

Team Well Being Folder...

New items added into the team well being folder:

[T:\Pay & Staff Services\!Team Administration\Well Being](#)

[Working from Home Top Tips](#)

[Mindfulness Strategies](#)

[Bereavement Support Leaflet](#)

Positive Affirmation for the Week



National Men's Health Week

Every year in the week leading up to Father's Day, National Men's Health Week aims to raise the importance of health and well being amongst men, which is especially important during COVID-19.



Did you know that 70% of a man's overall health is controllable by through his lifestyle choices?

Please follow this link to find out what small changes you could do to make a huge positive impact:

<https://www.healthline.com/health/mens-health#diet>

In the spotlight....

From July 2020 the Trust will be launching a new 'STHK Staff Engagement' App, which is specifically designed for the needs of STHK employees and for their sole use.



The App supports staff from their first day of employment and throughout their career with the Trust, to easily find and access services, whether they are working on site or remotely.

Through a simple to use format, staff can browse information on:

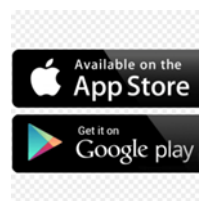


- Accessing training
- Appraisals
- Claiming expenses
- Well being services
- Raising Concerns
- Range of staff networks
- News about the Trust including monthly Team Brief and News'n'Views

The App also offers the facility for staff to provide simple feedback on their experience of working for the Trust in the form of an anonymous 'Pulse Survey', which allows us to understand how we might do things better.

Excitingly, we have been asked to trial this new App and next week the OD team will contact you to invite you to take part in a short survey, asking for your feedback now we have moved to remote working.

To access the free App you will need to download it onto your phone from your provider's App store using your work email address. The OD team will provide further guidance on how to do this.



The 'Working from Home' Top Tips circulated this week reminds us that although you are working remotely, you are not alone. For this reason, it's important that you share your thoughts and feelings about how remote working is impacting on you, and at work, so you can influence how we can continue to improve this experience for you.

Employment Services Website

You may know that that we are currently developing a new look and style website based on our strapline



I know some of you were involved in the photo shots and look mighty fine!



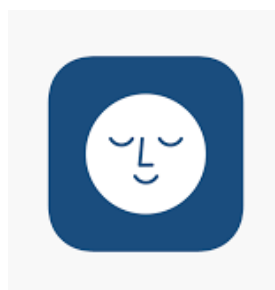
The website is an externally facing platform in which to showcase what we do well as a service, and we need your input to help shape its content.

If you fancy getting involved, please let me know so we can start a website development working group.

Improve your Days and Nights!

All NHS Staff can now Access the Sleepio and Daylight Apps for free until 31st December 2020.

Sleepio is a sleep improvement programme, whilst



Daylight is designed to help people who are experience symptoms of worry and anxiety.

Both are based on cognitive behavioural techniques.

Please [click here](#) to access more information.



Weekly Photo Competition...

And the winner of last week's photo competition is (drumroll).....**Entry A by Donna Bray**. Everyone is obviously envious of your Frozen lockdown view.

A shout out to our runners up – Pam Hill (Entry B), Tracey Rigby (Entry C), Jill Wheeler (Entry D) and Pat Broughton (Entry E).

I've been impressed with this week's entries for 'Best Exercise in Lockdown' and it clearly been a family affair! Once again thank you for taking part and please send me an email to vote for the winner – A, B, or C!

A



B



C



The Pension and Payroll Team Leaders chosen theme for next week's photo competition is '**First Trip Out**' now that some of the restrictions have been lifted and please email me your entries by **Thursday 25th June**.

Also, the following week's theme will be chosen by the Bridgewater Payroll Team, so please let me know what you decide by this same date.

Shout Outs.....

Helen Ormerod would like to thank Pat Broughton for all the hard work she has done in sorting the antibody testing appointments and for making sure that everyone has got an appointment. I'm sure we all share this sentiment, thank you Pat.

Welcome to the World!



Congratulations to Tanya Ramsey from the ESR and Workforce team and to your family, on the arrival of your baby boy Elias, born on 7th June 2020, weighing 9lb, 5oz. He is absolutely beautiful Tanya.

Happy 70th Birthday Sue!

We would like to wish Sue Wyatt a very happy 70th birthday, and she enjoyed her day with family and friends partying in the garden!

Sue would like to say thank you for the lovely gifts of wine, chocolates and vouchers from her work colleagues.



Welcome to the Team.....

We would like to welcome Cathy Hughes who has joined us in the ESR and Workforce Team. Hope you are settling in Cathy.

Happy Fathers Day

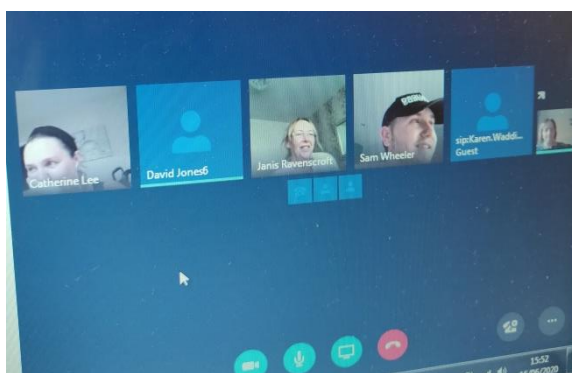
For all the Dads, Step Dads, Grandads, Uncles and honorary Uncles we have in our team, we hope you have a lovely Fathers Day on Sunday and thank you for all that you do.

Coffee Events Dates

Over 30 team members have attended the coffee events over the last few weeks.

It's been fantastic to talk to everyone and see your face where technology has allowed.

If you aren't able to use Skype for business on your phone to access your camera, please still join us for a chat.



Want to stop smoking?

Local Stop Smoking Services are able to provide support services over the phone or via video conferencing. Please email chcp.stopsmokingknowsley@nhs.net with your name, address, phone number and ideal time of contact to access support.

Keep me posted.....

Please call me on 0151 290 4920 or email me with your ideas on how we can support each other's well being and keep the momentum going.

