

South East Health and Wellbeing Resources

Theme: Useful guides

Updated 07/05/2020

These resources will help you to support staff health and wellbeing and look after yourself as the NHS in the South East responds to COVID-19. We've brought them together from a range of national and local sources.

- Where authors permit, resources are shared in an editable format for you to tailor.
- 'Re-reads' are items we've shared before but remain pertinent.
- We give links where possible but have marked those items that are attached to the email.

If you have resources to share, or are looking for support on a particular issue, let us know at: nhsi.SEHWB@nhs.net.

How are you (HAY)?



How are you (#HAY)	For: All NHS staff
<p>A set of guides for NHS leaders, managers and staff in the South East that complements already available resources and ensures team leaders have a consistent and high standard of expectation of what needs to be in place and what staff can expect from their leaders, including:</p> <ul style="list-style-type: none"> • HAY Guide – main document attached • HAYGuide Letter & visual guide • Supporting those in at high risk & vulnerable groups • Guides to Decompression & Wellbeing meetings • Trauma Risk Management (TRiM) • Care of staff absent due to Covid-19 sickness and Staff Aide Memoires 	
Source: NHS Improvement / NHS England	Updated: 04/05/2020

Self-help and support



NHS People resources	For: All NHS staff
<ul style="list-style-type: none"> • Bereavement guide - guidance & support following the loss of a colleague, friend or family member during the COVID-19; Support line: 0300 303 4434 (7am-11pm) • Additional staff support resources: including personal & team resilience; creating a pause space; support during Ramadan; effective teamworking; wellbeing apps; • Financial wellbeing: Guidance for employers with resources to support staff • Virtual Staff Common Rooms: Open to all NHS staff, hosted by experienced group leaders, offering a safe, confidential space for staff to support each other during this difficult time, including Staff Common Room and Doctors Common Room • #Caring4People Wellbeing Webinars: Wednesdays 4-5pm for those supporting wellbeing; • Staff helpline: Confidential support, signposting and listening from the Samaritans - Telephone help every day 7am-11pm by calling 0300 131 7000, 24/7 text support – text the word FRONTLINE to 85258 to get started • New working from home guidelines 	
Source: NHS Improvement / NHS England	Updated: 24/04/2020

NEW!	Bright Sky App	For: All NHS staff
	This free app provides support and information to anyone who may be experiencing domestic abuse or is concerned about someone they know.	
	Source: NHS Improvement / NHS England	Added: 04/05/2020

NEW!	Buying additional Occupational Health (OH) and Employee Assistance Programme (EAP) capacity	For: All NHS staff
	NHSE/I have appointed 23 SEQOHS-accredited organisations to a dynamic purchasing systems (DPS) framework that will enable employers to buy-in additional services on an ad-hoc basis to supplement in-house teams.	
	Source: NHS Employers	Added: 04/05/2020

Mental Health Support

Attached	Health and Wellbeing for care staff	For: All NHS / care staff
	Guidance for managers and advice for staff to support the health and wellbeing of care home staff, with advice, tips and tools.	
	Source: Dr Katrina Lake, Mental Health Clinical Lead, NHSE/I SE	Added: 04/05/2020

NEW!	Supporting psychological wellbeing during COVID-19	For: All NHS staff
	Recording of a practical webinar for frontline staff held on 6 May.	
	Source: NHS Improvement / NHS England	Added: 04/05/2020

Attached	Support for staff and teams during COVID-19 - a brief manager's guide	For: For managers and team leaders
	This guide outlines a range of resources to support managers & teams now & in the future.	
	Source: Oxford Health NHS FT	Added: 04/05/2020

NEW!	Coping with COVID-19 Bereavement	For: All NHS staff
	A practical leaflet about COVID-19 and mental health, focusing on coping with the loss and/or supporting someone else who is coping with a death.	
	Source: Oxford Health NHS FT	Added: 04/05/2020

NEW!	Staying Alive app - a free pocket suicide prevention resource	For: All NHS Staff
	With tools to keep you safe during a crisis. Available on Google play and the App store.	
	Source: Grassroots suicide prevention	Added: 07/05/2020

Inclusion support and advice

NEW!

Evidence and opinions on the impact of COVID-19 on BAME people For: All NHS Staff

A [3-minute read](#) reviewing high-level data showing the disproportionate hospital mortality rates of BAME staff from Nuffield Trust by Appleby and Georghiou.

A [5-minute read](#) reviewing evidence on BAME impact, including the role of white people and all leaders in addressing the underlying issues from King's Fund by Bailey and West

Source: Various

Added: 27/04/2020

NEW!

Supporting BAME colleagues working in the NHS: EDI at the time of crisis and beyond For: All NHS Staff

[Outline guidance](#) for supporting BAME staff – protection, engagement, representation in decision making, rehabilitation, recovery & communications, by NHS England by Dr Kanani and Issar

[Blog article](#) making the case & call to action for leaders to address BAME representation in decision making at a time of COVID-19, by NHS Confed by Allen, Evans and Webster

Source: Various

Added: 01/05/2020

NEW!

Risk assessments for staff For: All NHS Staff

[Guidance for employers](#) on how to carry out risk assessments particularly for vulnerable groups to keep all staff safe from COVID-19. Considers impact for BAME, age, disability, gender, pregnancy, religion/belief and actions to be taken.

Source: NHS Employers

Added: 30/04/2020

More EDI resources are available in the Inclusion (16/04/20) issue of the dispatch – links are available below. For: All NHS Staff

To read documents aloud

- **Word:** Review tab, Read Aloud (button)
- **PDF:** View tab, Read aloud (activate) – select either read whole page or sections
- **Browser:** Chrome – Settings, Advanced settings, Enable add-on 'Chrome Vox classic'

Editable Word version of this issue of the dispatch is available [here](#).

Previous issues of the South East Health and Wellbeing dispatch can be found below as well as all materials from the Tuesday Lunchbreak calls. <http://bit.ly/SEHWBC19>

