



**Integrated
Care System**
Shropshire, Telford and Wrekin



**Shropshire, Telford
and Wrekin**

Shropshire Telford and Wrekin Integrated Care System

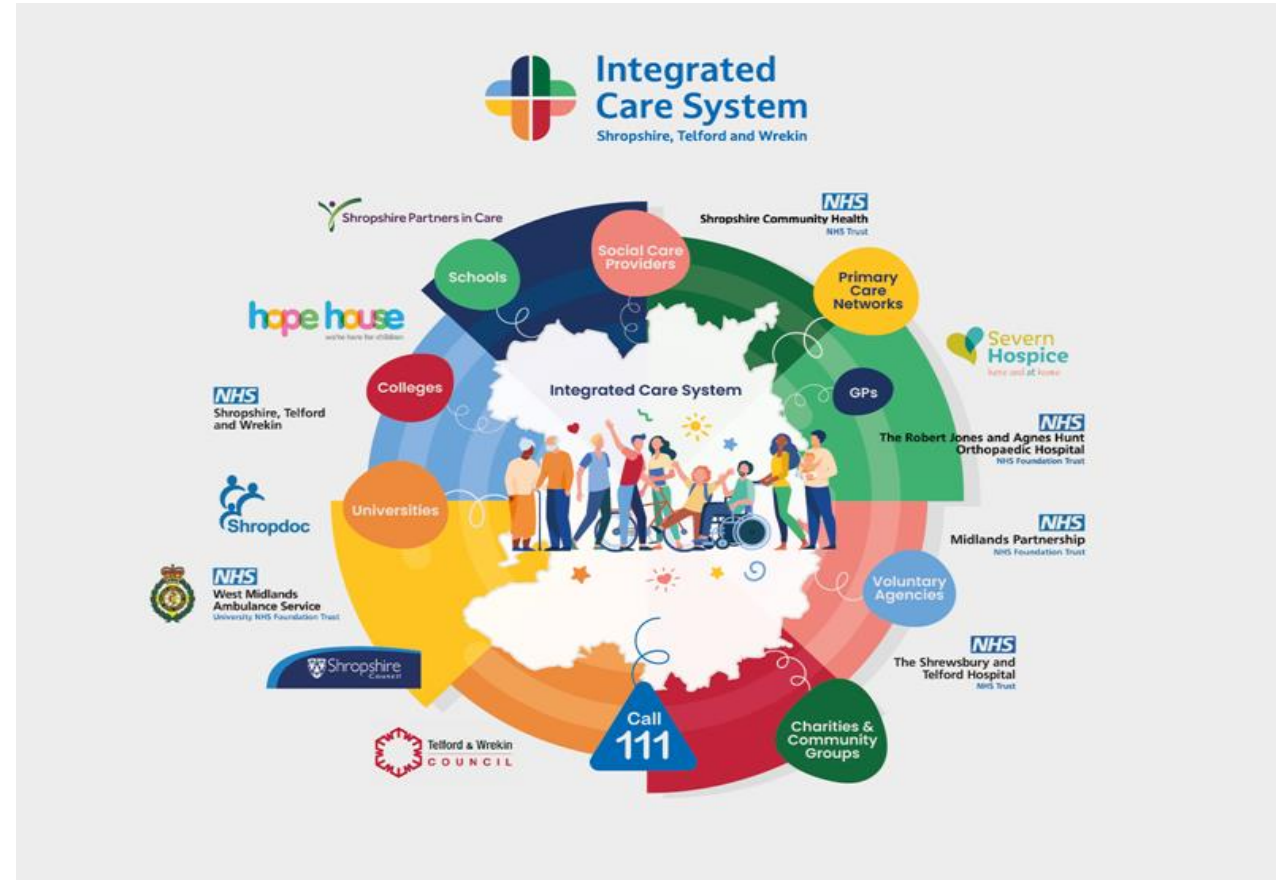
Looking after our People

**Health and Wellbeing Offer to all health and social care
staff employed or volunteering in Shropshire Telford and
Wrekin**

Working Together in Partnership to support the Wellbeing of our People



For all the latest health and wellbeing information, offers, resources and to book take a look at our refreshed Health and Wellbeing pages **Your health and wellbeing - Shro And Tel**



Mental Health

Staff Psychological Wellbeing Hub for all ICS Health and Social Care Staff

The Hub is open to all members of the NHS and Social Care workforce employed or volunteering for organisations in Shropshire and Telford & Wrekin. We recognise that the intensity of work during the pandemic has taken its toll on the health and wellbeing of the local workforce. Supporting the psychological wellbeing of our people is something that has never been more important.

