

January 2023  
Well Newsletter

**What is happening this month...**

- Dry January
- Financial Support and Staff Benefits
- Blue and Brew Monday
- Lets talk about women's health
- Winter Warmer Recipes

**Happy New Year**



**#FL♥URISH** this winter

Bay Health &  
Care Partners  
delivering





**Ray Olive**  
**Assistant Director of People & Organisational Development**

Happy New Year!

Welcome to the January 2023 edition of the University Hospitals of Morecambe Bay NHS Foundation Trust staff health and wellbeing newsletter, which includes a variety of topics relating to health and wellbeing to support our colleagues, their friends and families.

This month's edition is focussed on our Better Health, Better You winter wellness campaign. Better Health, Better You appointments consist of 5 different topics:

- Mental Health & Wellbeing
- Alcohol
- Fitness
- Sleep & Rest
- Nutrition & Hydration

As well as getting a Better Health, Better you appointment you will also receive a booking link for a free YOLO Experience - 15 minutes of pure relaxation. Ease aches, pains and reduce stress with a head, neck & shoulder massage delivered in the YOLO mobile calm space. These appointments will be held across all three acute sites & you can only have one once you've had a Better Health, Better you appointment.

With best wishes

Ray Olive





# #FL♥URISH this winter



## Better Health, Better You

The Better Health, Better You consists of 5 different topics:



*Mental Health & Wellbeing*



*Alcohol*



*Fitness*



*Sleep & Rest*



*Know Your Numbers*



*Nutrition & Hydration*



Colleagues can personalise their appointment by choosing two of the above topics in which they want to seek advice, guidance, set targets and or gain general support to suit their personal health needs.

In every Better Health, Better You appointment, you will get the opportunity to Know Your Numbers, have a Blood Pressure, Cholesterol and a BMI check - if you want to Know Your Numbers only appointment this can be requested when booking.

## Book an Appointment Today!

As well as getting a Better Health, Better you appointment you will also receive a booking link for a free YOLO Experience - 15 minutes of pure relaxation. Ease aches, pains and reduce stress with a head, neck & shoulder massage delivered in the YOLO mobile calm space. These appointments will be held across all three acute sites & you can only have one once you've had a Better Health, Better you appointment.

Don't delay book your appointments today!



To book an appointment please contact the Occupational Health Service on 01524 512290 or at [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk)

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# Sleep & Rest

Most of us need around 8 hours of good quality sleep a night to function properly. Good quality sleep is more important than the amount of sleep you get & it helps to keep you feeling healthy.

## Signs of Sleep Deprivation:

Decreased communication

Performance deterioration

Poor concentration

Poor cognitive memory

Greater risk taker

Increased caffeine intake

Increased sickness

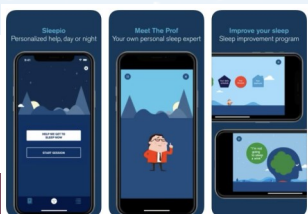
Poor mood or behaviour



## Top Tips to Sleep Better

- 1. Keep regular sleep hours** - Going to bed when you feel tired & getting up at roughly the same time helps teach your body to sleep better. Try to avoid napping where possible.
- 2. Confront sleeplessness** - If you are lying awake unable to sleep, do not force it. Get up & do something relaxing for a bit, & return to bed when you feel sleepier.
- 3. Create a restful environment** - Dark, quiet & cool environments generally make it easier to fall asleep & stay asleep.
- 4. Put down the pick-me-ups** - Caffeine & alcohol can stop you falling asleep & prevent deep sleep. Try to cut down on alcohol & avoid caffeine close to bedtime.
- 5. Write down your worries** - If you often lie awake worrying about tomorrow, set aside time before bed to make a list for the next day. This can help put your mind at rest.
- 6. Move More, Sleep Better** - Being active can help you sleep better. Avoid vigorous activity near bedtime if it affects your sleep.

### Apps - Sleepio



### Pzizz



### Calm





# #FL♥URISH this winter

Adults (19 - 64) 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

At least  
**150**

minutes

Moderate Intensity per week. Increased breathing, able to talk.

OR

or a combination of both

At least  
**75**

minutes

Vigorous Intensity per week. Breathing fast, difficulty talking.



## IMPROVE BALANCE

To reduce the chance of frailty & falls, 2 days a week.



## BUILD STRENGTH

To keep muscles, bones & joints strong. At least 2 days a week.



## MINIMISE SEDENTARY TIME

Break up periods of inactivity.



