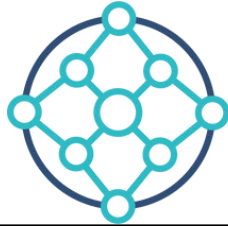


HEALTH & WELLBEING CHAMPION

Welcome pack



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

Welcome

Thank you for registering to become a Health and Wellbeing Champion. We are delighted that you have volunteered to take on this extremely rewarding role. Our Welcome pack will give you an overview of how you will be supported and the opportunities that are available to you, as champion. The LSC Primary Care Training Hub website is where you will find all that you need to support you in your role: www.lscthub.co.uk

What's next?

To begin with, we would like you to join one of our Health & Wellbeing champion training sessions. You can find upcoming dates for this [here](#).

These informal sessions, delivered on Microsoft Teams, are an opportunity for you to meet a Champion Lead along with other new champions. We'll show you how to access support for your colleagues and for you as a Champion.

How will you be supported?

- Access to our Health and Wellbeing Conversation Training
- Access to our Health and Wellbeing Circles ([Read more about them here](#))
- Access to a range of Health & Wellbeing Webinars - [Find them here!](#)
- Access to our dedicated Health & Wellbeing champion webpage where a range of resources can be found as well as our wellbeing podcast
- Regular Health & Wellbeing email updates with resources etc.

YOUR LOCALITY CHAMPION LEADS



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

Whether you need advice accessing support for your own, your practice or PCN wellbeing your locality champion lead can help you. They can signpost you to handy tools, guides, tips, webinars and podcasts. They offer training events for line managers and individuals as well as provide wellbeing circles for staff to attend a safe space to be heard.



Nicola Albanese

Fylde Coast and Morecambe Bay
nicola.albanese@nhs.net

Jo Tomlinson

Blackburn with Darwen and East Lancashire
jo.tomlinson4@nhs.net



Nicola Bullen

West and Central Lancashire
nicola.bullen1@nhs.net

Claire Morley

Dentistry
mbpcc.hwb@nhs.net



Usman Rasul

Optometry
mbpcc.hwb@nhs.net

Rina Patel

Pharmacy
mbpcc.hwb@nhs.net



WELL SPACES



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

As Wellbeing Champions, we would like you to create a Well Space within your area of work. Well Spaces are intended to be used as a staff break out area: a place of rest, reflection and recuperation.

A Well Space can be a room or an area of a quiet room. Where this isn't possible, we can support you in creating a notice board with all the information you need.

Your Champion Lead can provide you with resources like wellbeing posters and resources to get you started. Then it's over to you and your creativity.

Working remotely – why not create a virtual Well Space. All our resources can be downloaded and made accessible for your team. Many champions have created examples of health and wellbeing notice boards, sharing useful hints, tips and information that staff can access.

To download our selection of Well Space posters, visit the Wellbeing champion page on our website: www.lscthub.co.uk/health-and-wellbeing/



WELLBEING AND ENGAGEMENT CHAMPION PROFILE



Lancashire & South Cumbria
PRIMARY CARE TRAINING HUB

The Wellbeing and Engagement Champion profile lets your colleagues know who their champion is and what you can do to support them. Create your own profile using Lancashire and South Cumbria Well's editable poster ([download from the website](#)) and display on your notice board for your colleagues to view. We have given areas for you to personalise it with your details:

Title - add your name
Picture frame - add your photo
Speech bubble – a quote to let your colleagues know why you would like to support them
Don't forget to include the Trust logo...

Example Champion Profile:

Greater Preston Chorley South Ribble Wellbeing Champion

Hi My Name is Sara
Whether you need advice accessing support for your own, your practice or PCN wellbeing I can help you.
I can signpost you to handy tools, guides, tips, webinars and podcasts. We offer training events for line managers and individuals
We provide wellbeing circles for staff to attend a safe space to be heard.
Please get in touch or see our resources and events on our website
www.lscithub.co.uk/health-and-wellbeing/



Sara Baldwin
Greater Preston
Chorley South
Ribble

WELLBEING CIRCLES



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

Read all about wellbeing circles [here!](#)

Download our template slide set [here](#).

Having a safe space to be heard reduces stress and increases welfare, which benefits both the employer and employee. For the employee, it fosters a positive culture allowing the employee to engage with their colleagues. For the employer, a happier and healthier workforce will be better engaged, more productive and foster a positive working environment. Various dates available to join one of our circles – book on our calendar [here](#).

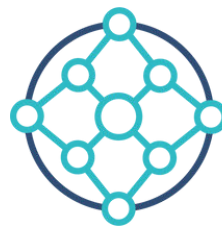
SELF CHECK TOOL

The [Wellbeing Self Assessment tool](#) uses the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), a scale which is often used by scientists and psychologists to measure wellbeing. To get your wellbeing score, go through the statements on the interactive webpage and tick the box that best describes your thoughts and feelings over the last two weeks.

