



We know life is stressful right now

here for you

Monthly Bitesize News

Here For You is a mental health and wellbeing service available to any Essex or Hertfordshire health & social care worker struggling with the direct or indirect impact of the Covid-19 pandemic.

Every month we will include highlights of our activities & feedback on our service, in our mission to support those who work in health & social care across Hertfordshire and Essex.

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust

We know life is stressful right now. We are

here for you



A Message from our Leaders



The last year has been extraordinary. As the COVID-19 pandemic has unfolded, it has brought us unprecedented challenges. We have all worked through ever-changing guidance and adapted our working practices so we can continue to care for our patients and service users whilst also keeping everyone safe.

This has been a major undertaking and an incredible achievement, and you have all responded magnificently to the challenges and the continuing situation. We know it has been tough for you, both personally and professionally. We also know the pandemic and its impact are not over, and we want to make sure support is there to help you manage the impact in any aspect of your life, both at work and at home.

Please reach out if you need help, whether that's now, next week, next month or sometime in the future - the Here For You service is there to help and support you and you are not on your own.

Supporting everyone's health and wellbeing has never been more important.

Best wishes,

Tom

Chief Executive Officer

Hertfordshire Partnership University NHS Foundation Trust



Firstly I would like to take this opportunity to thank you for your incredible hard work and dedication throughout what has been an exceptionally challenging time for us all. Throughout the pandemic we worked hard to adapt, to safely care for our patients and to support our system partners and I am extremely proud of your achievements.

Lots of us may have pushed our personal wellbeing to the back of our minds as we focussed on keeping everyone safe and on delivering outstanding care. We know that the pandemic has been difficult for many of you, in many different ways and now it is more important than ever to look after your wellbeing. At EPUT we are committed to supporting you however we can to do just that.

Here For You is a service you can reach out to. You don't need to be seriously unwell to contact them, they are there to help you if you simply need to reflect on anything you've been through or if you're feeling a little less bright and can help before things become overwhelming. We all struggle with different things in our day to day lives which have been exacerbated by the pandemic and Here for You is there to listen and is completely confidential.

Please do reach out if you feel you are struggling.

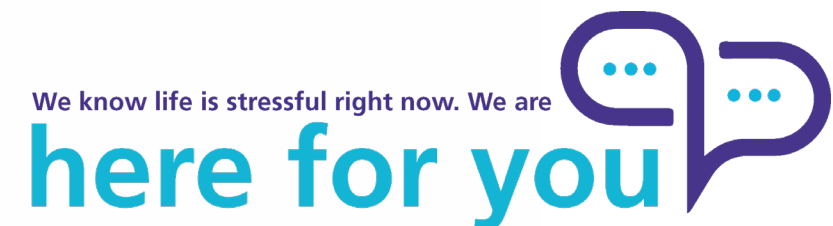
Paul

Chief Executive Officer

Essex Partnership University NHS Foundation Trust



Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust



We are delighted to announce the launch of our Here For You website where you can find out more about our 24/7 helpline, support webinars and many more services for you and your team

www.hereforyou.info

Visit our site to find help, services and educational resources to support you and your teams



We know life is stressful right now


We are here for you

If you work in healthcare, social care, the voluntary sector or not-for-profit sector in Essex or Hertfordshire and need someone to talk to, we are Here For You.

Here For You has been supporting many health and social care workers since it commenced in January 2021.

Here are some examples of our work and feedback we have received so far.....

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust

We know life is stressful right now. We are
here for you 

Reflective Sessions

The Here For You Team has held many reflective sessions in hospitals, mental health trusts, care homes, charity and voluntary sectors. Below are a just a few of the comments we have received:

'These sessions have already help to develop creative thinking across the teams on how to support one another, encouraging engagement within teams and neighbouring teams to explore ways in problem solving and empathise which each person's situations. It has also helped those that thought seeking support might be difficult to reach out and make contact for themselves.'

'You are doing an amazing job with these! Thank you Liz Harrington and Andrew Nicholls both sooo much!! We've had nothing but positive feedback from these sessions, how people would like more time and how you have been so emotionally engaging as well as providing a comfortable quiet space to reflect.'

