



How are you doing?

1:2:1 psychological support and specialist training is available to help you look after your wellbeing.

Live webinars and online workshops for all health and social care staff:

- Workplace Wellbeing: 26th April, 2.00-4.00pm; 14th June, 9am-12pm; 24th August, 2-5pm
- Connecting with nature for wellbeing: 26th April, 12-1pm
- Traumatic events at work: effective ways to respond and cope: 6th April, 4-5pm; 25th May, 4-5pm; 15th July, 12.30-1.30pm; 14th September, 12-1pm
- Caring for ourselves to care for others (a series of 4 training workshops): 13th 20th, 27th April, 4th May, 11am-1.30pm

- Next series: 8th, 15th, 22nd and 29th June, 2.30-5.00pm.

For leaders and managers:

- Reflect and plan – facilitated sessions for leadership teams: arranged to suit your teams and needs
- Compassionate leadership – 3 interactive workshops: 3rd, 10th and 17th May, 10-12.00 noon or 7th, 14th and 21st July, 9.30-11.30am



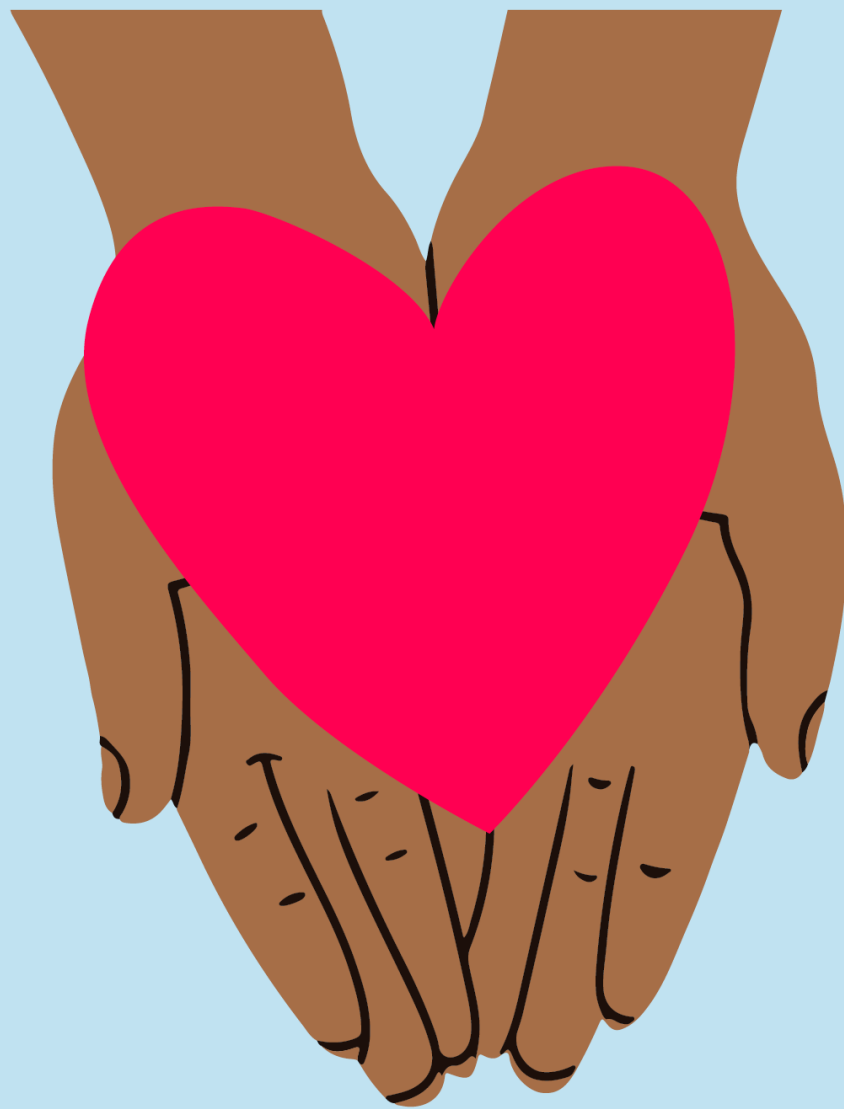
All sessions are run by a team of clinical psychologists and are offered to all health and social care teams across Bristol, North Somerset and South Gloucestershire

Healthier Together

Support Network

your wellbeing matters

To book and find out more about support available for health and care staff, go to: bnssghealthiertogether.org.uk/support-network or call 0117 342 4740



NEW Trauma support service

If someone in your team has experienced a traumatic event at work, we're on hand to guide you through the best ways to support them.

