

SNEE ICS Health and Wellbeing Newsletter:

Working in Partnership with all ICS Colleagues

Summary

In this edition, our main focuses are:

- *Accessing support from SNEE ICS team before team transition*
- *SNEE ICS cost of living support sessions, hosted by HSBC*
- *HSBC 'Always On' financial wellbeing sessions*
- *MyPause Menopause support group update*
- *Women's Health Strategy questionnaire – Last Call*
- *Remainder of 2023 health & wellbeing calendar*
- *Violence prevention and reduction educational pathway – CPD opportunity*
- *Free mental health first aid courses*
- *Key worker housing – Homestay Project*
- *Looking after colleagues, a health & wellbeing guide for all*
- *Volunteering being great with St Helena*
- *'Feel Good Suffolk'*
- *Grow your future with 'Activ Gardens'*

As part of the SNEE ICS health & wellbeing mailing list, you will be added to our new outlook mailing group and therefore will be notified of this once you are added. If you want to be added or removed from this group, please email Paul.Firth@snee.nhs.uk.

SNEE Health Wellbeing and Retention Team:

Paul Firth	Robert Perrement
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Access Support Before SNEE ICS Team Transition



As we approach the end of the SNEE ICS team's contract, we wish to remind you that our team is here to assist and offer a range of valuable resources to support your health and wellbeing. If you or your colleagues are interested in accessing any of our resources, please reach out to us via email at hwb.team@snee.nhs.uk by Thursday, 31st August. Our dedicated team is ready to provide guidance and assistance on various topics, including:

- **Menopause Support & Women's Health Strategy:** Our team can offer valuable resources and information to support individuals experiencing menopause, creating a nurturing and understanding environment for those going through this phase of life. For women's health-related matters, our team can provide insights and advice aligned with the Women's Health Strategy to promote overall well-being.
- **Violence Prevention:** Our resource packs for violence prevention cover different reporting mechanisms, support for staff following an incident, how best to work with patients to prevent violent and/or abusive incidents and training opportunities for staff e.g., 'Handling Difficult Situations with Compassion' training programme.
- **Anxiety and Mental Health Management:** We understand the importance of mental health, and our resources encompass practical tools to manage anxiety and enhance mental well-being.
- **Five Ways to Wellbeing:** Learn about the Five Ways to Wellbeing, simple steps that can significantly contribute to overall well-being and happiness.
- **Stress Management and Avoiding Burnout:** Our team can guide you on effective stress management techniques and ways to avoid burnout in demanding work environments.
- **Wellbeing Conversations:** We encourage open conversations on well-being and mental health. Our team is here to facilitate meaningful discussions to create a supportive and empathetic workplace culture.
- **Wellbeing Apps and Guides:** Explore a collection of wellbeing apps and guides to discover valuable tools that can support your well-being journey.
- **Key Worker Housing:** For those seeking guidance on key worker housing, our team can provide relevant information and support to navigate through available options.

As our team transitions, we remain committed to providing you with the resources you need to thrive both personally and professionally. Please do not hesitate to reach out to us by the deadline mentioned above to make the most of these resources.

Thank you for being a vital part of our health and wellbeing community.

SNEE ICS Cost of Living Support Sessions, delivered by HSBC

- We are excited to announce that the Suffolk and North-East Essex ICS is partnering with HSBC to deliver valuable cost of living support sessions from September to November.
- These sessions will be conducted virtually over Microsoft Teams and last either 45 or 60 minutes.
- As an added benefit, attendees will be eligible for a complimentary HSBC financial health check.
- These webinars are entirely focused on providing support and advice, and they do not mention any HSBC products or services.
- To run these sessions, we will need a minimum of 40 attendees at each session, so please do share this with your colleagues, friends and within your organisation.
- To register for a session, please email Paul.Firth@snee.nhs.uk.
- Once you have booked onto a session, please place a hold in your diary as links for the sessions will be sent out a week in advance. You can sign up to as many sessions as you like - **session meeting links are also embedded into the session titles/dates**



❖ **My Family - Wednesday 13th September, 12:00 – 13:00**

Would you like to feel in control and understand the steps you need to take to feel confident about your family finances? Organising the family finances can often seem complicated. Our 'My Family' presentation explores ways of making your money work harder for your family. We give straightforward ways that could reduce your spending, increase your income and how to have conversations with your family about money.