### Apps - Couch to 5K



### 10 Walk Tracker



### The Walk



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## Mental Health & Wellbeing

Mental health is everyone's business. We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, & this could happen to any one of us.

### 1. Talk about your feelings

Talking can help you stay in good mental health & deal with times when you feel troubled.

### 2. Keep active

Regular exercise can boost your self-esteem & can help you concentrate, sleep, & feel better.

### 3. Eat well

A diet that's good for your physical health is also good for your mental health.

### 4. Keep in touch

Keep the lines of communication open: it's good for you!

It's important to take care of yourself and get the most from life. Here are 8 practical ways to look after your mental health:

### 5. Ask for help

If things are getting too much for you and you feel you can't cope, ask for help.

### 6. Take a break

A change of scene or a change of pace is good for your mental health.

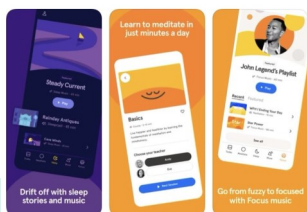
### 7. Accept who you are

Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends.

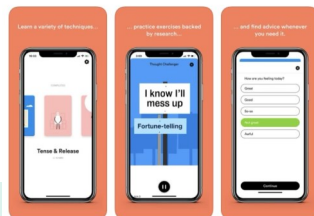
### 8. Care for Others

Is an important part of keeping up relationships with people close to you.

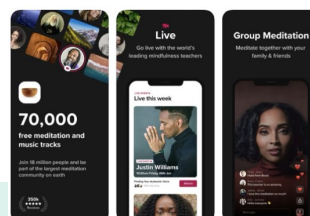
#### Apps - Headspace



#### Daylio



#### Insight Timer - Meditation App



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## Nutrition & Hydration

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

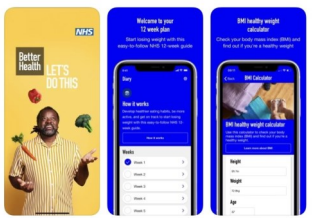
People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

The Eatwell Guide shows that to have a healthy, balanced diet, people should try to:



Try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients.

### Apps - NHS Weight Loss Plan



### Change4Life Smart Recipes



### Change4Life Food Scanner



# #FL♥URISH this winter



## WE WANT YOU TO CHECK YOUR PEE

*Check you level of hydration below;*

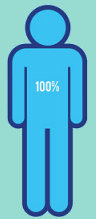
1



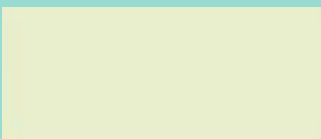
### 1 - 2 You are Hydrated

Pale, odourless and plentiful urine is often an indication that you are well hydrated.

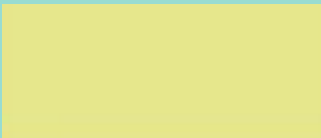
**Keep drinking at the same rate**



2



3



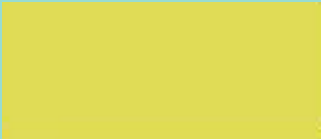
### 3 - 4 You are mildly dehydrated

Slightly darker yellow urine can indicate that you need to drink more water.

**Keep going...**



4



5



### 5 - 6 Dehydrated

Medium-dark yellow urine is often an indication that you are dehydrated.

**Drink 2-3 glasses of water, throughout the remainder of the day**



6



7



### 7 - 8 Very dehydrated

Darker, strong-smelling urine in small amounts can be a sign of dehydration.

**Drink at least 1L of water, throughout the remainder of the day**



8



**It's time to take a break & rehydrate**



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<b>1 UNIT</b>	<b>1.5 UNITS</b>	<b>1.5 UNITS</b>	<b>2 UNITS</b>	<b>3 UNITS</b>	<b>2.1 UNITS</b>
Single shot of spirits (25ml, ABV 40%)	Alcopop (275ml, ABV 5.5%)	Small glass of wine or fizz (125ml, ABV 12%)	Can of beer, ale, larger or cider (440ml, ABV 5.5%)	Pint of beer, ale, larger or cider (568ml, ABV 5.2%)	Standard glass of wine (175ml, ABV 12%)

**1 unit is 10ml  
or 8g of pure  
alcohol**

We can use the formula below to work out how many units are in our favourite drinks:

$$[\text{Volume (mls)} \times \text{Alcohol by Volume ABV (\%)}] / 1000$$

## EXAMPLES



1 Pint of 5.2% beer, ale, larger or cider

$$[568(\text{ml}) \times 5.2(\%) = 2840] / 1000 = 3 \text{ Units}$$



1 Small glass of 12 % wine or fizz

$$[125 (\text{ml}) \times 12(\%) = 1500] / 1000 = 1.5 \text{ Units}$$

**How much  
are you  
drinking?**

If you are over the recommended limits

You should think about cutting back.