- Anonymised quotations from The Lister hospital staff

To request more information on these sessions email hereforyou@nhs.net or visit our website on www.hereforyou.info to see more comments





NEW DATES!!!

COVID-19 crisis in India Here For You Staff Support Webinars (UK) With Dr Bhavisha Dave

Here For You, Hertfordshire & Essex Mental Health and Wellbeing Hub, recognizes there are a significant number of health and social care staff across the UK who may be affected by the current COVID-19 crisis in India. Staff may be experiencing various emotions about this and may be trying to support family and friends in India.

Dr Bhavisha Dave would like to offer staff the opportunity to attend a webinar with the aim of supporting them with:

- Reflective discussion
- Identifying emotions
- Management strategies
- Support systems

Session Dates & Times:

Please register on the Eventbrite links below:

Thursday June 10, 2021, 12pm until 2pm

<https://www.eventbrite.co.uk/e/here-for-you-covid19-crisis-in-india-webinar-by-dr-bhavisha-dave-tickets-156662025335>

Tuesday June 22, 2021, 10am until 12pm

<https://www.eventbrite.co.uk/e/here-for-you-covid19-crisis-in-india-webinar-by-dr-bhavisha-dave-tickets-156664837747>

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust



Feedback from our previous *national* Covid-19 crisis in India webinars:

'I thought Dr Bhavisha Dave was both compassionate, clear, and put forward some helpful suggestions to support those with relatives in India'

'Although I hadn't intended to attend myself, I ended up doing so, and was glad I did – in my mental health first aider role, it helped me to have some insights into the problems and hearing some of the heart breaking stories'

'I just wanted to thank you Sara and Bhavisha for putting together an excellent webinar today on the 'Covid Crisis in India' which has had an impact on a lot of staffIt was nicely delivered and made it interesting by the fact that we had the 2 guest speakers who were affected first hand by this crisis.....audience participation was valuable'

'a key point for me was the role of managers and how they can support their staff. Thank you for putting together a guidance for Managers'

'Thank you all so much for arranging and providing this resource'



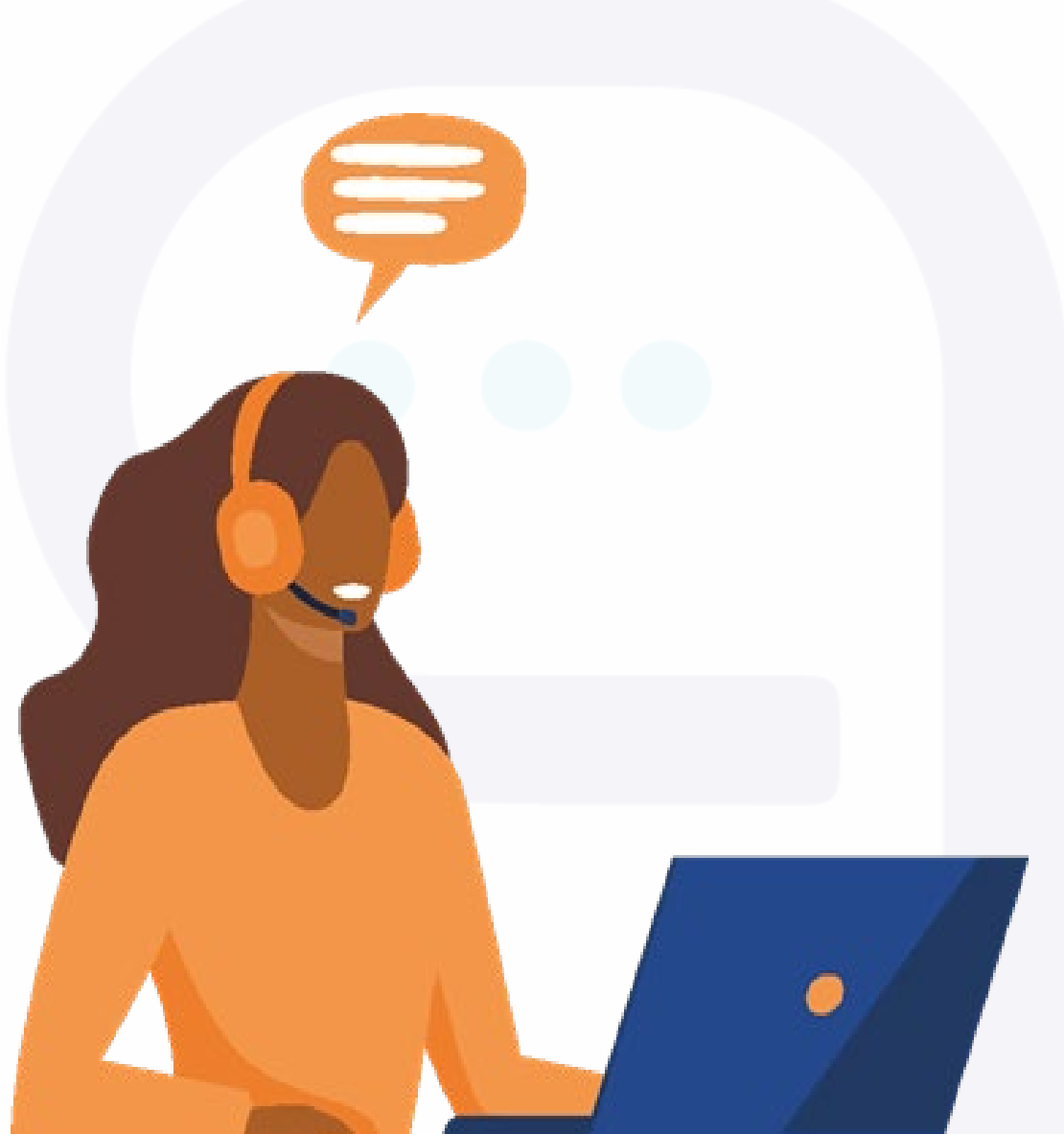
We are Here for our Shielding colleagues