A new consultation service for managers

In the aftermath of a distressing event that's affected your team at work, we can talk you through the most supportive things to do in the hours, days and weeks that follow.

We can also help you develop an action plan to support people on their pathway to recovery.

From the 28th April 2022 - Call our advice line for a consultation with a clinical psychologist within one working day.

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The Healthier Together Support Network is a team of clinical psychologist, experienced in supporting teams working in health and care settings.

To book a consultation and find out more our service for health and care staff, go to: bnssghealthiertogether.org.uk/support-network or call 0117 342 4740



We're here for you

Talking to someone about how you're feeling can make a big difference. It can help you: take stock, deal with difficult events, find ways to restore work-life balance.

Healthier **Together**

Support Network

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matters*

Confidential & free

If you work in Adult Social Care, you are entitled to free psychological support.

No waiting lists

Your first appointment will be within five days of contacting us (if your diary permits).

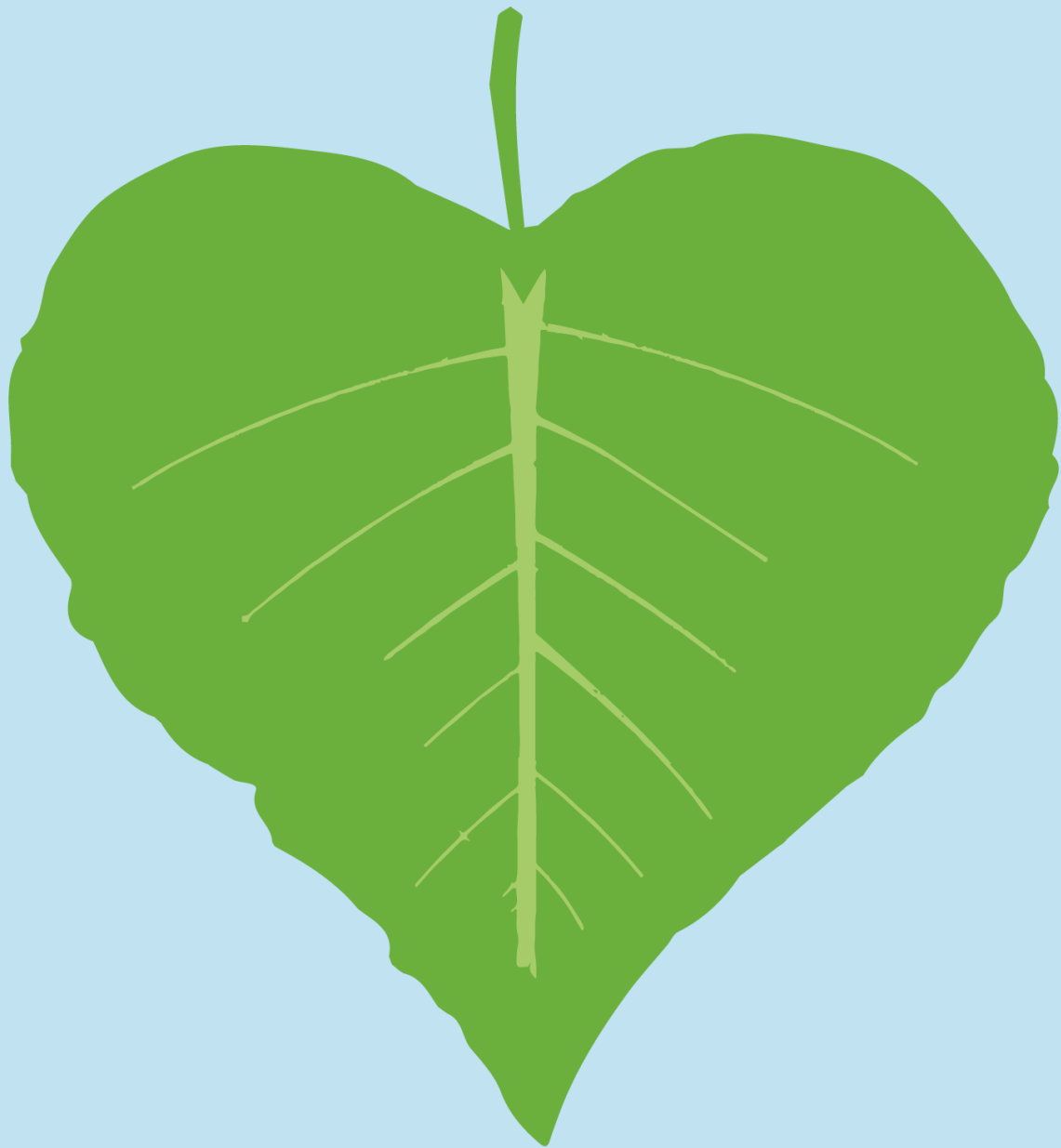
Specialist support

Our psychologists specialise in supporting people in caring professions.



Slots are available Monday-Friday.
Support also available for people on sick leave.

To find out more about support available for health and care staff, go to: bnssghealthiertogether.org.uk/support-network or call **0117 342 4740**



Connect with nature to stay well

Webinar

26th April 2022, 12.00-1.00pm

All health and care staff welcome

Finding ways to connect with nature - even if it's in short bursts - can make a huge difference to how we feel. In this webinar we summarise the research that supports this and share simple ways to boost those connections.