What does the Hub do?

- The Shropshire and Telford & Wrekin Staff Psychological Wellbeing Hub is a safe and confidential space to check in, see how you are feeling and discuss what additional support you may need at this time.
- Our team of qualified mental health professionals is here to offer help, support and give advice to staff who feel they would benefit from some additional support for their psychological wellbeing.
- We can give space for you to talk about your individual experiences, give advice and signpost to potential sources of support and help you to access evidence-based therapies if required.
- With your consent, we can also liaise with services on your behalf e.g., Occupational Health and Staff Counselling Services.
- Education and training

Confidentiality

The information you provide to us will remain confidential however, if you indicate there may be a safeguarding risk to yourself, or anyone else (particularly a child or vulnerable adult), then we may need to discuss this with you further.

Get in touch

If you have any questions or would like to speak to a member of the team, please get in touch with the Hub:




Telephone: 07890 066445

Email: stwstaffwellbeing@mpft.nhs.uk

if you would like to refer yourself directly into the Hub, please click on this [link](#) and complete the form

We are open Monday to Friday from 9am to 5pm, however we may also be able to offer some appointments on a flexible basis.

Shrewsbury & Telford Hospitals – Staff Psychology Service



The Shrewsbury and Telford Hospital NHS Trust

How we can help:

- Individual support
- Critical incident response
- Team support
- Consultancy
- Support for managers
- Reflective practice
- Bespoke training
- Formulation – developing a shared understanding of an issue

About us:

Our team are available to provide support to staff who are struggling with the psychological and emotional impact of their work.

Our service is confidential, which means no information will be shared outside our conversations with you, without your consent. The only exception to this, is if we have concerns regarding your safety or the safety of others.

Should a manager contact us on your behalf, we will acknowledge that the request has been received and that a member of the team will make contact with you, but we will not share any further information.

If you are in doubt, please get in touch. We welcome any conversations to explore whether psychological support would be helpful for you.



You can find more information about our service on our Trust intranet page.

How to contact us:

You can contact the team directly or ask a manager to contact us on your behalf by emailing us at sath.staffpsychology@nhs.net.

A member of the team will contact you by email, or by telephone if you prefer, to arrange a time for an initial conversation.

This will usually take place on Teams but we can also arrange to meet in person.



Available for staff working within SaTH, the **Staff Psychology Service** provides support to staff who are struggling with the psychological impact of their work

Contact the team directly or through your manager

sath.staffpsychology@nhs.net



24 / 7 Mental Health Support from Togetherall



Togetherall is a **clinically moderated, online peer-to-peer mental health and wellbeing community available 24/7/365**. In partnership with Shropshire Council, Togetherall is freely available to all residents aged 16+.

- **Access** - Globally, 20+ million people have access to Togetherall, creating a large, diverse, and active community. Members can quickly and easily find peers with shared lived experience
- **Anonymity** - Members engage with Togetherall anonymously, eliminating stigma, reducing barriers to help-seeking, and enabling open discussion of difficult and sensitive topics.
- **Tools** - Members have access to a range of tools (clinically designed, evidence informed) to support their mental health & wellbeing

Togetherall access – Self Referral

1. Visit togetherall.com and click 'Register'
2. Select 'My Area is Registered' and enter your Post Code (you can use a Shropshire (SY) work post code)
3. Complete a few basic questions
4. You will receive an email to verify your account. Click on the button within your email to activate your account.
5. Welcome to the community!

Community

A safe space to receive (and provide) support

- Threaded discussion
- Topical groups e.g.
 - Laugh & uplift
 - Student Life
 - Parents & Care givers
 - Healthcare workers

Courses

Self-paced research-driven courses on range of MH topics, with discussion groups, including:

- Improve your sleep
- Managing social anxiety
- Stop procrastinating

Resources

Tools, self-assessments and articles to build awareness and track progress including:

- Journaling tools
- Goal setting tool
- Self assessments

Menopause



Menopause Meet Up Next are 25 July and 27 September

book here: <https://mel-lms.online/stwicb/event/register/422>

Held virtually via Teams where people are free to contribute to the conversation or simply listen to others talk about their experiences.