### NHS recommends

MEN	WOMEN
<b>3-4</b>	<b>2-3</b>
UNITS DAILY	UNITS DAILY

**SHOULD NOT  
REGULARLY EXCEED**

## WHICH CATEGORY ARE YOU?

### 1. LOWER RISK

- As a man, you don't drink more than 3-4 units a day on a regular basis
- As a woman, you don't drink more than 2-3 units a day on a regular basis

Lower-risk drinking means that you have a low risk of causing yourself future harm.

### 2. INCREASING RISK

- As a man, you drink more than 3-4 units a day on a regular basis
- As a woman, you drink more than 2-3 units a day on a regular basis

Drinking at this level substantially increases the risk of alcohol damaging your health.

Liver problems, reduced fertility, high BP, increased risk of cancers & heart attack are some of the harmful effects of regularly drinking above recommended levels.



### 3. HIGHER RISK

- As a man, you regularly drink more than 8 units a day, or more than 50 units a week
- As a woman, you regularly drink more than 6 units a day, or more than 35 units a week

If you're in this group, you're at an even higher risk of damaging your health compared to increasing risk drinkers. Your body may well have suffered damage already, even if you're not yet aware of it.

#FL♥URISH this winter

# REDUCE STRESS BOOST ENERGY FEEL HAPPIER INTERESTED?

**FREE YOLO Experience** - 15 minutes of pure relaxation. Ease aches and pains, and reduce stress with a head, neck and shoulder massage delivered in the YOLO mobile calm space.

YOLO is a unique 1-1 sensory experience that delivers a number of key wellness benefits that will enable you to feel happier, more focused, physically healthier & better able to manage stressful situations. This free YOLO experience is only available to colleagues who book a Better Health, Better You appointment.

Contact the Occupational Service on  
01524 512290 or at  
[occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk) to book  
your Better Health, Better You appointment.



For more information scan the qr code  
Find us @yolowellbeing



YOLO WELLBEING

## Visit the new Staff Health and Wellbeing Website



**This website is accessible by all staff, 24 hours a day, 7 days a week and can be used to access immediate support or to find out how you can make positive healthy changes to your lifestyle.**

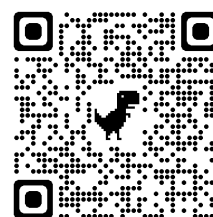
We are pleased to share with all staff the new Staff Health and Wellbeing Website.

The platform is linked to the NHS Health and Wellbeing Framework and is the place to go if you would like further information and support for health and wellbeing support.

The website has been designed in collaboration with the ICS and provides a holistic repository for staff health and wellbeing information, tools and resources.

### **You can find the following topics covered within the website:**

- Personal Wellbeing including:
  - Mental Wellbeing
  - Physical Wellbeing
  - Healthy Lifestyles
  - Financial Wellbeing
- Relationships
- Professional Support



### **In addition to information and signposting details, you will find:**

- Bitesize learning modules – take 10 mins to read information on a variety of topics
- A variety of hints and tips to help you to make small but achievable health changes
- Monthly challenges and pledges, aimed at improving your health and wellbeing and access to a new and exciting tracking app
- Useful videos helping you to understand health topics and participate in healthier behaviours

So take a moment, follow the link and explore what is on offer and what you can get involved in and don't forget to let us know your thoughts. Email your comments to [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk) - we would love to hear from you.

[www.lscwellservice.co.uk](http://www.lscwellservice.co.uk) • username: UHMBTWELL



# DRY JANUARY

Dry January means going alcohol-free for the whole month. Most people who do Dry January see a whole host of obvious benefits that make Dry January the perfect start to the New Year.

70%

Of people sleep better

65%

Of people notice improved health

86%

Of people save money

A month without alcohol can:

**Lower blood pressure | Reduce diabetes risk | Lower cholesterol | Reduce levels of cancer related proteins in the blood**

## 1. Make Goals

Set realist achievable goals. Write them down or post them somewhere as a physical reminder of your intentions.