Healthier **Together**

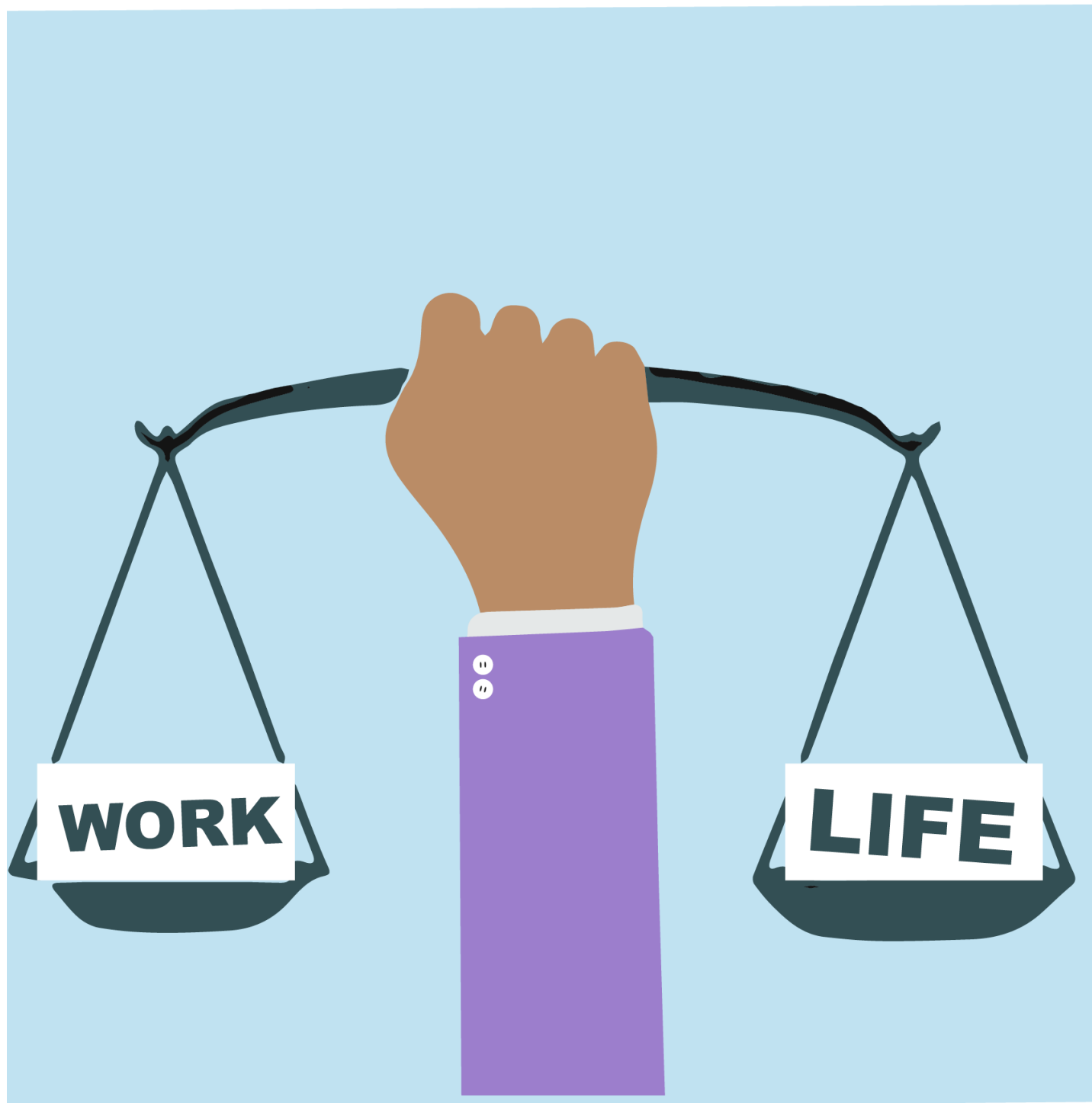
Support Network

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matters*



Please book your place via the Healthier Together Support Network website.

To find out more about support available for health and care staff, go to: bnssghealthiertogether.org.uk/support-network or call **0117 342 4740**



Looking after your wellbeing at work

A workshop for health and care staff

This online interactive workshop will help you spot signs of stress and burnout and develop strategies to manage and boost your wellbeing throughout the working day. The techniques you learn will be helpful for stress you experience at work, as well as everyday.

Next workshop dates:

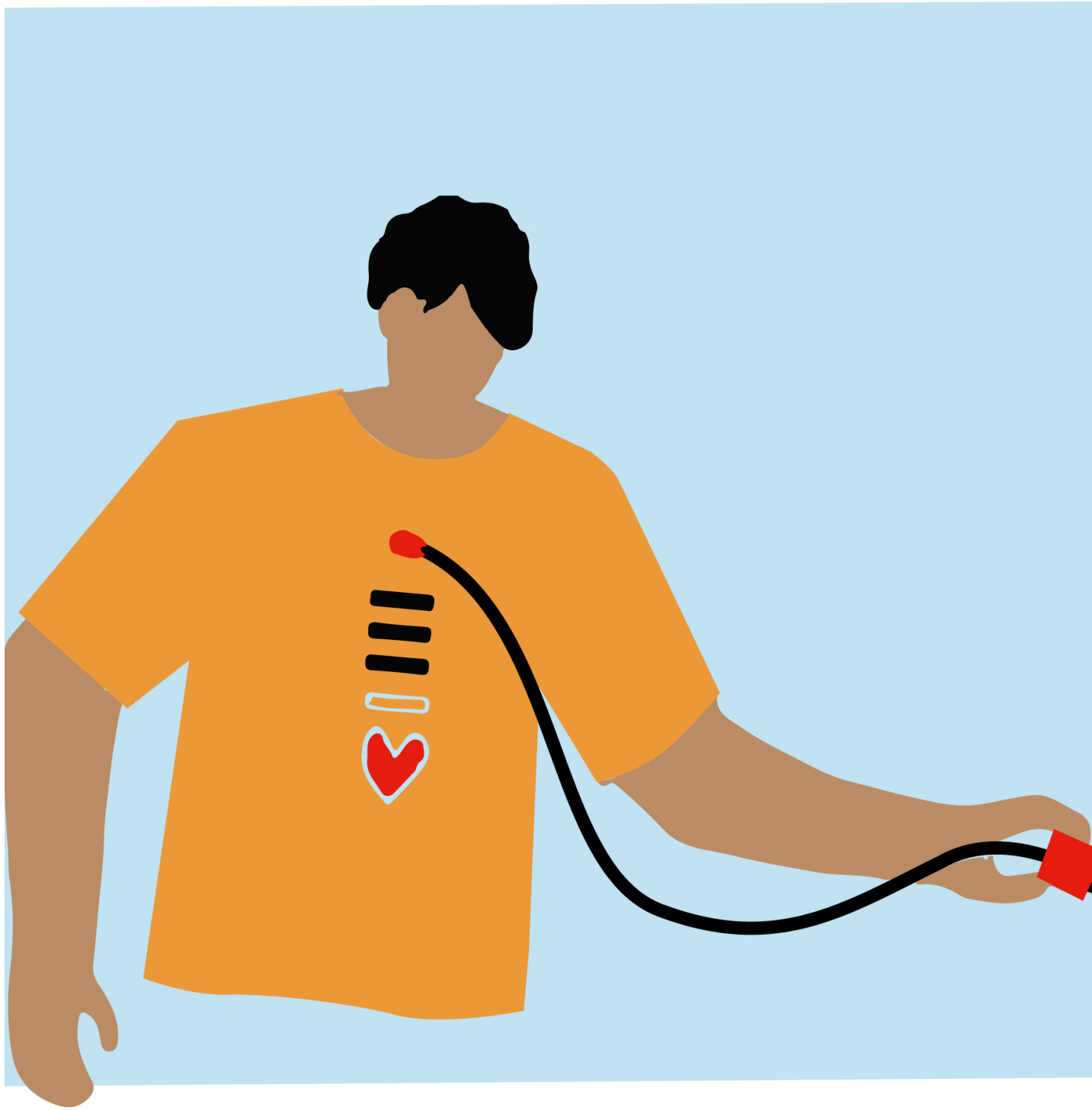
- 26th April: 9am -12pm
- 14th June: 9am-12pm
- 24th August: 2-5pm

Healthier Together | Support Network

your wellbeing matters



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or call **0117 342 4740**



Caring for ourselves to care for others

Workshops for health and care staff

A series of four interactive workshops designed to increase your knowledge of resilience, develop and maintain self-care, and explore new ways to manage workplace stress. This will be a fantastic opportunity to learn about mindfulness, wellbeing toolkits and new ways

of controlling those helpful thoughts. **We recommend you join all four workshop modules:**

- 8th June, 2.30-5pm
- 15th June, 2.30-5pm
- 22nd June, 2.30-5pm
- 29th June, 2.30-5pm

Healthier Together

Support Network

your wellbeing matters



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or call **0117 342 4740**



Living with Long-COVID

If you have been suffering with the symptoms of Long-COVID, you can join our support group for health and social care staff.