Offering support and information throughout the sessions are Kate Trifunovic, Senior Occupational Advisor, and Dr Melanie Thompson, GP Partner and Clinical Lead for Health & Wellbeing for STW ICS. Plus a guest speaker at each session

July: The benefits of cold water swimming

September: Exercise

Menopause Meet Ups are provided across the ICS in order to help women open up and feel more confident speaking about their experiences. It provides a space to banish any unhelpful myths, raise awareness of this important topic



Staff Menopause Clinic Next are 13, 20 and 25 of July 2023

Book here: Shropcom.hwb@nhs.net

The staff menopause clinic is a safe and confidential 1:1 space with an opportunity to discuss personal experience with our specialist Occupational Health Advisor, including symptoms and potential treatment options and also gain further knowledge and understanding about this specific life stage.

The clinics are provided to help women ask any questions and feel more confident speaking about their symptoms and obtaining help to manage these symptoms. They help to raise awareness of menopause and will provide support in managing symptoms and wellbeing for people experiencing the menopause.





balance

the menopause support app



Did you know that headaches, joint pains, trouble sleeping, brain fog, and dry skin are all symptoms of the perimenopause? Hormones affect all aspects of your body and wellbeing. Signs that hormones are changing usually start in your mid-40s or earlier, even if you are still having periods.

If you are looking for evidence-based information and guidance during your perimenopause or menopause, join us on the free balance app launched by renowned menopause specialist Dr. Louise Newson.

- Understand more about **your** perimenopause or menopause
- Keep an eye on your symptoms and health
- Be prepared for your health appointments
- Join experiments that may help your symptoms
- Talk to like minded-women, break taboos and help others



balance-app.com

Scan QR code
to download the app



Menopause Resources



www.henpicked.net or
www.menopauseintheworkplace.co.uk



www.themenopausecharity.org

E learning

Domestic Abuse



Book [Shropshire Telford & Wrekin Learning Portal - Event Registration \(mel-lms.online\)](https://mel-lms.online)



Training and Education for the health and social care workforce provided by Hestia and Shropshire Council

- General Awareness
- Child to Parent Domestic Abuse
- Awareness for Line Managers and HR Professionals



Men's Health



Andy's Man Club

Andy's man club are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. They want to end the stigma surrounding men's mental health and help men through the power of conversation.



Man Manuals

Produced in partnership with Haynes, man manuals are men's health information guides that are impartial, authoritative and provide information for men about a range of health issues that affect their everyday lives.



Men's Health Clinics

ICS Wellman Clinics are provided by the Occupational Health Team at Shropshire Community NHS Trust and provide an opportunity for any men working or volunteering in a health or social care role to have health checks, along with a discussion regarding any other physical health queries or concerns.

[More information here:](#)
[Men's Health - Shro And Tel](#)



Men's Health

Wellman Clinics Next are 13, 20 and 25 of July 2023

Individual support and advice

Our ICS Wellman Clinics are provided by the Occupational Health Team at Shropshire Community NHS Trust and provide an opportunity for any men working or volunteering in a health or social care role to have weight/BMI, cholesterol, blood pressure checks along with a discussion regarding any other physical health queries or concerns you might have.

These clinics are completely confidential providing a chance for you to raise and discuss any health concerns you might have with the aim of supporting your overall physical and mental health and wellbeing.

Shropcom.hwb@nhs.net



 **Shropshire, Telford & Wrekin**
Integrated Care System

**STW ICS
WELLMAN
CLINICS**

PROVIDED BY **THE OCCUPATIONAL HEALTH TEAM/NURSE
AT SHROPSHIRE COMMUNITY HEALTH NHS TRUST**

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Sleep

Next: Sleep Essentials for Women on 22.06.23
1-2-1 private 30 minute video consultations on 26.06.23

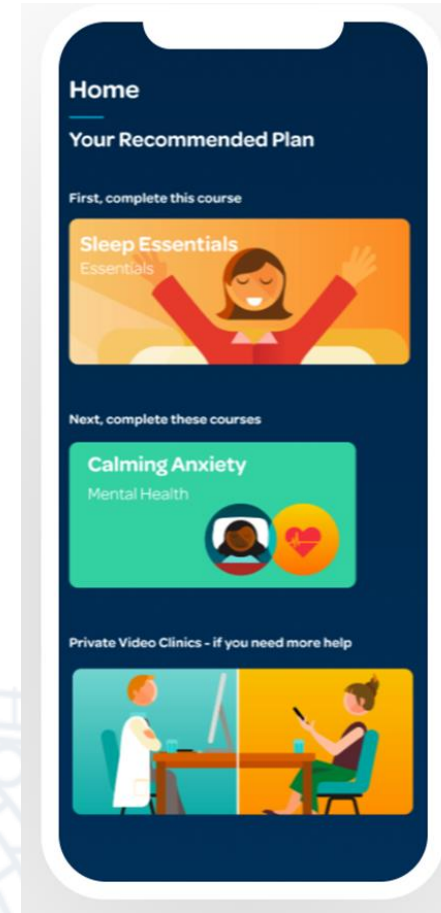
We are working with **Sleep School** to help you sleep better, naturally. The Sleep School At Work, is a programme proven to radically improve your sleep to help you live better.