## 2. Ask for Support

By making your goals public to friends and family you also open up a channel of communication and support from them that's invaluable.

## 3. Avoid Triggers

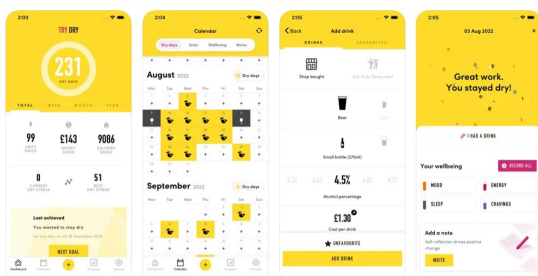
To cut down on drinking, it's important for everyone to first understand what their triggers are and then avoid them, but don't psych yourself out either. Stopping drinking doesn't mean you can't ever go to another brunch with your friends.

## 4. Plan for urges

Plan for the inevitability of an urge to drink at some point and know which actions you'll take to overcome it. There are simple strategies to employ when an urge strikes that can help such as a quick change of scenery. If you're inside, go outdoors. If you're with friends, take some alone time.

TOP TIPS

# HELP AND SUPPORT



Download the free Try Dry app to help you meet your goals, whether you want to take on Dry January cut down on your drinking, or go totally alcohol-free. Track your units, calories and money saved when you cut down or cut out alcohol.

**Book yourself a Better Health, Better You appointment for help, support and guidance on Alcohol**





# Blue Monday



Blue Monday occurs every year on the 3rd Monday in January.

This day is known as the saddest day of the year.

## Why is Blue Monday important?

### Checking in on Mental Health

The day is a good reminder to check in on your mental health if experiencing symptoms of depression. Reach out to medical professionals who can assess the situation & find the right treatments.

### A reminder to exercise

Exercise improves our mood, don't let the winter blues & cold weather prevent your routine. Find an exercise partner who can help motivate & keep you committed to your exercise plan.

### Enhancing Vitamin D levels

Vitamin D levels can drastically decline during winter months due to spending less time in the sun, which can seriously affect our moods. Nutrient-rich foods such as egg yolks & fatty fish contain vitamin D

## 5 Resolutions to beat Blue Monday

### 1. Get healthy

Happiness and health is frequently anecdotally linked and "laughter is the best medicine" is a cliché for a reason.

### 2. Be money-wise

Money is never far from our thoughts and saving more or spending less of it comes in as the second most common type of resolution.

### 3. Learn something new

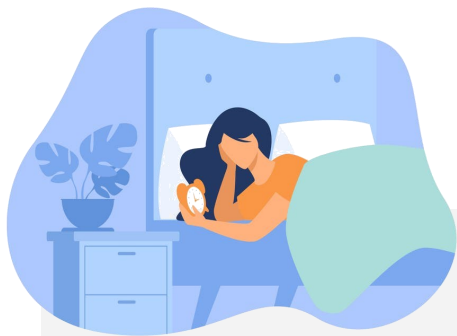
There's evidence that fun diversions contribute to good mental health, with studies showing people who engage in hobbies enjoy better moods and less stress.

### 4. Quit a bad habit

Since Blue Monday falls just after the new year, there's no better time to kick a bad habit.

### 5. Focus on quality time

Activities such as reading, planning out goals, journaling and spending more time with friends and family often creates a sense of peace and happiness.



# Festival of Sleep

The Festival of Sleep is a celebration invented to help us recharge our batteries from all the lost sleep around the holiday season. It reminds us to practice self care for the coming year.

## Dreams

### 1. They occur in a special sleep phase

Dreams take place in the rapid eye movement (REM) phase, which occurs in short bursts throughout the night and creates the perfect environment for our brains to travel elsewhere.

### 2. They can be black and white

While dreaming in colour is the norm, approximately 12% of people dream in black and white, just like an old movie.

### 3. They're worse if you eat late

When you eat, it kick-starts your metabolism, making your brain more active. If you sleep too soon after eating, your brain will still be whirring away, churning up (usually bad) dreams.

### 4. They're scariest for children

Bad dreams happen decreasingly after the age of 10, with the greatest intensity occurring between the ages of three and six years old.

**Book on to The Better Sleep Course via your TMS - this course has been designed to give attendees a deeper understanding into core concepts of sleep, why we sleep, and how we can improve our sleep.**

## Festival of Sleep Day

### It's all about self-care

Getting a restful night's sleep does wonders for your physical- and mental well-being throughout the following day, ensuring you stay happy and healthy.