Healthier Together

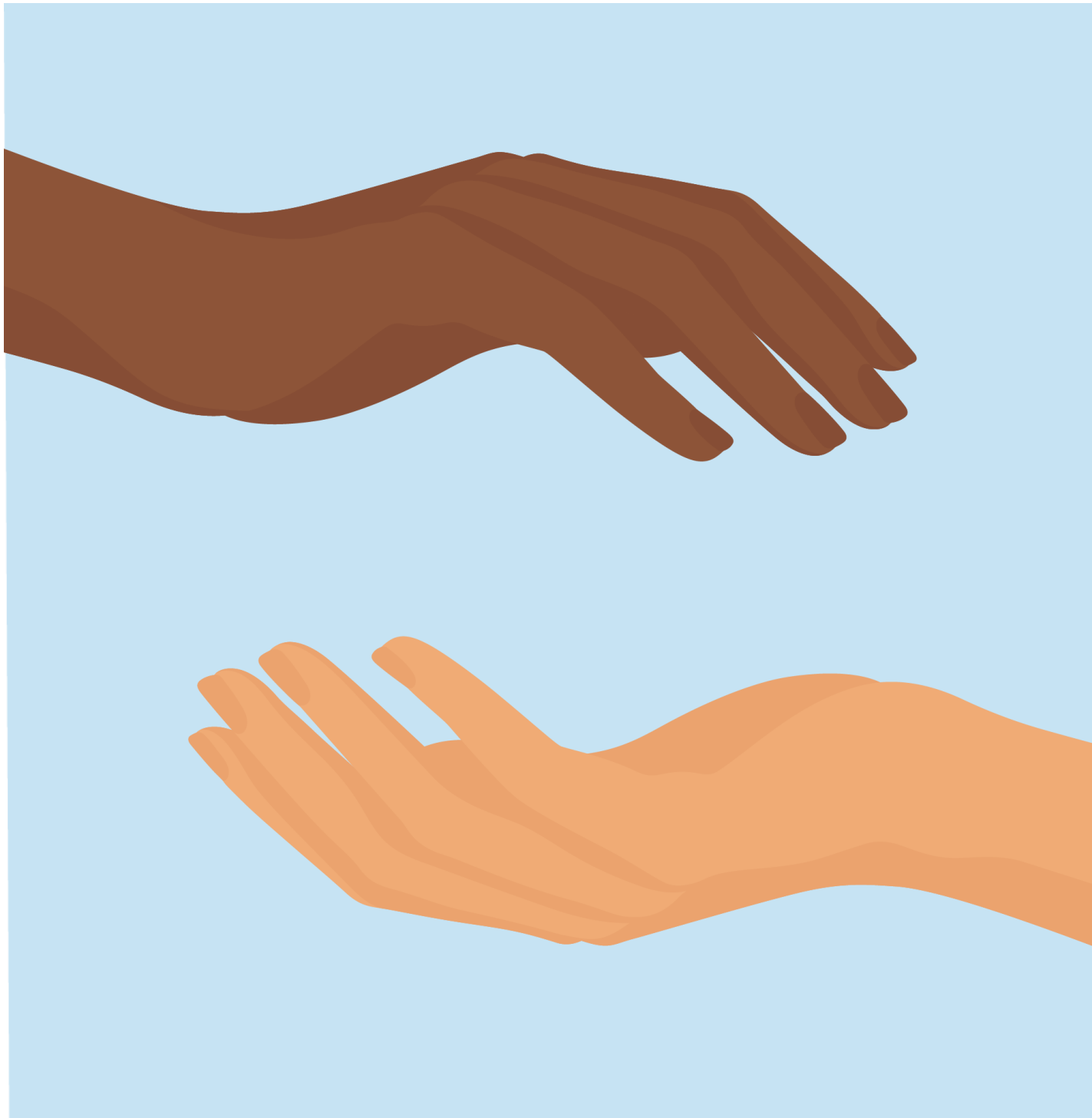
Support Network

your wellbeing matters

Our Long-COVID Support Group is a 10-week programme of listening and focussed advice. Experienced clinical psychologists and physiotherapists will help you talk through and understand the challenges you have been facing and learn effective techniques to manage your symptoms. **You will need a referral from the Long-COVID Single Point of Access to join.** You can find this and details of the programme on our website.



To find out more about support available for health and care staff, go to:
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 or call **0117 342 4740**



A series of three workshops introducing the theory of compassionate leadership*

Compassionate leadership

What makes a healthy team?	What makes a compassionate team?	What makes a team psychologically safe?
Workshop 1 dates:	Workshop 2 dates:	Workshop 3 dates:
3rd May, 10am-12pm	10th May, 10-12pm	17th May, 10am-12pm
7th July, 9.30-11.30am	14th July, 9.30-11.30am	21st July, 9.30-11.30am
27th Sept, 2-4pm	4th Oct, 2-4pm	11th Oct, 2-4pm
3rd Nov 11am-1pm	10th Nov, 11am-1pm	17th Nov, 11am-1pm



*Based on the work of Michael West

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