



STAFF CARE AND WELLBEING



'The staff care and wellbeing team seeks to build resilience and enhance wellbeing through a provision of wellbeing focused events, health promotion, 1:1 active listening, peer support, group and team support and a variety of training courses'.

Wellbeing Centre and Facilities

The Wellbeing Centre provides you with a space to relax and recuperate away from the daily working environment and access a variety of wellbeing facilities and initiatives as well as getting any support that you might need, when you need it.



In the Wellbeing Centre, you will find a range of facilities including a selection of teas, coffees, sweet treats, massage equipment, table tennis, air hockey, weighted hoops, crafts, a reading corner and access to a PC or tablet.

The Wellbeing Centre is located in Harris and can be accessed at any time throughout the day, before or after shifts, and at the weekends. Regular staff



bulletins are issued with information on additional support available including Mindfulness, Complimentary therapies, Health Promotion and Leadership programmes.



How to Access Support

You can access wellbeing support in

a variety of ways either individually or as part of a group. Support is provided by members of the Staff Care and Wellbeing team who have a wealth of experience in staff care.

24 Hour Helpline 01698 752000

The helpline provides access for you to speak confidentially to an independent, experienced listener trained in a variety of techniques to support you when dealing with difficult situations.

One to One Support

You can speak with an independent staff care specialist available onsite, two days per week or by telephone or MS Teams at any time.

Group or Team Support

Group sessions can last from one hour to a full day and can include workshops on Mindfulness, Stress Management, Story Telling for Change, Values Based Reflective Practice (VBRP), Compassionate Leadership to name just a few. The Staff Care Specialist are happy to

staff
respect
honesty
care
behaviours
teamwork
dignity
responsibility
openness
quality

discuss options or explore new workshop topics with your team or group. If you feel it would be helpful for your Group/Team to have a session with a Staff Care Specialist, have a chat with Tricia or Graeme about the options.

Peer Support

Volunteers from across the hospital offering a listening ear. For further information, contact the Wellbeing Centre, 01555 842093 x [REDACTED] or e-mail: [REDACTED]

Coaching

Coaching is a safe, confidential, enabling and developmental relationship that is tailored to your specific needs, style and context.

Other Sources of Support

Reflective practice, Bereavement support, Mindfulness, Complimentary therapies, and Leadership programmes.

For further information on any of the above sources of support or to find out more about how you can access this support, contact a member of the wellbeing team.

- [REDACTED] x [REDACTED]
[REDACTED]
- [REDACTED] x [REDACTED]
- [REDACTED] x [REDACTED]

Occupational Health

Occupational Health provides a range of services including health surveillance, immunisation, follow up of injuries / traumatic incidents, workplace assessment, health promotion and physiotherapy and psychological services. Managers can refer staff to Occupational Health for guidance on their fitness for work and/or the impact work is having on their health.

Staff can also confidentially refer themselves for support or guidance.

Our aim is to promote and maintain the highest degree of physical, mental and social wellbeing of our employees.

For advice and support, contact: Dumfries & Galloway on Tel: 01387 244626 Email: dg.occhealth@nhs.scot On-site OH Department Tel: 01555 842121

Additional Sources of Support



National Wellbeing Hub

This is a partnership between national, local and professional bodies with a shared passion for looking after the emotional and psychological wellbeing of our country's health and social care workers.

www.wellbeinghub.scot



Employee counselling is provided for all State Hospital staff through Time for Talking. This is a free and confidential service. The service offers general advice and guidance, psychological support, emotional support and individual counselling.

Tel: 0800 970 3980

www.timefortalking.co.uk

Workforce Specialist Service (WSS)

The WSS, delivered by NHS Practitioner Health, is a primary care-led, multidisciplinary mental health service with expertise in confidentially treating regulated health and social services professionals.

Email: prac.health@nhs.net Tel: 0300 0303 300

Able Futures Helping you manage your mental health at work Tel: 0800 321 3137
www.able-futures.co.uk

Frontline 19 - Confidential psychological support service for people working in the NHS & frontline services in the UK.

Are you a frontline worker, suffering from mental health due to work related conditions? Feeling overworked, unappreciated, stressed, full of anxiety? Then you should get in touch with us today! Currently we are prioritising patient-facing roles.

E-mail: contact@frontline19.com Web: <https://www.frontline19.com>

Breathing Space 0800 83 85 87

Samaritans 116 123

Cruse Bereavement Counselling 0808 808 1677

Lanarkshire Mind Matters

www.lanarkshiremindmatters.scot.nhs.uk

Your Health Matters

www.nhs.uk/your-health-matters

Staffside Support

The POA confidential telephone helpline offers a free service to members suffering from stress and in need of support. If you are affected by stress and would like to get help and support.

Tel: 0800 107 6585



The Professional Trades Union for Prison, Correctional & Secure Psychiatric Workers

Unison has launched a support service "*There for You*". For help and support Tel: 020 7121 5620 or Email: thereforyou@unison.co.uk



RCN members get free, confidential advice, Representation and support on a range of issues that affect you at home and at work.

Tel: 0345 772 6100



As well as offering representation at work, Unite strive to serve their members in a variety of situations, no matter their background or line of service. Call on **0131 556 9676**



BMA Free and confidential 24/7 counselling line and peer support service open to all doctors and medical students Tel: 0330 123 1245.



British Association of Occupational Therapists offers a service to help with all aspects of professional practice in the workplace.

professional.enquiries@rcot.co.uk

Tel: 020 3141 4630



January 2024

Staff Wellbeing Centre

The State Hospital, Carstairs, Lanark ML11 8RP

Web: www.wellbeinghub.scot Tel: 01555 842090 Email: [REDACTED]