### It's relaxing

It's so easy to get burnt-out with the stresses of daily life, but Festival of Sleep Day allows us to take a load off and recharge our batteries.

### It improves memory

When we sleep, we consolidate our learning and memories from the day, meaning a good night's sleep is more likely to improve our memory in the long-run.

**Book yourself a Better Health, Better You appointment for help, support and guidance on Sleep and Rest**





## Cervical Cancer Prevention Week 23.01.2023 - 29.01.2023



### Cervical screening

The NHS cervical screening programme in England is offered to people with a cervix aged from 25 to 64. Routine screening is offered every three years up to 49 years of age and every five years from 50 to 64 years of age. Depending on the result of the screen, people may be recalled earlier than these routine intervals.

As part of the NHS Cervical Screening Programme, all samples taken at cervical screening appointments are now being tested for high risk Human Papillomavirus (HPV) in the first instance. This is the virus which causes nearly all cervical cancers. Samples that test positive for HPV will then go on to be further analysed with Liquid Based Cytology to detect cell abnormalities. The new test will identify more people at risk of cervical cancer earlier and could prevent around 600 additional cancers a year.

### Try not to put off cervical screening.

**It's one of the best ways to protect yourself from cervical cancer.**

- Cervical screening (a smear test) checks the health of your cervix. The cervix is the opening to your womb from your vagina
- It's not a test for cancer, it's a test to help prevent cancer
- All women and people with a cervix aged 25 to 64 should be invited by letter
- During the screening appointment, a small sample of cells will be taken from your cervix
- The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of your cervix. These are called "high risk" types of HPV
- If these types of HPV are not found, you do not need any further tests.

*If these types of HPV are found, the sample is then checked for any changes in the cells of your cervix. These can then be treated before they get a chance to turn into cervical cancer.*

### Cervical screening is a choice

It's your choice if you want to go for cervical screening. But cervical screening is one of the best ways to protect you from cervical cancer.

For more information go to: [www.nhs.uk/conditions/cervical-screening/](https://www.nhs.uk/conditions/cervical-screening/)

## Prevent injury and stay safe in winter weather

As winter arrives, we see plummeting temperatures, lots of ice and some snow falling. Winter weather can be really quite beautiful, but it can also be rather dangerous if you don't take suitable proper precautions.

There is an increased risk of hypothermia, back and shoulder injuries, slips and falls, and even heart attacks in severe winter conditions.

Falls in snow and ice always account for a higher rate of fractures and soft tissue injuries in our A&E and UCC departments in winter no matter your age. Removing snow and ice from your driveways and paths is an activity that can easily lead to these types of injuries.



### Clearing Snow & Ice

Tips to minimise the risk of injury while clearing your home or car:

- Stay covered, wear warm clothes, sturdy shoes and gloves as your body is still susceptible to the cold.
- Warm up first. Shovelling can be an intense exercise so warming up your muscles will reduce your risk of muscle strain.
- Shovel smaller loads, this will decrease the weight you lift and can avoid strain on your back and other muscles.
- Bend and lift with your knees, avoid bending and twisting your back at the same time.
- Step in the direction you are throwing the snow and avoid twisting.
- If possible, push the snow to the side instead of lifting it.
- Don't keep your hands together on the shovel. Spacing your hands apart will make it easier to lift.
- If wet snow is sticking to your shovel, cooking spray will allow the snow to slide off more easily.
- Don't drink coffee to warm up as high amounts of caffeine can increase your heart rate. Have an alternate warm drink that is decaffeinated ideally. People with cardiovascular disease, older adults or sedentary individuals can be at risk if their heart rate becomes dangerously elevated.
- Keep hydrated – have a water break every 20-30 minutes.
- Regular exercise that focuses on strength and balance training can reduce the risk of falling.

Physiotherapy is available in Occupational Health, you can either self refer or your manager can refer you via the man ref portal.

Refer to physiotherapy by contacting the Occupational Health & Wellbeing Service on 42290 or [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk)



*Eating well*  
**for a healthy liver**

### Why you should love your liver...

The liver is a fascinating organ and its importance is often underrated. It's an amazing multi-tasker and has over 500 vital jobs to do to keep you alive. It's just as important as other organs like your heart and lungs, but they tend to steal most of the limelight. In the UK, liver disease is on the rise. The three major preventable causes are drinking alcohol, obesity and viral hepatitis.