❖ **Savings – Wednesday 4th October, 12:00 – 12:45**

Would you like to feel more confident in how reach your goals by saving? Knowing where to start when you want to save money can feel daunting, but it doesn't need to be. With a few small changes to the way you manage your money, you can create a clear path forward to get where you want to be. It is important to look at your goals, consider inflation within your plans, and know the different options available to you.

❖ **Spending Your Income – Wednesday 18th October, 12:00 – 12:45**

Would you like to feel more confident in how to make the most of your money by budgeting? One of the key ways to take control and manage your Financial Health is creating a budget. Budgeting can help you to create a spending plan for your money so that your money could work harder for you and that you stay on the right track to reaching your financial goals.

❖ **Managing Debt – Wednesday 1st November, 12:00 – 12:45**

Would you like to find out more on managing debt to help you be financially fit? Dealing with money issues can sometimes be off-putting, and feeling overwhelming, but if you don't know how and where to get support, you could end up losing out financially, this presentation signpost support services and information to help you get back on track.

❖ **Coping with the Cost of Living – Wednesday 15th November, 12:00 – 12:45**

If you are worried about the rising cost of living, including higher energy, food and petrol prices, our presentation can help you create a budget, provide tips on how to save money and where you can access help and support.

❖ **Making the Most of Your Money – Wednesday 29th November, 12:00 – 12:45**

Would you like to feel in control and understand the steps you could take to feel confident about your finances and make the most of your money? Managing your money can sometimes prove challenging and for many it's a case of knowing where to start. Our 'Making the Most of Your Money' presentation educates and explores ways that could make the most of your everyday finances.

HSBC 'Always On' Financial Wellbeing Webinars – August 2023

Please find below further support sessions delivered by HSBC. These are daily webinars that provide you with the knowledge and tools to achieve your financial goals no matter who you bank with. Select 'Click here to book' to register for a webinar.



***When booking, please select 'Yes' to the question regarding receive information on these sessions through your employer, and under 'If Yes**

which Company/Employer' please input: SNEE ICS*

If attending one of these sessions, you can also book a free complimentary financial health check with HSBC. You do not need to be a HSBC customer to book a 30 minute 1:1 slot. You can book this by scanning the QR code here, or by emailing:

health-check@hsbc.com

We can help with...

- Cost of Living Support
- Budgeting
- Savings
- Home ownership
- Pensions basics (non-advised)
- Borrowing
- Credit history
- Protection



Book your initial Financial Health Check with one of our team. This complimentary service is available regardless of where you bank. Booking is simple, scan the QR code, select a time and date that's suitable for you, and get confirmation of your appointment immediately.

Name of Webinar		
Making the most of your money Discover practical steps to optimise your everyday finances and gain financial confidence.	Aug 14, 12.30pm Click here to book >	
My family Gain insights on childcare, family savings and how money can work harder for your family.	Aug 1, 12.30pm Click here to book >	Aug 15, 12:30pm Click here to book >
Creating a budget Learn how to create a spending plan that aligns with your financial goals.	Aug 2, 3.30pm, Click here to book >	Aug 16, 9.30am Click here to book >
First time buyer Explore how to prepare, finance, and purchase your first home with confidence.	Aug 3, 12.30pm Click here to book >	Aug 17, 3.30pm Click here to book >
Managing debt Get back on track financially and discover what debt support systems are available.	Aug 4, 9.30am Click here to book >	Aug 18, 12.30pm Click here to book >
Managing and growing your wealth Discover the resources and opportunities available for long-term financial security.	Aug 7, 3.30pm Click here to book >	Aug 21, 9.30am Click here to book >
A beginner's guide to investing Learn the basics of investing, from investment advice to risk appetite and market volatility.	Aug 8, 12.30pm Click here to book >	Aug 22, 3.30pm Click here to book >
Coping with the cost of living Understand the rising cost of living, and how you can plan your finances to reduce the impact.	Aug 9, 9.30am Click here to book >	Aug 23, 12.30pm Click here to book >
Retirement Plan ahead for your future by understanding pension schemes and retirement forecasting.	Aug 10, 3.30pm Click here to book >	Aug 24, 9.30am Click here to book >
Starting to save Gain skills in money management and discover tips for effective saving strategies.	Aug 11, 12.30pm Click here to book >	Aug 25, 3.30pm Click here to book >