Since Wave 1 of the Covid-19 pandemic, many staff who have long term, chronic health conditions have been shielding under medical advice. Shielding from others has often been an isolating and challenging experience. With Shielding coming to an end, Here For You recognized staff needed support to return back to the workplace and wanted to help staff prepare for this readjustment through a series of psychological support webinars.

Sara Crean-Muir, Here For You Project Lead said: *“The support webinars hosted by the Here For You team provided a much needed & valuable space for staff to join others in a similar situation and together voice & share the emotional and practical impact of shielding over this last year. The individual stories were very powerful indeed – many dealing with feelings of loneliness, fear and anxiety about returning to the workplace”.*

The webinars produced benefit for managers who attended similar support sessions to assist them in reintegrating staff back to work. Follow up sessions have enabled staff to form their own support networks. A webinar attendee offered the following feedback:

“It is a safe place to talk with people who understand where you’re coming from. In contrast to some of my team colleagues. My managers have been quite supportive, but for them we are going back to ‘normal’, which is not where I am yet. The webinar gave me the feeling of not being the only one who feels like that and it is okay to feel like this”



“What is it like working for Here For You?”



When the pandemic first hit my native Italy, I was contacted by colleagues to provide support. Unsure of what I would face, I took this as an opportunity to be close to home. Early on, I bore witness to moral injury, compassionate fatigue, exhaustion and burnout, symptoms of a health system pushed far beyond capacity. I learned that resilience, at times, must be fuelled by additional support; I learned that the oxygen mask metaphor requires an organisational cultural shift to be implemented. I saw people suffering the pain of separation from their loved ones, of loss without the chance to say “goodbye” and the impulse to just keep going, because this is what we do.

Then I stopped and took a deep breath: what was I going to do with this knowledge? (I have to admit, I have a lot of these “Fleabag-style” inner dialogues). This is when the Here for You recruitment advert appeared in my email: I took a chance on a new service, with the goal of utilising my experience to support my colleagues here. Providing them with an oxygen mask and helping them find a space to breath.