The programme is delivered by global experts who will teach you evidence-based clinical tools and practical advice to help you to

- Improve your sleep quality and morning refreshments levels
- Manage daytime stress and mentally detach from work
- And optimise your energy through healthy diet and exercise habits

Sleep School At Work includes our digital Sleep Support Platform containing a range of sleep help films and the **Sleep School App** to teach you about and support your sleep over an entire year.

Go to <https://stw.sleepschool.org> to access their resources (use code stw123) and to book one of the many live webinars:



Your Finances

We've partnered with Affinity Connect (www.affinityconnect.org) who are a specialist provider of financial education in the workplace for the public sector helping employees understand how to maximise their retirement savings in the context of their overall financial position by delivering financial education courses.

They have a thorough understanding of all public sector pension schemes and many years of experience in providing financial education for the public sector workforce.

The aim is to aid understanding around this and to help you to make well-informed decisions and to make improvements to your financial wellbeing. This is especially important at-retirement when facing life changing decisions about how to maximise retirement income.

Focus on Your Finances Course: any age group

Supporting you to understand how your organisational benefits could be used to help improve your financial wellbeing and to create good money management skills and savings habits. Topics range from general money management, managing debt and improving credit scores, through to saving for the short, medium, and long-term and how to plan for retirement.

Retirement Course: from age 50

For those who are still several years away from retirement to check you are on track. Covers areas such as tax efficiency, planning for retirement and understanding retirement income options, clearing debt and maximising pension benefits and other savings and for those who need help understanding their options and how to implement their plan; including retirement goals and considerations, accessing retirement savings, understanding the risks, tax planning and how to seek further guidance and regulated financial advice.

Understanding your pension tax allowances course: any age group

This course is aimed at high earners who are looking to maximise their pension savings, and/or concerned you may exceed the Lifetime Allowance at retirement. It will provide you with an overview of the key issues relating to the Annual and Lifetime Allowances and an awareness and understanding of both pension limits how to avoid additional tax charges and to maximise available tax relief.

Understanding your pension changes course: any age group

This course is designed to provide NHS employees with an overview of the key pension changes resulting from the public sector age discrimination ruling referred to the McCloud Judgement

Financial Education Schedule

Date	Time	Details	Registration Link
13-Jul-23	9:30 - 12:00	Retirement - Local Government	https://mel-lms.online/stwicb/signup/?id=450
15-Aug-23	13:00 - 14:30	Focus on Finances - NHS	https://mel-lms.online/stwicb/signup/?id=461
21-Aug-23	13:00 - 15:30	Retirement – Generic (including GPs)	https://mel-lms.online/stwicb/signup/?id=451
20-Sep-23	9:30 - 11:00	Understanding your NHS Pension Changes	https://mel-lms.online/stwicb/signup/?id=458
25-Sep-23	13:00 - 15:30	Retirement - Local Government	https://mel-lms.online/stwicb/signup/?id=452
20-Dec-23	9:30 - 12:00	Retirement - NHS	https://mel-lms.online/stwicb/signup/?id=455

Digital Weight Management Programme for NHS Staff



This programme will support you to lose weight, become more active and to eat in a healthier way, with a range of digital services available on your phone, tablet or computer. The amount of exercise involved is flexible according to your needs and level of fitness. There are many ways to stay active and the goal is to find an enjoyable form of physical activity that works for you.

Depending on the provider you choose, the programme will feature:

- bespoke lifestyle plans
- physical activity programmes
- in-app support
- learning modules and quizzes
- Podcasts
- Webinars, exercise videos and blogs
- recipes and articles (catering to cultural dietary/exercise needs)
- health tracker/ daily planner to set, monitor and achieve goals

Online support for a healthy lifestyle

Take the first step in managing your weight today

If you are an NHS staff member and living with obesity, you may be able to sign up for the free, 12-week NHS Digital Weight Management Programme.

It can be hard to keep healthy and active but with a tailored online plan, tips and support you could reach your goals.

The programme is available on your smartphone, tablet or computer. If you have health conditions, please speak to a health professional to check the programme is right for you.



Search 'NHS Digital Weight Management Programme for NHS Staff' to start your journey.