**HIOW Health & Wellbeing offers**



**Leading Well Programme**



We have been working with research and consultancy organisation Affinity Health at Work to create two bespoke mental health support resources for NHS staff across Hampshire and Isle of Wight.

Professor Jo Yarker from Affinity Health at Work has delivered two webinars and you can watch the recordings below to hear about these new resources:

* Watch the launch event [here](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FCF5YHv_-ozc&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009158689%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=jyxRUkImN1ZqdpKyFRUgjJp8kaiz2Pmvc1ozM91l54k%3D&reserved=0)
* Manager session [recording](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2FbcyiHYJGvJ4&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009165781%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=B2CMnV7aaaWuHlzwMu5Rv%2FOxhMaAz7gVDzs71Uv4PoI%3D&reserved=0)

We have one final session which will be delivered by Professor Jo Yarker:

* **All staff – Return to Work toolkit – Mon, 20 May 3-4pm –** [Click here to book](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.teams.microsoft.com%2Fevent%2F40add256-24a9-4564-94c6-7cb2bdda4613%4041321cc1-ecb9-467c-b0d5-854644d94e3b&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009172677%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=PoU%2FwxLUB8TnUPCFQVdbBtzY7o4gtk0jvglj6WFphJs%3D&reserved=0). **Please note, this session will focus solely on the return to work toolkit and will not include an introduction to the manager training.**

The resources are designed to act as guidance alongside your organisations’ policies and consist of:

1. Return to Work toolkit - guidance supporting individuals and leaders with the return to work process following long term sick leave. This is a holistic approach focusing on the Individual, Group, Leader, Organisation and Outside organisation’s (IGLOO) involvement in returning to work to ensure a smooth process and provide practical guidance for all staff involved.

[Return to Work Toolkit - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Frtw-toolkit%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009180200%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Nq42uCfJ1G%2BKmm2%2BeRWf7Z7tLILld8Xsymom8JJmTAI%3D&reserved=0) - You will need to register using your name and NHS email address to access the resource. The access code is: HIOW2024

1. Manager training: Staying Well, Leading Well and Returning Well. Guidance to support managers with supporting individuals struggling with their mental health and wellbeing.

[Leading Well - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Fleading-well%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009190114%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=RyCrukuSIbCilOWSN9OhR6T0S6pGNKP7F15GhUYi%2BM0%3D&reserved=0) – Password is: HIOW2024



Please **share the information below** with colleagues through your **internal channels**: newsletters, manager newsletters, networks, intranet, events calendars, employee Facebook pages, and Health & Wellbeing Champions.

\*Please ask your networks to print and display posters in locations where all staff will see them (but not general public/patients).

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| **A logo for a yoga studio  Description automatically generated** | **Park Yoga**Park Yoga is a charity that provides free community yoga sessions around the UK.**All are welcome; regardless of age, background or ability.**Park Yoga is **free** to attend and there is no need to book. You will need your own yoga mat.Weekly sessions are held every Sunday morning from **Sunday 5th May 2024 to Sunday 15th September 2024.**Find your nearest venue here - [Home - Park Yoga](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fparkyoga.co%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009197540%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Zdo3Kc7WPbTRgp%2Fbu7ygIsjBY8zkmC6yUdW4QdFVURY%3D&reserved=0) |
| **Assets: social/newsletter graphic/PDF poster****A blue and white background with a hand and text  Description automatically generated****A close up of a card  Description automatically generated**A blue and white card with text  Description automatically generated | **Say Hello to EDNA** Come and learn about EDNA (Employee Disability and Neurodivergent Advice service) and how it can support you and your team. Each session will have a short section focusing on a different topic. Follow the links on the poster or scan the QR codes to sign up.**MAY**Tuesday 28th, 1.30-2.30pm[Challenges Faced by People with Disabilities and Limited Mobility](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.teams.microsoft.com%2Fevent%2Fc9a277bc-b16c-451a-a037-13e262cb625c%4041321cc1-ecb9-467c-b0d5-854644d94e3b&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009204500%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BGZlrMp0PzzJmBDNDi5SjDTwNarc9iXouMy3Z3uaMU0%3D&reserved=0)We hope to see you there! **There is also a new EDNA referral poster – please replace any existing posters you may have.** |
| **Assets: social/newsletter graphic/PDF poster****A sign on a white surface  Description automatically generated with medium confidence****A white page with orange leaves and text  Description automatically generated** | * **Online Menopause Meet-ups**
* **For NHS staff in Hampshire and the Isle of Wight**

**Fortnightly on Thursdays: 1pm online**A virtual meet-up to provide a safe space to talk about menopause. Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.We hope to see you there!**To join email:** HIOWWellbeing@solent.nhs.uk |
| **Assets: PDF poster; social/newsletter/intranet graphic****A yellow circle with black text and a yellow circle with black text  Description automatically generated** | **Southeast Neurodiversity Employee Support Package**NHSE South East regional Workforce Team commissioned HIOW to develop a suite of tools to raise awareness of neurodivergence, particularly for line managers with neurodivergent team members.The support package includes:* Tip sheets for managers
* Two recorded sessions with Genius Within Occupational Psychologists and our EDNA Advisors
* Bitesize e-learning modules

The training package will be free for all NHS and Primary Care staff working in the South East region. Contact your Learning Management System team to access.**Find the resources here:**[Neurodiversity Awareness - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Fneurodiversity-awareness%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C9bc1ca9680df4bba3f6a08dc7577b5a3%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638514405009211825%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=MkuUMpCKKtS92r9Gln7Jxy6f8X0xFO4tPlYM5KJVmPo%3D&reserved=0)Password: geniuswithin |
| **Assets: social/newsletter graphic/PDF flyer****A yellow rectangular sign with a computer screen and text  Description automatically generated****A poster with text on it  Description automatically generated** | **Spiritual care at the end of life – new eLearning course**Developed by Rev Dr Ruth Midcalf, HHFT’s Trust Chaplain, the new **Spiritual Care at the End of Life elearning course** provides an opportunity to explore two generic topics – why spiritual care at the end of life is important, and talking about death and dying – and four more specific aspects of this theme.Running as a thread throughout the course is the importance of self-care, and signposting to those who can provide support. For participants who want to read further, references are included.The course is 6 interactive sessions x 30 minutes and is available on Trusts’ Learning Management Systems. |