

Welcome

Introduction



Dear Colleagues,

We are going through stressful and uncertain times. Looking after ourselves as healthcare workers is now more important than ever.

There are many support services being developed quickly. All of this information can sometimes be difficult to navigate and so I have produced this short leaflet signposting to a range of key services and resources.

I hope you find this useful and feel free to contact me at the Newham Wellbeing Hub with any suggestions or if you would like to get involved.

Your Wellbeing Hub Lead,

Imrana

training@communitymatters.co.uk

www.newhamtraininghub.org/wellbeing-hub

(services correct at time of writing- October 2020)

Local tailored services

Newham Based Support



Newham Wellbeing Hub offer many services including:

- Peer support groups
- Reflection space/ Balint groups
- Wellbeing strategies webinar series
- Key updates webinars (from sister Learning Hub)
- Guided breathing/ relaxation sessions
- Fitness from your consulting room- virtual exercise taster sessions
- Coaching & Mentoring opportunities (from sister Coaching & Mentoring Hub)

For details see website:

<https://www.newhamtraininghub.org>

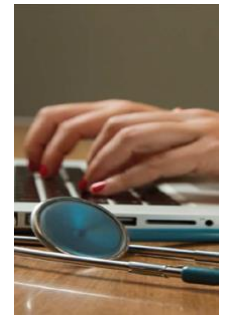
or email: training@communitymatters.co.uk

for recorded sessions

see: <https://www.newhamtraininghub.org/resources/past-events-video-library/>

Mental Health & Wellbeing

Support & Resources for GPs & Healthcare Workers During COVID-19 & Beyond



Sharing is Caring

London-wide & National



Healthy London Partnership:

Keeping well webinars for health & care staff:
<https://thrivedn.co.uk/resources/keepingwell-for-health-and-care-workers-webinarseries>

Good Thinking: Digital Wellbeing for London:
<https://www.good-thinking.uk>

Practitioner Health Programme (PHP):

Mental health treatment for doctors and dentists on the GMC/GDC register:
<https://www.practitionerhealth.nhs.uk>

Resources for ALL healthcare professionals:
<https://www.practitionerhealth.nhs.uk/covid-19-workforce-wellbeing>

Our NHS people:

Phone & text support, webinars & self help:
<https://people.nhs.uk>

'Survive and Thrive: UK wide virtual Doctors'

Mess: email: contactdoctorsmess@gmail.com

First you: A hand-picked collection of wellbeing resources for healthcare workers:
<https://firstyou.org/>

Do it the digital way

Telephone, Text & Wellbeing Apps



Our NHS People:

Confidential telephone support:

General: **0300 131 7000** (7am-11pm)

Bereavement: **0300 303 4434** (8am-8pm)

For support by text message:

Text 'FRONTLINE' to 85258

24 hours a day, seven days a week

Wellbeing Apps available for free until Dec 2020 for NHS staff:

- Daylight
- Sleepio
- Unmind
- Headspace
- Silvercloud
- #StayAlive

for details and how to install:

<https://people.nhs.uk/help/supportapps>

Connect in a way that meets your need:

Faith Based/Culture Specific Resources



British Islamic Medical Association (BIMA):

Peer support groups, webinars, information:
<https://www.britishima.org>

Muslim Doctors Association (MDA):

<https://www.muslimdoctors.org/mentalhealth>

Christian Medical Fellowship (CMF):

<https://www.cmf.org.uk/doctors/pastoralcare-and-well-being-programme>

Catholic Medical Association UK:

<http://www.catholicmedicalassociation.org.uk>

Melanin Medics:

<http://www.melaninmedics.com/>