EMERGENCY & CRISIS

We hope you never need to use these contacts however it is important you know who to contact in an emergency or crisis. If you feel like you or a member of staff might attempt suicide, or may have seriously harmed yourself/ themselves, you/ they need urgent medical help. Please:

- Call 999 for an ambulance
- Go straight to **A&E**, if you / they can
- Or call your local **crisis team** (0800 953 0110).
- *More contacts & helplines on our [webpage](#)*



Lancashire & South Cumbria
PRIMARY CARE TRAINING HUB

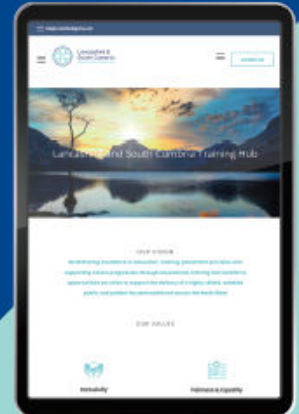
Supporting Your Wellbeing

Primary Care Wellbeing Provision Webpage

The best way to stay healthy, both physically and mentally is by learning how to take care of ourselves and knowing what support is available to help with any health problem you might have.



Scan QR code to access



Rest, Rehydrate, Refuel



Take regular **REST** breaks to recharge. You wouldn't let your phone battery go flat so why let yourself!



REHYDRATE to stay alert. Symptoms of dehydration include headaches, dizziness, feeling lethargic and irritable, concentrated urine, dry lips and feeling thirsty.



REFUEL a poor diet and skipping meals can contribute to stress, tiredness, and our capacity to work. Over time the development of illnesses and other health problems may occur.

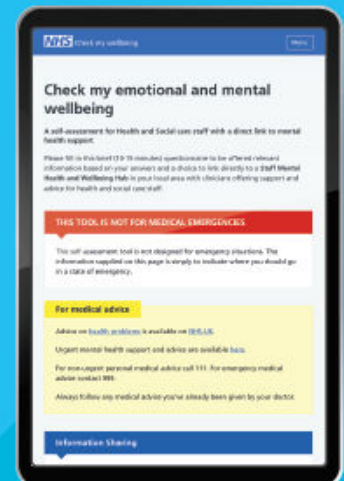
Self Check Tool

Answer questions about your mental and emotional wellbeing to find out what support you may need and where to access the right help for you.

This self-check tool is **free and confidential**.



Scan QR code to access



Financial Wellbeing and Cost of Living Support

The Money Helper Service can provide you **free independent** support to help you manage your finances at home. **NHS staff support line** - Monday to Friday, 8am to 6pm. Call: 0800 448 0826

Add +44 7701 342 744 to your **WhatsApp** and send Money Helper's national support team a message for help with sorting out your debts, credit questions and pensions guidance.



You can also chat to one of the Money Helper team via Webchat. Click on QR code for more information.

Free Access to Wellbeing Apps

All NHS staff have been given **free access** to a number of wellbeing apps to support with their mental health and wellbeing including Unmind, Headspace and #StayAlive. All you need to sign up is your NHS email.

If you do not have an NHS email address to access, you can ask your local IT helpdesk or contact ournhspeople.hwb@nhs.net for support in getting an NHS email address.



headspace

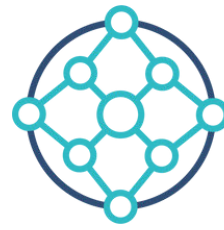


unmind

Scan the QR code to access



HINTS AND TIPS



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

The role of Health and Wellbeing champion can vary, depending on which area you work in. Below are some suggestions of champions activities to inspire you.

Book Club – ask colleagues to bring along books from home to share with each other. Create a book swap area in your Well Space or a suitable corner.

Walking group – arrange to meet colleagues for a regular walk. This can take place at lunchtime to encourage staff to step away from their workstation or after work at a suitable time

Take a break – once a week arrange for your team to take a break from their workstation to enjoy a brew and a healthy snack. Keep an eye out for fundraising events that your team might like to support, e.g. NHS Big Tea, Macmillan Coffee Morning



FAQS



Lancashire &
South Cumbria
PRIMARY CARE TRAINING HUB

How much time am I expected to give to the role of Wellbeing and Engagement Champion?

Champions receive one hour protected time each week to support their colleagues. When you apply, make sure that you discuss this with your Line Manager to ensure that you agree how this can work for you and your team.

We are a large team, how can I make sure that I am able to support everyone? The role of Wellbeing and Engagement Champion can be done individually or as a part of a small team, depending on the size of your own team. For instance, if you work in an area where staff work through the night, you might need a number of champions to cover shifts.

I've moving to a different team. Can I continue to be a Wellbeing and Engagement Champion?

When you take on your new role, we ask that you discuss this with your Line Manager to make sure that they are happy for you to support your new team in this way. Please make sure that you let our team know of any changes to your role.

I'm going through a difficult time in my personal life and I am not sure if I can give my team the support that they need. What do I do?

Speak to our team. We recognise that there might be times when you don't feel able to fulfil your role. Our team are here to listen and support you if required.