

School Staff Wellbeing

Issue 1: 21 April 2020

Resources to help you maintain your wellbeing

We know that this is a very worrying time for many of us and being isolated from colleagues, friends and family increases the concerns we already have about the health of ourselves and others. In this issue we have provided signposts to support your wellbeing that might be helpful at this time.

South Gloucestershire Council support

Staff who live or are registered with a GP in South Gloucestershire have access to the ONEYOU website which is a healthy lifestyles and wellbeing service for adults to help make important, lasting improvements to their health and includes support and advice around health; exercise; stress; smoking; eating and drinking. For members of staff who do not live in South Gloucestershire or are not registered with a South Gloucestershire GP you can still contact ONEYOU for advice. The website is <https://oneyou.southglos.gov.uk/>.

National resilience and wellbeing support:

MIND

MIND is a charity that provides advice on mental wellbeing and they currently have some useful advice on coping with anxiety due to Coronavirus, staying at home and self-isolation that be helpful at this time <https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>.

Mental Health Foundation

The MHF provides advice on a range of topics related to Coronavirus and the impact on mental health <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>.

NHS Support

The NHS provides wellbeing advice in respect of looking after children and Young people, working from home and mental wellbeing while staying at home <https://www.nhs.uk/oneyou/every-mind-matters/>. They also have a free fitness studio website that you can access. Great opportunity to try a new exercise without going outside the front door <https://www.nhs.uk/Conditions/nhs-fitness-studio/>.

Avon & Wiltshire Mental Health Partnership (AWP)

AWP have set up a 24hour, seven day a week telephone response line to provide advice, guidance and support over the phone to patients, families and carers, as well as members of the public who may be worried about their own or someone else's mental health. The telephone line 0300 3031320 provides round the clock support for adults and children, seven days a week, 365 days a year.

Many of the mental health charities including Mind and the Mental Health Foundation have updated their online guidance to reflect the current issues individuals may be facing in relation to coronavirus. We've pulled together some articles which we think you'll find helpful:

[Guidance for the public on the mental health and wellbeing aspects of coronavirus](#) - A

comprehensive guide from Public Health England with lots of useful tips

[How to broach coronavirus with children](#) | [How to explain what's going on to children without scaring them](#)

[Looking after your mental health whilst working at home](#)
[5 steps to beat isolation](#)

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[Panic buying - why we do it and how to counter the cravings](#)

[Coping with finance, housing and unemployment worries](#)

[Practical advice for staying at home](#)

[Checklist for staying at home](#)

[Tips for health and care professionals](#)

[Staying at home and abusive relationships](#)

[Local domestic abuse support](#)

Coping with bereavement

Nobody wants to think about the worst possible outcomes of coronavirus. But sadly, it's possible we may be affected by bereavements, whether personally, supporting a team member who is bereaved, or through our work supporting people in the district. We have compiled some sources of support for you if you experience bereavement, or need to support a colleague, friend, team member, or someone you deal with professionally.

[Cruse coronavirus – Dealing with bereavement and grief guide](#)

[NHS - Grief after bereavement or loss](#)

[Books to help children deal with bereavement](#)

[Mind – Bereavement](#)

[Dying matters - Self-help strategies for bereaved people](#)

How to help when someone else is bereaved

[Cruse Bereavement Care - How to help someone bereaved](#)

National Text Messaging Service

<https://www.giveusashout.org/>

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

shout
for support in a crisis

Text Shout to 85258

Support from your union

Unions are committed to supporting their members at this difficult time and a list of contact details for regional union representatives can be found at Appendix 1.

Staff counselling service (Interchange)

Interchange is a personal and confidential counselling service for school/academy employees whose school/academy have signed up to use it, you will need to check with your school/academy if they use this service first. Once authorisation has been received from your Headteacher then your school/academy will be charged for up to four counselling sessions per year. This may be extended by up to two further sessions on the advice of Interchange. No-one at your school/academy will be made aware of the content of your counselling sessions (which are confidential).

Coping in stressful times – having a wellbeing action plan might help

You know yourself better than anyone else and you know what will help you feel better. Having a wellbeing plan may help you to feel less anxious in general and it's great to refer back to if you're having a bad day. You can approach this any way you like; making a list of tell-tale signs that you're struggling? These become a good a prompt to recognise when you need some help. Next is having a list of people you can call when you are struggling. This could be friends, family or

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support lines if you find them useful. Having them all written down gives permission to call them without worrying about intruding on their day. Next, creating a mind map or spider diagram full of all the things that make you feel better. This will be different for everyone but could include, a nice bath, yoga, ice-cream, fresh air etc. Your plan could be digital, on paper, in a book, it could be shared with loved ones and work colleagues you find it easy to talk to, or kept just for you. Thinking about your wellbeing and what helps you can be really useful.

There is also an informal wellbeing action plan that employees are encouraged to keep and share with their senior leaders. Head teachers have been made aware of this document and of the relevant sections within it. If you think this may be helpful, please have a chat with your Head teacher. There are 4 key questions that we think are relevant during these times.

And remember – think about, and put your energy into what you can control and not about what you can't.



General enquiries about the content of this newsletter can be directed to heathinschoolprogramme@southglos.gov.uk.

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Appendix 1

Union contact list within South Gloucestershire

NAHT (National Association of Headteachers)

Mark Freeman Mark.Freeman@stmichaelssg.org.uk. Telephone: 01454 8686781

NASUWT - National Association of Schoolmasters/Union of Women Teachers

Sheryl Denton sheryldentonnasuwt@yahoo.com Mobile: 07341 092447

Mike Griggs mikegriggsnasuwt@gmail.com Mobile: 07526760279

NEU (National Education Union)

Michael Carter michael.carter@neu.org.uk Mobile: 07914 521218

VOICE

(No Local Representatives)

UNISON

Neil Higgs southglosunison@outlook.com Telephone: 0117 9040022

GMB/APEX

Wendy Weston wendy.weston@gmbactivist.org.uk Mobile 07428 694932

Lorraine Gaskell Lorraine.Gaskell@gmb.org.uk

UNITE the Union (Formerly & G/ACTS)

Helen Greatbanks helen.greatbanks@unitetheunion.org