

Skills for Care workforce wellbeing

October 2021

The health and wellbeing of our sector and support for the workforce continues to be a key priority. Here's an update on our offer and activity.

Wellbeing webpage

You can access all our wellbeing resources and support from our [wellbeing](#) webpage where you'll also find our [wellbeing resource finder](#). We launched the finder earlier this year to hold resources from our national trusted partners all in one place. Whether you're looking for self-help, support for others, someone to talk to or mental health support, the easy filtering system will give you several choices to help find something relevant. Take a look at our '[learn from others – wellbeing stories](#)' section with short videos, tips and ideas. Both the finder and the stories are regularly updated.

NHS Health and wellbeing hub in your area

Here you'll find how to locate the [NHS Health and wellbeing hub in your area](#). Each area has a health and wellbeing hub that offers confidential, free counselling and psychological therapies to health and social care workers and offers a variety of support. Hubs can be used for COVID-19 related support, work related factors or personal circumstances such as relationships, family and financial concerns. Many hubs are working together with social care to provide support to employers and individuals.

We've recorded three [short videos](#) to share an example of a residential care home and their local hub working together to hear the voices, needs and experiences of the staff.

You can contact your local hub directly, explore the support available and either self-refer or a manager can refer with consent. Our Skills for Care Locality Managers have connections with their local hubs and care provider associations. Make contact to find out what's available [In Your Area](#)

Registered manager support

Our [registered manager offer](#) includes support to over 150 registered manager networks across England that reach out to 1000's of managers. Our networks cover every local authority area in England and always welcome new attendees. Most networks have a WhatsApp group and managers tell us these are a valued source of peer support, advice, information, and reassurance. You can join a group without having previously attended a network.

Registered manager Facebook group

Join our Facebook group which is open to all registered managers and front-line managers in similar roles. Stay connected with each other to share advice, experiences and guidance.

Advice line for registered managers

Our Advice line remains open to support registered managers with information, advice and guidance. Opening times between 09:00 – 17:00 Monday to Friday.

- Telephone: 0113 241 1260
- Email RMAdvice@skillsforcare.org.uk

Registered manager webinars for wellbeing

The [30 minute recorded webinars](#) remain popular and we've recently published the latest wellbeing webinar 'Recovery, reflection and moving forward'. There are three wellbeing webinars, each with an accompanying resource document that you can download and share for tips, ideas and tools.

Supporting the social care diverse workforce

Skills for Care has been acutely aware of the challenges facing Black, Asian and ethnic minorities and COVID-19 has highlighted and brought these challenges to the forefront for many communities. We continue to support leaders and managers from ethnic minorities and share their experiences during the pandemic and have developed a series of [webinars and blogs](#).

Local support for individual employers and personal assistants

Skills for Care is signposting to wellbeing resources and support that is available locally from local support organisations. To find out more go to the COVID-19 pages on our [information hub](#) for individual employers and personal assistants. Watch the wellbeing videos where individual employers are talking about their experiences and what's helped their wellbeing.

National wellbeing strategic group

We continue to meet monthly with our strategic partners to focus on our shared purpose to place workforce wellbeing at the heart of the sector, during the crisis and beyond. Short term priorities include raising the profile and take-up of local and national wellbeing offers with providers and partners and highlighting the key issues affecting the workforce to influence change. Longer term priorities will focus on leadership and wellbeing culture. For more information on about the national group, contact policy@skillsforcare.org.uk