

Staff wellbeing

The COVID-19 pandemic has been and continues to be a particularly challenging and stressful time for care home, domiciliary and supported living staff. All staff, including care staff, domestic staff, nurses and managers have been affected.

Stress and anxiety have been high and especially so in homes that have experienced a serious outbreak.

Conversations with managers, staff, providers and sector leaders have identified common issues which are negatively affecting the wellbeing of care staff.

Anxiety/Fear around a first
or further outbreak in the
home

Bereavement and grief
following the deaths of
people living in care settings,
colleagues and those in their
own family and friendship
groups

Physical and emotional
effects of wearing PPE,
especially masks

Pressures of time on
managers – particularly the
volume of guidance,
paperwork and reporting to
various agencies

Long hours with a lack of
breaks and annual leave

The negative effects of
restricted visiting into the
care setting

Staff shortages, difficulties
recruiting and retaining staff

Uncertainty and stress
caused by financial pressures
on the organisation

Some examples of how providers have supported their staff include:

Safe spaces for staff time out

Peer support

Forums/team briefs/updates

Mental health first aiders

Q&A sessions

Practical support such as meals, transport, laundry

Online/Social media support groups

Humber Coast and Vale Resilience Hub- Free and Confidential Wellbeing Support for Care Staff

- A free NHS service that supports health and social care staff and their families who are struggling with the impact of COVID-19,
- Completely confidential, offers advice and support that can help with a range of issues - emotional wellbeing to bereavement, debt, domestic violence and relationship issues.
- Signposting to self-help information or wider services that can support you, or more intensive psychological wellbeing support.
- Individual 1:1 and group support is available
- Outreach work with teams of staff if you feel appropriate for your service.
- For more information please www.hcvresiliencehub.nhs.uk for more information. The team can be contacted through tewv.hcv-resiliencehub@nhs.net
- [HCV Resilience Hub A4 Leaflet](#)
- [HCV Resilience Hub A5 Leaflet](#)



NHS

The Humber, Coast and Vale Resilience Hub

If you work in a care role and are struggling with the impact of COVID-19 **we are here to help**

We know it's not always easy to seek help, but it's never been more important for us to look after our own wellbeing. To help you do that, we can offer you and your family advice and support that can help with a range of issues from emotional wellbeing and bereavement to stress and burnout, debt or relationship issues.





NHS

We are here for you

Are you struggling
with the impact of
COVID-19?

We are here to help

Many people working in care homes and care environments are working in extraordinary times and under exceptional pressures. This is putting significant strain on our personal resilience.

We know it's not always easy to seek help, but it's never been more important for us to look after our own wellbeing and the Humber, Coast and Vale Resilience Hub is here to help you do just that.

www.hcvresiliencehub.nhs.uk



NHS

Vale of York
Clinical Commissioning Group

The Humber, Coast and Vale Resilience Hub supports people working in care roles and environments and their families across North Yorkshire, Humberside and the Vale of York.

We can offer you and your family advice and support that can help with a range of issues from emotional wellbeing and bereavement to stress and burnout, debt or relationship issues.

We offer various levels of support to meet your needs and our confidential service builds on existing wellbeing support offers that are available.

We are independent of existing organisational health and wellbeing offerings and our dedicated team can help you to quickly access the best advice and treatment when you need it.



Visit www.hcvresiliencehub.nhs.uk for more information.
You can also email team.hcv-resiliencehub@nhs.uk

Free mindfulness sessions for health, care and emergency service staff

Colleagues in the award-winning Mindfulness Team from Tees, Esk and Wear Valleys NHS Foundation Trust are offering mindfulness sessions to all health, care and emergency service staff across Humberside, North Yorkshire and The Vale of York via the HCV Resilience Hub.

This includes two-hour online taster sessions and 8-week extended courses. Find out more at
<https://www.hcvresiliencehub.nhs.uk/mindfulness/>



Humber, Coast and Vale Trauma Recovery and Burnout Workshop Series

November 2021 – April 2022

Humber, Coast and Vale Health and Care Partnership (Integrated Care System) is delivering numerous trauma-focused wellbeing workshops, designed to support staff exposed to trauma or burnout at work or in their home lives, whether or not this has happened during the Covid-19 pandemic. The workshops are led by professionals in the trauma field and focus on practical and experiential tools that staff can use as part of their mental health recovery journey. It is free to attend these workshops for health, care and voluntary sector staff. You do not need a diagnosis to attend and can come to as many as you would like to come to. Workshops may also give you new tools and ideas to use with patients and service users.



For bookings and any queries about these workshops please contact Candice at the HCV Partnership Office: candice.dowson@nhs.net who will be very happy to assist.

Workshop dates and synopses are provided below.

Delivered in partnership with: Bedfordshire Centre for
Therapeutic Studies



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Mindfulness for all health and care staff

Tees, Esk and Wear Valleys NHS Foundation Trust is opening up their successful courses on Mindfulness to all health and care workers within the trust area. Mindfulness is the natural capacity we all have to bring awareness and interest to what is happening in the present moment. There is now very good evidence that becoming more mindful can support out mental health and well-being. During these difficult times, looking after ourselves as well as our residents has never been so important.