MyPause Menopause Support Group



Our MyPause Menopause support group are still holding monthly sessions.

[Link for the next MyPause Menopause 'Check in and Chat' session \(17.08.23\)](#)

This is also a final call to take part in our Women's Health Strategy questionnaire, closing this Friday 11th August. This very simple and quick survey has been designed with Healthwatch Suffolk and Essex to collect the local views of our female population regarding health and care within the context of the [Women's Health Strategy for England - GOV.UK \(www.gov.uk\)](#) published last year. In a national call for evidence 84% of women felt that they were not listened to regarding their health concerns.

Suffolk and North East Essex Integrated Care Board (SNEE ICB) are keen to hear the views of women, including all those assigned female at birth, regarding your priorities and thoughts on your health and care. This short survey has just 4 questions, thank you for taking part and helping to shape the future of health and care for women in our system. A report will be produced and shared regarding outcomes. Please find the link for the survey here - [LINK](#)

2023 Health & Wellbeing Calendar - [Download your copy here.](#)

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
PHYSICAL ACTIVITY	WELLBEING IN THE WORKPLACE	WOMEN'S HEALTH	MEN'S HEALTH	SOCIAL WELLBEING
				
Access a variety of fitness training and yoga exercises on the mPROVE YOURSELF app .	SEPT 10 WORLD SUICIDE PREVENTION DAY	OCT 1-31 STOPTOBER	NOV 1-30 NOVEMBER	DEC 1-31 DECEMBER
AUG 4 CYCLE TO WORK DAY	SEPT 18-24 INTERNATIONAL WEEK OF HAPPINESS AT WORK	BLACK HISTORY MONTH CHOLESTEROL MONTH BREAST CANCER AWARENESS MONTH	PANCREATIC CANCER AWARENESS MONTH	The five ways to wellbeing were created to improve an individual's wellbeing. Read more on the Five Ways to Wellbeing blog
		OCT 2-6 WORK LIFE WEEK	Understanding how to manage stress is an essential skill to have. Learn more about managing stress in the workplace on our blog	NOV 1 STRESS AWARENESS DAY
	Looking into workplace wellbeing? Get accredited with the Workplace Wellbeing Charter. More info	OCT 10 MENTAL HEALTH DAY	NOV 6-12 STRESS AWARENESS WEEK	What are your New Year's resolutions?
It's a great time to encourage Physical Activity in the Workplace. Find out more on our blog	SEPT 18-24 EYE HEALTH WEEK			
	SEPT NATIONAL FITNESS DAY	Health@Work offers a variety of Menopause courses. Find out more on the website	Want to support men's health in your workplace? Watch our mProve in 30 webinar	Planning your health & wellbeing strategy for the year ahead? Read our 3 Steps To Planning Your Employee Health & Wellbeing Strategy
	SEPT 29 HEART DAY	OCT 18 MENOPAUSE AWARENESS DAY		

Violence Prevention and Reduction Educational Pathway**Violence Prevention and
Reduction Educational
Pathway**

We are
safe and
healthy

**NHS VPR leaders.
Level 7 CPD violence prevention
and reduction public health
course with LJMU anticipated
January 2024 - register your
interest.**

The prevention and reduction of violence and abuse in healthcare settings is a key priority focus for NHS England. This area of work is driven within the organisation by the Violence Prevention and Reduction (VPR) programme, which has the primary aim of embedding a culture where our NHS colleagues feel supported, safe, and secure at work.