As one of the Principal Psychologists in EPUT, my job is to be there for our colleagues, understanding their needs and to be dynamic and creative in meeting them. Most importantly, because it is a new service, I am privileged to be able to listen to them and use their voices to shape it.

Dr Jenny Manfrinati
Principal Clinical Psychologist

Here For You, Supporting Social Care Staff

As with many organisations' employee wellbeing has been high on the agenda at Essex County Council in response to the Covid-19 pandemic. We recognise that the pandemic has affected our employees in both their professional and personal lives and our frontline/health and social care employees have experienced their own unique challenges. We have been really pleased to promote the enhanced wellbeing support provided by the Essex Partnership University NHS Foundation Trust (EPUT) Here for you support service to our employees alongside our wider wellbeing offer.

Here for you have also offered additional support to our employees including Compassionate Leadership Training and promotion of the service at one of our monthly Wellbeing Hours. From the feedback we have had we know this has been hugely beneficial for our employees. We will continue to promote this service and look at new ways to collaborate with the Here for you team for the benefit of our health and social care teams.



Dr Sabrina Robinson
Wellbeing Lead,
Essex County Council

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust

We know life is stressful right now. We are
here for you




We Are Here for Care Home Staff

Dr Leon Fletcher-Tomenius from the Here For You service has recently started supporting Care Homes across the Essex region. Early feedback suggests this has been well received and we have highlighted some key themes, which have emerged in conversations so far:

Feelings of being overwhelmed with difficulties in the context of covid
The need for staff support and a 'safe space' to talk
The impact of covid on staff's wellbeing and mental health

Early interventions from the HFY service can include reflective practice sessions, where staff are able to talk about the impact this challenging time has had on them, identifying further areas of support and assisting with tailoring additional psychological interventions.

To request more information on these sessions email hereforyou@nhs.net or visit our website on www.hereforyou.info



CARE

Providing care services



Hertfordshire Care Providers Association is encouraging Care providers to promote Here For You the confidential support service to their staff. All care professionals including support staff, clinical and non-clinical can access the free 24/7 helpline, with Providers also having access to expertly led webinars and training around mental health and prevention.

HCPA's CEO Sharon Davies said:

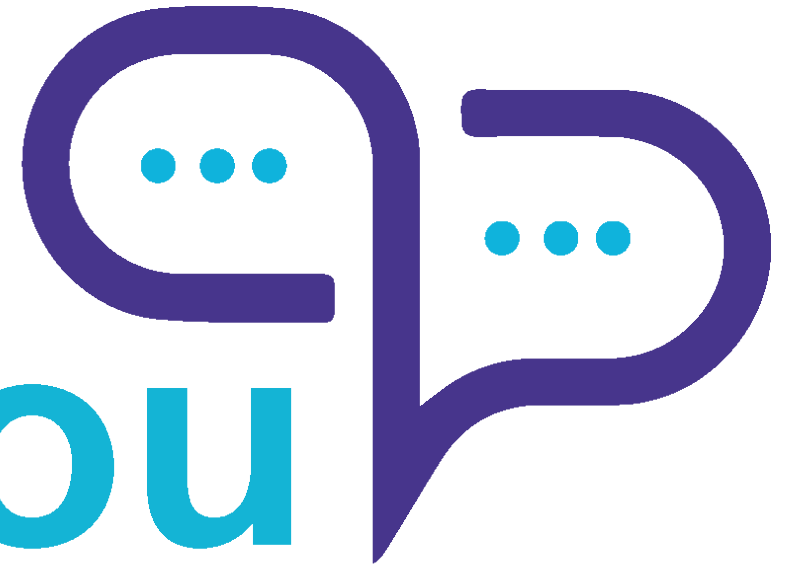
'We are happy to be involved with Here For You, the service offers great support to individuals working in care and for providers it is invaluable to them in supporting their staff's wellbeing both professionally and on a personal level.'

Here for you services provided by:
Essex Partnership University NHS Foundation Trust
Hertfordshire Partnership University NHS Foundation Trust



We know life is stressful right now. We are

here for you



If you, or a member of your team, is looking for support call us
on 0344 257 3960 or email hereforyou@nhs.net
or visit www.hereforyou.info