

SYSTEM HEALTH AND WELLBEING

UPCOMING OPPORTUNITIES IN LLR



LLR Academy
#MoreGoodDays



Scan to book

WELLBEING MATTERS

A CPD Accredited Learning & Development Program for transforming wellbeing for Cancer and Diagnostic Professionals and their Teams.

Wellbeing Matters is a program for healthcare professionals and teams. This is an experiential learning space, designed to increase self-awareness which supports our capacity to create meaningful and effective action to support wellbeing – both our own and others. Drawing on models and practices rooted in narrative methodology and creating protected time to focus, we create a safe space for listening, reflection and learning through peer practice and new thinking.

Delivered online and in mixed cohorts from over 20 Trusts across the Midlands, for booking details or more information, contact llrhw.leadconnectcarefestival@nhs.net



COMPASSION FATIGUE

Delivered by EF Training, this one-day training course explores the impact of compassion fatigue, the risk factors, signs and symptoms then identifies simple but effective strategies that you can use at home and at work to strengthen and maintain your emotional resilience. These include discussing how diet and exercise can help reduce stress, sleep and how to sleep better and some mindfulness and relaxation exercises. We also talk about the importance of showing yourself the same care and compassion you do for others.

This training is for front-line staff engaging regularly with patients and service users to attend. New dates added but spaces are extremely limited.

MORE GOOD DAYS

<https://leicesterleicestershireandrutlandhwp.uk/staff-room/>

The LLR Health and Wellbeing Partnership have recently updated their website to include some space specifically for staff wellbeing.

We want to know what you think of the resources and so for a limited time have a prize draw available where you could win one of 100 shopping gift vouchers worth £50 each, if you leave us some feedback. Follow the link above and lets create #moregooddays

Do you work in health and social care across Leicester, Leicestershire and Rutland?

Make time for **more good days** for your health & wellbeing

BOOK NOW: [HTTPS://BOOKWHEN.COM/LLRACADEMY](https://bookwhen.com/llracademy)



Leicester, Leicestershire and Rutland
Health and Wellbeing Partnership

#MREGOODDAYS @LLRACADEMY



MAKING EVERY CONTACT COUNT: HEALTHY CONVERSATION SKILLS

Making Every Contact Count (MECC) is a behavioural approach which enables practitioners to alter the way we interact with people to improve the self-efficacy of individuals in order to help them identify ways to improve their health and wellbeing.

This practical skills development training is for front line workers who interact with the public and have an opportunity to support health and wellbeing.

If you would like to coordinate a bespoke training session for your team (max 16 per cohort), please complete the expression of interest form at: <https://forms.office.com/r/RKLf2XCHKg> and a member of the team will get back to discuss your requirements.



Let's talk about the menopause...



HENPICKED

MENOPAUSE AWARENESS SESSIONS

The purpose of these sessions is to raise awareness about menopause within your organisation and across the LLR system. Everyone's experience of menopause is different. We experience different symptoms, have different views or philosophies around how we'd manage them and different medical histories. Different cultures may 'understand' the menopause in different ways too. Regardless if you are going through the menopause or are there supporting others, you will gain the knowledge and understanding around menopause and where to find support and help. Delivered by a trained menopause advocate and in partnership with Henpicked, there are sessions available for colleagues and line managers.

ACTIVE BYSTANDER PROGRAMME

<https://leicesterleicestershireandrutlandhwp.uk/active-bystander-programme/>

Make our LLR System the best place to work and join our, nationally recognised, community of Active Bystanders - Are you ready to support the change we want to see?

The Active Bystander Programme is an innovative programme that will support colleagues to become active bystanders who feel confident to take an early intervention approach to prevent negative behaviours from escalating. This will contribute to improving the health and wellbeing our staff and patients and people who draw on our support to grow a culture of civility and respect.

Upcoming cohort: 5th October 8:30-16:30 & 16th October 8:30-13:00

 Active Bystander

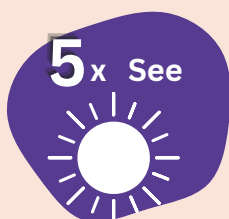


@llracademy
#LLRMoralRebels
#LLRBeAChangeMaker
#LLRActiveBystander

Take a pause...

Let's pause and spend some time to ground ourselves. Can you find 5, 4, 3, 2, 1 things you can...

5 x See



4 x Hear



3 x Touch



2 x Smell



1 x Taste



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Leicester, Leicestershire
and Rutland
Health and Wellbeing Partnership

HOW TO GET A GOOD NIGHTS SLEEP

A ½ DAY WORKSHOP WITH

meta



zzzz

Right now, there is a real epidemic of sleeplessness in the UK. Even before the Covid pandemic, more and more of us were finding it challenging to get a good nights' sleep.

With the pressures & demands of work increasing, most of us are ending up working longer hours to keep up, becoming more stressed in the process & affecting our ability to sleep well.

The simple fact is that sleep is incredibly important to our health and mental well-being.

With many of us struggling to sleep or having interrupted sleep, now more than ever we need to focus how to get



BOOK NOW

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What most people don't realise is that Sleep also impairs our brain's ability to function.

If you don't sleep well it severely impacts your ability to get things done effectively or efficiently.

Put simply, a good night's sleep, enables us to perform at our best.

Without good sleep our performance, productivity, quality and creativity suffer



In this ½ day workshop you'll find out what really goes on when we sleep, bringing together all the latest scientific research to bring you the most practical tips and tools to help you get a good night's sleep.

You'll also be given Meta's 12 principles for a good night's sleep to take away with you.

Workshop Dates

8th August 9:30 - 13:30

5th October 9:30 - 13:30

24th October 9:30 - 13:30

21st November 9:30 - 13:30



Programme Outline

HAPPY SLEEPING - why is so sleep so important? - analysing what takes up our time & capacity

WHAT HAPPENS WHEN YOU SLEEP? - understanding the different stages of sleep and what they do

HOW MUCH SLEEP DO YOU NEED? - knowing the facts about how many hours we should be aiming for

ENEMIES OF SLEEP - what things should we avoid in order to get a good nights' sleep?

FRIENDS OF SLEEP - things that will help us to sleep well

YOUR PERSONAL SLEEP TOOLKIT - creating your own action plan to improve

Session Outcomes

- An understanding of what happens when we sleep
- An understanding of what can stop us sleeping
- Awareness of what can help us sleep more readily
- A personalised toolkit to help you get better sleep
- Knowledge of the 12 principles that can ensure you get a good night's sleep



Contact Us

LLRHW.LEADCONNECTCAREFESTIVAL@NHS.NET

MENOPAUSE AWARENESS RAISING SERVICE

A new service working with primary and secondary health and social care networks across Leicester, Leicestershire and Rutland to: -

- Raise awareness and understanding of the menopause
- Improve your patients experience during their menopause
- Support your staff with additional menopause resources
- Create a culture where everyone is menopause aware

Would you like to: -

- Be menopause friendly
- Appoint Menopause Champions
- Gain a recognised menopause friendly accreditation

We are here to help you achieve this



0116 261 4605



menopauseaware@ageukleics.org.uk



Website under construction