When it's damaged, the liver can repair itself, but only up to a point. Sadly, people with liver disease often don't have any symptoms until the disease has progressed and it's far too late for treatment. That's why it's so important to know the risk factors and to keep your liver happy and healthy for life - before long-lasting damage can occur. Take your first steps towards better liver health today.

[www.nhs.uk/conditions/non-alcoholic-fatty-liver-disease](http://www.nhs.uk/conditions/non-alcoholic-fatty-liver-disease)

### A Well-Balanced Diet



**Make small changes that stick rather than trying to change lots of things about your eating habits, pick 1 or 2 small changes. Thinking about your eating habits generally can be a good place to start.**

Most importantly, enjoy your food. Make sure you include dishes you like. Share meals with family and friends. And remember you can have a treat every now and then.

- Plan your meals in advance so you stay on track and have the food and drinks you need to hand
- Start your day with a healthy breakfast such as porridge, reduced sugar cereal or scrambled eggs on wholegrain toast. It will give you energy and keep you going until lunchtime
- If you tend to get hungry between meals, swap snacks like chocolate and crisps for healthier options such as a piece of fruit, a handful of nuts, or natural or Greek yoghurt
- Eat at about the same times each day
- Don't eat on the go. Take your time and focus on your meal
- Think about your drinks too



## **Crisis Support**

# **Lancashire & South Cumbria**

**NHS Foundation Trust**

A new service is now available which can be accessed through a Freephone number which offers easy access for urgent or general mental health support, 24 hours a day, seven days a week.

**The Lancashire and South Cumbria Mental Health Crisis Line is available  
24 hours a day, 7 days a week by calling:**

**Initial Response Team Pennine: 0800 013 0707**

**Initial Response Team Central Lancashire: 0800 013 0708**

The Initial Response Team may arrange for you to receive support over the phone or for a mental health practitioner to see you at home, at a GP practice or another mutually agreed place to allow further information about current mental health needs. Information about other services that could assist will also be shared if appropriate.



We also have a **Wellbeing Helpline & Texting Service**, available **Monday to Friday 7pm – 11pm and Saturday to Sunday 12pm – Midnight** staffed by volunteers and those with lived experience, that offers emotional support, ring if you want to chat about your mental health or are lonely.

To contact call **0800 915 4640** or by texting '**Hello**' to **07860 022846**.

# Financial Support

## Within the Trust

Whilst at work, we want to help where we can ensure our colleagues have access to essential but affordable food and drink. That is why we are introducing some additional low-cost food and drink offers, as well as raising awareness of the offers that are already available, to support our colleagues. These include:

### Low-cost breakfast options:

We will continue with the great value £2 four-item breakfast—This is served at all three hospital sites and vegetarian options are available such as beans, mushrooms, tomatoes, hash browns and vegetarian sausage.

From Monday 28 November we are launching free tea/coffee and toast stations in the dining rooms at our three main hospital sites (not in the WGH Costa outlet). This will be operated on a self-serve only basis where colleagues can use this to make tea/coffee and toast as they please. The stations will be open at FGH and RLI from 8.00am to 11.00am, and at WGH from 9.00am to 11.00am (weekend opening times may differ). Please also remember colleagues can continue to order free tea, coffee and milk to their departments via the **NHS LOGISTICS online ordering system**.

### Low-cost lunch options:

From Monday 28 November we will offer one course every day at a price of £1.50 as one of the four courses offered (including the normal daily vegetarian option which will still be available at lunch time). This will be served by restaurant staff at FGH and RLI 12.00pm to 6.00pm and at WGH 12.00pm to 2.00pm. Please note, we are unfortunately not able to offer this to visitors or contractors though they can still partake in the low-cost breakfast offer.

## External

### Supporting Our NHS People · Helping you look after your financial wellbeing

This is a difficult time for our NHS people and we know that financial concerns have consistently been one of the top reasons that colleagues call the free helpline run by the Samaritans. As such, we've partnered with the MoneyHelper service (formerly Money and Pensions Service) to bring you financial guidance to help you manage your finances at home.