Liverpool John Moores University (LJMU) has been commissioned by NHS England to co-develop an accredited educational pathway which has been designed to meet the training needs of VPR leads and members of the NHS workforce who are considered to be working in 'at risk' environments.

In September 2022, NHS England funded 53 CPD places for NHS colleagues to study violence prevention and public health with LJMU and is currently evaluating the relevance and validity of this programme by reviewing the learners experience to identify how they utilised their skills to strengthen the capability of front-line staff and act as advocates for violence reduction within and outside their own organisations.

Subject to the findings of the evaluation, NHS England will consider a further commission of Level 7 CPD places in January 2024. If you are currently employed in the NHS and take a lead in VPR within your organisation and are interested in taking part in this training, please complete this form and we will use your contact details to inform you of how to apply for a place.

Link to form - <https://nhsei-hwb.onlinesurveys.ac.uk/ljmu-register-of-interest>

Free Mental Health Courses

We have teamed up with 'Free Courses In England' to offer all readers the opportunity to enrol onto a free online mental health first aid course. Here are some key details about the course:

- Fully Funded Course (No Cost to Student at all)
- Course hosted by a reputable college (based on your area)
- Course take between 6-10 weeks to complete
- Fully online, no printing, no classes
- Exam free studying
- Full tutor support and guidance throughout

To enquire/enrol please send Ross an email on ross@freecoursesinengland.co.uk he will guide you through the enrolment process and get you started.

The aims of the qualification are to focus the study of mental health first aid and mental health advocacy in the workplace and to offer a breadth and depth of study of mental health first aid. The free course is split into 3 manageable units:

1. Exploring mental health
2. Understand how to support individuals with mental ill health
3. Understand a mentally healthy environment

To find out more about the course, please visit the link below (double click the icon):



Free Courses in England - MHFA (1) (2).pdf

Mental Health

- Around 450 million people currently experience mental health problems
- Over 12 million working days are lost due to work-related stress, depression or anxiety every year
- Increasing the understanding of mental health of staff at all levels builds a culture of care and support



Key Worker Housing – Homestay Project

Have a spare room?

Earn extra income

Become a host family

Short or long term guests

Host NHS colleagues



SNEE ICB currently has an initiative that aims to alleviate the shortage of affordable housing available to NHS employees in the region. The “Home For Me” project can match those who need to rent a room with those who have a spare room to let. Using an exclusive on-line Marketplace, built by Homestay.com just for SNEE staff, host individuals / families and renters can filter to find the partnership that best suits their needs. The next stage is to build up a bank of Host Families. If you are interested, especially if you would like to become a host, please get in touch with Paul Firth – Paul.Firth@snee.nhs.uk

Looking After Colleagues Health & Wellbeing Guide

Please note, this guide is taken directly from the NHSE website, and the links take you to their website. The information shared can be viewed and utilised by colleagues from **ANY ORGANISATION. **

The guide is separated into the following sections. We recommend you start with identifying your team’s wellbeing goals, and then dip in and out of the other sections based on your identified needs and creating your own journey.

- [Identify your team’s wellbeing goals](#)
- [Creating a safe and inclusive space to talk about wellbeing](#)
- [Looking after your emotional, physical and mental health](#)
- [Ensuring you have a safe working environment](#)
- [Collaborative and supportive relationships that promote social wellbeing](#)
- [Finding meaning in the work you do and bringing your whole self to work](#)
- [Knowing where to go when you need wellbeing support](#)
- [Review and revisit your team’s wellbeing culture and goals](#)
- [Inspiration Library](#)

Volunteering Being Great for HWB

St Helena Hospice is currently recruiting volunteers to join their teams at two new locations: St Christophers Road, Colchester, and Tudor Parade, West Clacton, both set to open in September 2023. If you are interested in contributing your time and skills, please take a look at the details below or visit www.sthelenahospice.org.uk/how-you-can-help-us/volunteer for full information.