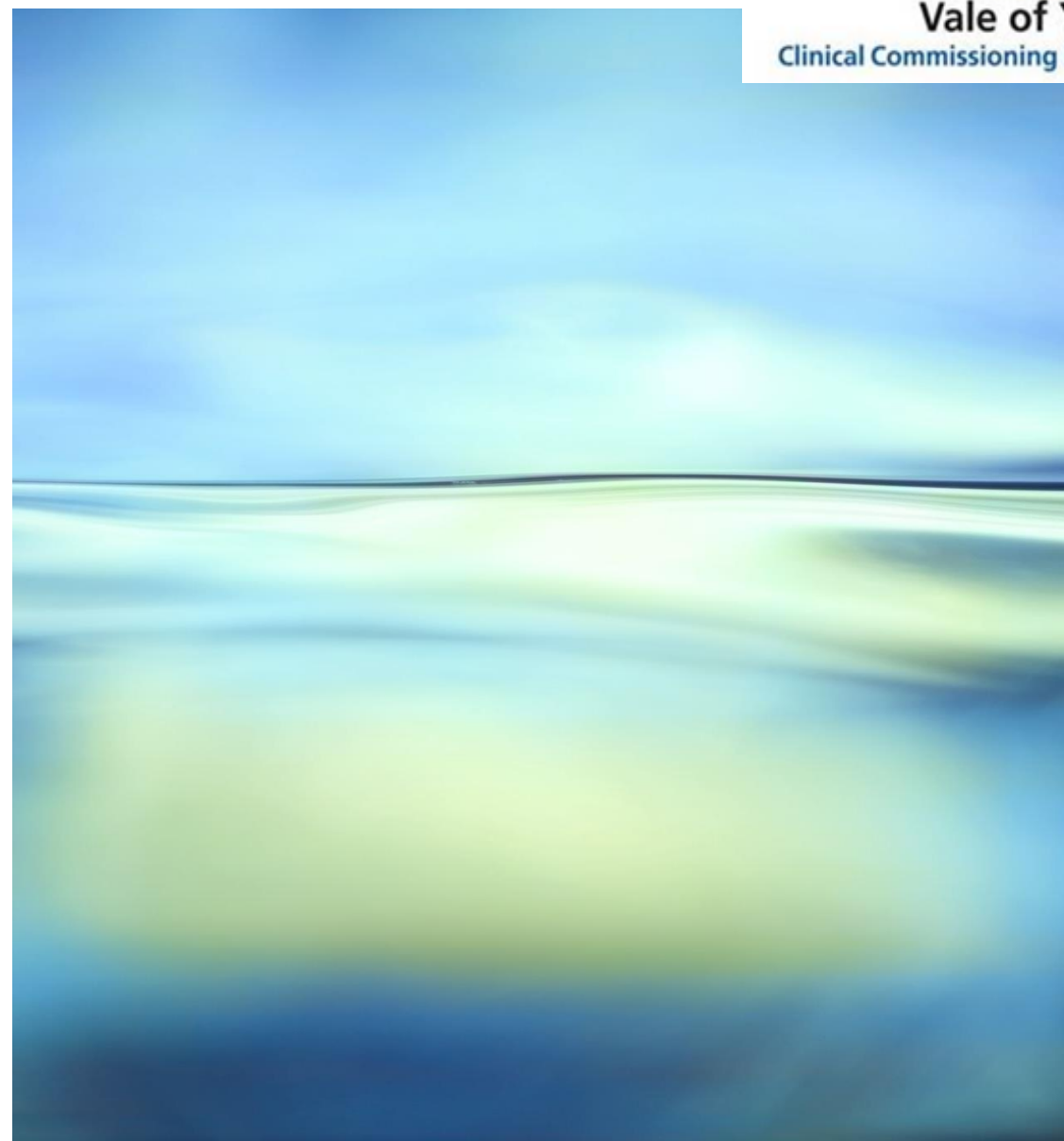
Learning mindfulness can help us to:

- Be more aware of our thoughts and feelings
- Be kinder to ourselves
- Become more accepting of how things are
- Respond more wisely to difficulties and stress

You can try a taster session (an hour and a half long) via Microsoft Teams where you will join a group led by one of the Trust's Mindfulness teachers. There will be information on what mindfulness is, some mindfulness practice and an exploration of ways that you could practice mindfulness to support your well-being. You can just do this taster session, or you can use it as a stepping stone to the full 9 week course. You can sign up for free and no prior experience is required. For more information, please email: tewv.mindfulness@nhs.net

To try an immediate taster of a Mindfulness of breathing practice, please follow the link:

<https://youtu.be/ZVC8qgewHSY>



www.themindfulnessinitiative.org

NHS

Vale of York
Clinical Commissioning Group



COVID-19 & Mindfulness

Resources for Health & Care Staff