Top tools and resources go to [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)



# january

*Training courses available this month book through TMS*

Course	Day	Date	Time
Wellbeing - CBT Two Part course on Anxiety Management Tools and Strategies for Change (Part 1)	Wednesday	04/01/2023	13:15
Compassion Fatigue - Face to Face Session	Monday	09/01/2023	08:30
Wellbeing - The Menopause Course	Monday	09/01/2023	11:00
Wellbeing - CBT Two Part course on CBT for Depression - Part 1	Tuesday	10/01/2023	13:30
Wellbeing – How yoga can help our physical and mental health	Wednesday	11/01/2023	13:00
Wellbeing - The Better Sleep Course	Thursday	12/01/2023	12:00
Compassion Fatigue - Face to Face Session	Monday	16/01/2023	09:30
Wellbeing - The Menopause Course	Monday	16/01/2023	13:00
Wellbeing – Cognitive Behavioural Therapy for Anxiety	Tuesday	17/01/2023	13:30
Wellbeing - CBT Two Part course on Anxiety Management Tools and Strategies for Change (Part 2)	Wednesday	18/01/2023	13:15
Wellbeing - The Menopause Course (Online)	Monday	23/01/2023	13:00
Compassion Fatigue - Online Session	Monday	23/01/2023	11:30
Wellbeing - CBT Two Part course on CBT for Depression - Part 2	Tuesday	24/01/2023	12:00
Wellbeing - Trauma Response	Thursday	26/01/2023	12:00
Wellbeing - The connection between good mental health and our gut	Monday	20/01/2023	11:30



January 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30th  <b>Resilience Hub</b> LANCASHIRE AND SOUTH CUMBRIA "You're here for us. We're here for you" tel: 01772 520228 • lscub@lscft.nhs.uk	31st	#FL  URISH this winter Check your newsletter for more information				1st  Happy New Year... page one of 365!
2nd  <b>DRY JANUARY®</b>	3rd 	4th  <b>World Braille Day</b>	5th  Have lunch with a colleague today	6th  Have you packed up your decorations yet?	7th Lancashire and South Cumbria Wellbeing text number: 07860 022 846 text: 'hello'	8th  How are your new years resolutions going?
9th 	10th Have you visited your Health & Wellbeing website yet? Username: UHMBTWELL	11th  <b>PAGET'S AWARENESS DAY</b>	12th  Go to bed 30 minutes earlier than usual. Put your phone away before sleep	13th  Have you had your 5-a-day?	14th  Visit your wellbeing website today to learn about financial wellness	15th  Read a good book before bed tonight
16th  <b>blue monday</b>	17th "FEELING A LITTLE BLUE IN JANUARY IS NORMAL."	18th  Check your newsletter and try one of the affordable winter warmer recipes today!	19th  Don't wait, hydrate! Have you had your 2 litres of water today?	20th  Keep moving Aim for 10k steps today	21st  <b>NATIONAL HUG DAY</b>	22nd today I am grateful for... ...write down 3 things
23rd  <b>CERVICAL CANCER Prevention Week</b> Monday 23 <sup>rd</sup> - Sunday 29 <sup>th</sup>	24th  <b>NATIONAL COMPLIMENT DAY</b>	25th  <b>TAKE A BREAK!</b> ...from your work area	26th  Keep active, and take the stairs today...	27th  <b>NATIONAL HAVE FUN AT WORK DAY</b>	28th Lancashire and South Cumbria Crisis Helpline Call: 0800 013 0708 Available: 24/7	29th  Watch your favourite film tonight

## Brew Monday 16th January 2023

Brew Monday is a time to check in, have a conversation and listen to what they have to say. These types of efforts at building or reinforcing relationships are meant to be a path toward keeping people in the community connected to one another and, perhaps, function as a line of defence against depression, despair and suicide.

As part of Our Frontline, NHS and care staff in England can call Samaritans' dedicated confidential support line free on 0800 069 6222, 7am–11pm every day. Staff anywhere else in the UK can call on 116 123 to speak with a trained listening volunteer.



## Winter Warmer Recipes

### Easy chicken stew



Prep: 10mins • Serves 4 • Cook 50 mins

Make this healthy chicken stew – it's simple and perfect for a filling family supper. Our easy, low-fat recipe is delicious served with a warm cheese scone

#### Ingredients

- 1 tbsp olive oil
- 1 bunch spring onions, sliced, white and green parts separated
- 1 small swede (350g), peeled and chopped into small pieces
- 400g potatoes, peeled and chopped into small pieces
- 8 skinless boneless chicken thighs
- 1 tbsp Dijon mustard
- 500ml chicken stock
- 200g Savoy cabbage or spring cabbage, sliced
- 2 tsp cornflour (optional)
- crusty bread or cheese scones, to serve (see below)

#### Nutrition: per serving

low in	low in						
kcal	fat	saturates	carbs	sugars	fibre	protein	salt
354	12g	3g	28g	7g	7g	31g	0.9g