New Shops Opening:

- St Christophers Road, Colchester
- Tudor Parade, West Clacton

Other Retail Opportunities: St Helena Hospice relies on volunteers to keep their shops open, and they are actively seeking support in various locations, including:

- Halstead - High St.
- Tiptree - The Centre.
- Colchester - Magdalen St; Town Centre shops; and Angora Business Park Peartree Rd.
- Clacton-on-Sea - Gt Clacton, Old Road, and Town Centre.
- Frinton-on-Sea - The Triangle and Connaught Avenue clothes shop.
- Ecommerce online team - Phoenix Square Colchester.

Other Volunteer Vacancies: Apart from retail support, St Helena Hospice has diverse opportunities available for those willing to volunteer their time and expertise:

- Fundraising pot collectors - local communities (must be over 18).
- Gardeners - Myland Hall Colchester.
- Maintenance and Estates assistants - Myland Hall Colchester.
- Lottery Administrator - Phoenix Square Colchester.
- Complementary Therapists - Myland Hall Colchester (must hold relevant qualifications).
- Zest Group Activities Assistant - Myland Hall Colchester.

The hospice also welcomes work experience placements for school and college students. If any of these opportunities resonate with you or if you know someone who might be interested, please visit www.sthelenahospice.org.uk/how-you-can-help-us/volunteer for more information or to apply. Alternatively, you can contact the Volunteer Services Team directly at volunteer@sthelenahospice.org.uk or call 01206 931466.

By joining hands with St Helena Hospice, you can play a significant role in supporting their invaluable work and making a difference in the lives of others. Let's embrace this opportunity to make our community even stronger through the spirit of volunteering.

'Feel Good Suffolk'

A new approach to improving health and wellbeing in Suffolk

**Find out more**

If you wish to know more about the transition from OneLife Suffolk to Feel Good Suffolk and join our mailing list, please scan the QR code.

From 1 October 2023, Feel Good Suffolk will deliver a completely new approach to providing important health and wellbeing services to people in Suffolk, including support to quit smoking, lose weight and to be more active.

Feel Good Suffolk is a unique partnership of local councils and health colleagues working together, building on their close links with communities to offer greater choice and flexibility of services to meet the needs of residents.

This new partnership will succeed the OneLife Suffolk service, which has been in place since October 2016.

The Feel Good Suffolk partnership comprises Suffolk County Council, Ipswich Borough Council, East Suffolk Council, Mid Suffolk and Babergh District Councils, West Suffolk Council, SNEE Integrated Care Board (ICB)

If you would like to know more about this, please email
healthandwellbeing@suffolk.gov.uk

Grow Your Future with Activ Gardens



GROW YOUR FUTURE



For people aged 16+

If you are looking for a new direction come and take part in our programme to develop practical skills and build confidence on your way to further learning, training or employment!

In this free 12-week course, you will learn about gardening, horticulture and nature conservation in our safe, welcoming and inspiring community gardens.

When and Where?

9:30am-2:30pm on Tuesdays from 12 September to 28 November 2023

Chantry Walled Garden, Chantry Park, Hadleigh Road, Ipswich IP2 0BS

9:30am-2:30pm on Wednesdays from 13 September to 29 November 2023

The People's Community Garden, Maidenhall Allotments, Halifax Road, Ipswich IP2 8RE

Grow Your Future is for anyone aged 16 + who is unemployed or economically inactive.



To join the course or find out more, please contact Project Manager Susannah Robirosa on 07530 407302 or email susannah@activlives.org.uk or call ActivLives on 01473 345350

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The Henry Smith Charity
founded in 1628

ActivLives
Changes Lives ●●●

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