassion course. Just contact our Hub at hubstheword@cntw.nhs.uk for more information.

Free Mindfulness Sessions and Courses for Regional Health and Social Care Staff

Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) Staff Mindfulness Service offers free sessions and courses to all health and social care staff in our region. Staff can access drop-in sessions, introductory 2-hour sessions, and 3, 6 and 8-week courses, absolutely free. There is a choice of online or face-to-face courses. Further information is available at www.tewv.nhs.uk/about-your-care/treatments-therapies/mindfulness-for-health-and-social-care-staff/#what-is-mindfulness

danceSing

Looking for a New Year activity? We offer free access to danceSing, which provides a range of online singing and fitness programmes. Please see our wellbeing page for more details www.northeastnorthcumbria.nhs.uk/staff-wellbeing-hub/wellbeing-offers/

Frontline 19

Frontline 19 is a charity that provides free access to confidential psychological support for NHS and frontline staff. For more information visit <https://www.frontline19.com/>

Looking After You Too Peer Wellbeing Sessions - NHS Leadership Academy

This free service brings people together with a highly trained coach to discuss and plan how to improve and maintain their wellbeing. Each peer wellbeing group will be made up of six to eight people who will meet fortnightly for four sessions. For more information visit [Book a coaching session \(leadershipacademy.nhs.uk\)](http://leadershipacademy.nhs.uk)

Competition Time – Win a Copy of “Health and Self Care: Inner Balance for an Effective Life for Health Professionals”

Dr Andrew Tresidder has generously donated ten copies of his new self-care book for our Hub competition. If you would like to be in for a chance to win one, just email hubstheword@cntw.nhs.uk putting “competition” in the subject line before the end of January.