#### Method

- Heat the oil in a large saucepan. Add the white spring onion slices and fry for 1 min to soften. Tip in the swede and potatoes and cook for 2-3 mins more, then add the chicken, mustard and stock. Cover and cook for 35 mins, or until the vegetables are tender and the chicken cooked through.
- Add the cabbage and simmer for another 5 mins. If the stew looks too thin, mix the cornflour with 1 tbsp cold water and pour a couple of teaspoonfuls into the pan; let the stew bubble and thicken, then check again. If it's still too thin, add a little more of the cornflour mix and let the stew bubble and thicken some more.
- Season to taste, then spoon the stew into deep bowls. Scatter over the green spring onion slices and serve with crusty bread or warm cheese scones.

### Classic cheese scones



Prep: 15mins • Makes 5/6 • Cook 20 mins

#### Ingredients

- 225g self-raising flour, plus extra for dusting
- pinch of salt
- pinch of cayenne pepper
- 1 tsp baking powder
- 55g chilled butter, cut into cubes
- 120g mature cheddar, grated
- 90-100ml milk, plus 1 tbsp for glazing

#### Nutrition: Per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
300	16g	10g	30g	1g	2g	9g	1.2g

#### Method

- Heat the oven to 200C/180C fan/gas 6 with a large [baking tray](#) inside. Sift the flour, salt, cayenne pepper and baking powder into a bowl, then sift again to make sure the ingredients are thoroughly combined.
- Add the butter to the bowl and combine with your fingertips to make breadcrumbs. Sprinkle 100g of the cheese into the breadcrumb mixture and rub together until evenly distributed. Try not to mix too much as the heat from your hands may start to melt the butter.
- Make a well in the centre of the mixture and pour in enough milk to give a fairly soft but firm dough. Do not pour in all the milk at once as you may not need it all to get the right consistency.
- Lightly flour a surface and roll out the dough to approximately 2cm thick. Cut out the scones with a medium (about 8cm) cutter, then put on a sheet of baking parchment, glaze with a little milk and sprinkle with the remaining cheese. Slide onto the hot oven tray.
- Bake in the oven for 15-20 mins or until golden brown and cooked through.





The Resilience Hub motto is:  
**"You're here for us.  
We're here for you"**

**The Lancashire and South Cumbria Psychological Resilience Hub** is now extending its offer to those individuals also suffering from non-Covid related wellbeing issues for example work-related stress, burnout, loss and bereavement, anxiety and low mood.

**We all know that working in any role can often be very challenging, stressful and demanding.** There are often times when we don't feel able or ready to work effectively and we just want to remind you that you are not alone and that we are here to help you.

Please feel free to make contact with the Resilience Hub. This can start with you completing our online self-assessment tool which will provide you with an opportunity to assess how you are managing. At the end of the screening questions, you will be able to refer yourself to the Resilience Hub so that you can speak with one of our team in more detail about how things are. We will also be able to offer advice about additional support that might help – and how to access this.

If you would prefer to speak to the Resilience Hub team directly, you can call us on **01772 520228** or email [lschub@lscft.nhs.uk](mailto:lschub@lscft.nhs.uk)

#### **The Hub Team consists of:**

- Psychological Therapists and Clinical Psychologists who have significant experience of working with stress, distress and trauma
- Prescribing Pharmacists who provide consultation and review of medication – related issues
- Administration staff who ensure the efficient processing of referrals

#### **We offer:**

- A single point of access for all referrals
- An online self-assessment tool with an option to self-refer to the Resilience Hub.
- A stand-alone clinical system to ensure confidentiality.
- A triage appointment to determine the right type and level of psychological/pharmacological support.
- We work on a 1:1 basis; in small groups or offer an intervention to a whole team.

#### **Please note that the Resilience Hub is not a crisis service.**

If you or someone you are concerned about needs urgent help, please contact your GP or a crisis service

Mental Health Crisis Line: **0800 953 0110**

Samaritans: **116 123**

There is also helpful information on the Resilience Hub website:  
[lscresiliencehub.nhs.uk/about](https://lscresiliencehub.nhs.uk/about)





## **Occupational Health and Wellbeing Service**

Email: [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk)

Tel: 01524 512290 Ext: 42290

**Visit our new Staff Health and Wellbeing Website**  
**[www.lscwellservice.co.uk](http://www.lscwellservice.co.uk)    username: UHMBTWELL**