

Health and Wellbeing update with Ray Olive



Username: www.LSCWellservice.co.uk

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Winter is coming and as it often sees an increase in a range of viruses, looking after ourselves during the colder months is more important than ever.

Getting vaccinated for the flu and COVID-19, looking after our mental health, staying active, getting enough sleep and rest, looking after our finances and taking care of our wellbeing are all hugely important for our overall wellbeing, and in terms of fighting winter viruses and infections.

New Staff Health and Wellbeing Website

We are pleased to share our new Staff Health and Wellbeing website, which can be accessed by scanning the QR code above. The website is linked to the NHS Health and Wellbeing Framework and is the place to go if you would like further information and support for your health and wellbeing. It has been designed in collaboration with the Integrated Care System (ICS) and provides a repository for colleague health and wellbeing information, tools and resources.

A large amount of personal worry and sleepless nights can be related to personal finances. The information on the Trust's new Staff Health and Wellbeing website can't take the role of a financial advisor or specialist debt manager, however it can help by providing simple information that may help us to understand and manage our personal finances. Pledging to manage our finances better can have a positive effect on our financial and psychological wellbeing.



The website offers colleagues rounded, simple advice encouraging and motivating everyone to manage money better, receive the correct entitlements, access funding and reduce demands for water and energy. It also offers free online tools to self-assess and personalise advice, based on the characteristics of people's homes.

There is a lot of support available on the website including where to go to find discounts that are only available to health care workers and independent financial advice via 'Ask Bill', which is powered by Auriga; a public benefit organisation that gives confidential and impartial support to people in hardship.

Winter Vaccinations

As we start to prepare for the winter season and the additional pressures and increased respiratory illnesses it can bring, it is important that we protect ourselves, our patients and the wider community by boosting our immunity with winter vaccinations. We are the only NHS Trust in the ICS offering a roving COVID-19 vaccination programme.

Check out the [Occupational Health intranet site on this link for the latest details of where and when you can get your vaccinations.](#)

Getting vaccinated against flu and COVID-19 is the best form of protection for you and those around you for both of these serious illnesses. All colleagues are encouraged to get vaccinated.

As well as offering the influenza vaccination, we will also be offering the COVID-19 booster so colleagues can get both at the same time. However, if colleagues are able to, we encourage everyone to get the COVID-19 booster as soon as possible through local sites such as GPs surgeries, Primary Care Network centres and pharmacies. Anyone who does go to a community site is encouraged to get in touch with the Occupational Health Team via email at occhealth.referrals@mbht.nhs.uk so that records can be updated accordingly.

Mental health

We all have times when we feel down, stressed, worried or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.

Our Occupational Health Team can offer one-to-one support therapy such as Person Centred Counselling, Hypnotherapy, Eye Movement Desensitisation and Reprocessing (EMDR) trauma therapy and Cognitive Behavioural Therapy (CBT). 'Assessment and Triage' is a bespoke assessment on a one-to-one basis to formulate a support plan to suit each individual's needs. Within this, one-to-one mindfulness sessions and one-to-one yoga sessions can also be arranged. Wellbeing Course Sessions are available and are all one hour long on TMS under personal and professional development. Get in touch with the Occupational Health Team at: occhealth.referrals@mbht.nhs.uk



Sleep and rest

Most of us need around eight hours of good-quality sleep a night to function properly; some need more and some less. What matters is that we find out how much sleep we need and then try to achieve it. Good quality sleep is more important than the amount of sleep that we get and it helps us to keep feeling healthy.

Staying active

Adults in England should aim to take part in at least 150 minutes of moderate intensity physical activity each week, in bouts of 10 minutes or more. Be active to improve balance, build strength and to minimise sedentary time by breaking up periods of inactivity. Taking regular exercise and following a balanced diet can have enormous benefits for our overall health, now and in the future, and being more physically active can be easy and inexpensive.

Physiotherapists understand that being active isn't easy for everyone. Many people have injuries or conditions that stop them from exercising easily. Others simply struggle to find the time, energy or motivation. Whatever the circumstances, here is some simple physiotherapy advice about how we can get started and improve our health in a way that's right for each individual. To really feel the benefits, physiotherapists recommend that adults exercise for 30 minutes a day at moderate intensity, five times a week. 'Moderate intensity' means that both the heart and breathing rates should increase, and we might break a sweat, but everyone should still be able to hold a conversation. Depending on age and mobility, moderate intensity exercise can range from vacuuming and bowling, to walking, digging in the garden and jogging.

For more information, support and advice, please check out the Staff Health and Wellbeing website by scanning the QR code above or go to our [Occupational Health intranet site](#).

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