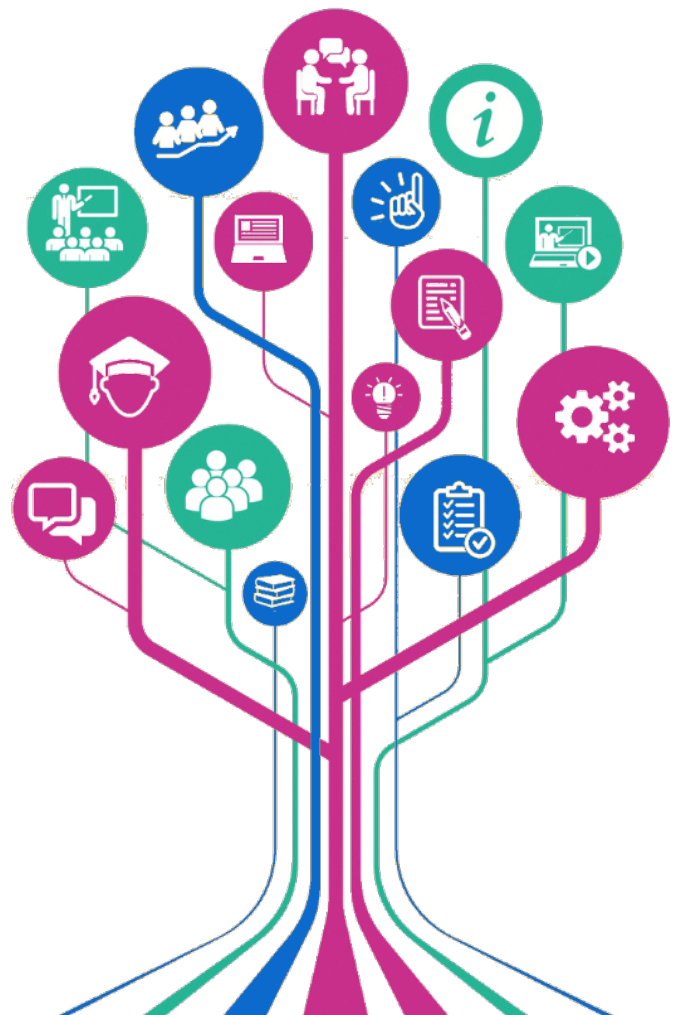


# Health and Wellbeing Resources



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## Introduction

We want to ensure our staff members are supported as much as possible as we respond to the Coronavirus (COVID-19) outbreak.

We want to encourage everyone to stay safe and healthy during these challenging times. This means taking care of both your physical and mental health.

There are many resources available via the Internet and it can sometimes be a bit overwhelming to decide which sites to visit. With this in mind, we have created a directory of resources that informs you of the services available within NHS Golden Jubilee and signposts you to several trusted external resources.

For ease of use, all external resources have been hyperlinked, which means you can click on the resource you are interested in and it will take you directly to the information/Internet page.

If you are aware of additional resources that staff would find helpful, please get in touch by email: [l&odinfo@gjnh.scot.nhs.uk](mailto:l&odinfo@gjnh.scot.nhs.uk).

Stay safe and well.

## NHS Golden Jubilee Support and Resources

### Occupational Health

Our Occupational Health service can support you with any queries regarding your physical and mental health in relation to your fitness to work.

The team also work with the Glasgow Cognitive Therapy Centre to offer Cognitive Behavioural Therapy (CBT).

For further information or to make an appointment with a member of the Occupational Health Team contact: Ext. 5436 or email: [occ.health@gjnh.scot.nhs.uk](mailto:occ.health@gjnh.scot.nhs.uk)

- **Cognitive Behavioural Therapy (CBT)** –CBT is a talking therapy that can help you identify negative patterns and support a change in your thinking and feelings. CBT sessions are carried out, on a one to one basis. The sessions will be supported via telephone or virtually using various means such as Skype.

## Psychological First Aid (PFA)

PFA promotes skills in self-care, maintaining resilience, positive coping methods, and encourages existing good practice in these areas.

- **One to one sessions** - Dr John Sharp, our Consultant Clinical Psychologist, is offering 30-minute virtual sessions using NHS Near Me (accessible via a smartphone, tablet or computer with a webcam & microphone)

To find out more and / or book an appointment, contact Occupational Health on Ext. 5436 or by emailing: [occ.health@gjnh.scot.nhs.uk](mailto:occ.health@gjnh.scot.nhs.uk)

## Space to relax and recuperate

- **Spiritual Care Centre** – Situated in the main corridor on the ground floor between the hospital and the hotel. The spiritual care centre is open all day every day and includes:
  - **The Sanctuary and Prayer Room to pray and reflect**
  - **The Lounge to relax**
- **The Golden Bistro** – Situated on the ground floor. You can purchase a range of food and drinks between 7.00 am to 6.30 pm, Monday to Friday and 8.00 am to 3.00 pm, Saturday and Sunday. The seating area is open 24 hours a day, 7 days a week and includes a microwave to heat your own food.
- **Café Latte** – Situated on the ground floor, it is open every day from 8.00 am to 8.00 pm for takeaway. Café Latte has an exit that takes you directly outside, where you will find a number of benches. You can take a seat and enjoy the fresh air whilst having a view of the Clyde.

## Physical Health and Wellbeing

The Hotel Health and Wellbeing Team are offering:

- **Advice on exercising and general fitness** - This service is being provided on a one to one basis via email or telephone and can be accessed Monday to Friday from 10.00 am to 4.00 pm.

- **Online Yoga Classes** – These virtual yoga classes consist of either yoga or chair yoga and can be done from the comfort of your own home. Contact the Health and Wellbeing Team directly to register your interest and get details of class dates and times.

To find out more email: [healthandwellbeing@goldenjubilee.scot.nhs.uk](mailto:healthandwellbeing@goldenjubilee.scot.nhs.uk)

## Coaching

Coaching offers the opportunity to discuss challenging work issues you are facing with a qualified coach. It will help you to explore tools, techniques, and strategies to deal with your current work issues.

- **One to one coaching support** - Coaching sessions will be offered over the telephone or via video conferencing e.g. Microsoft Teams or Skype with each coaching session lasting between 1 ½ to 2 hours. To find out more and / or book an appointment contact [Donna.akhal@gjnh.scot.nhs.uk](mailto:Donna.akhal@gjnh.scot.nhs.uk) or telephone Learning & Organisational Development on Tel: 0141 951 5123.

## Spiritual Care Support

Our Spiritual Care Lead, Andy Gillies, is offering a range of support detailed below. For further information or to book an appointment, contact Andy directly via email on: [andrew.gillies@gjnh.scot.nhs.uk](mailto:andrew.gillies@gjnh.scot.nhs.uk)

- **One to One Bereavement Support** - Our intentional listening service provides support for issues around bereavement. If you have been affected by loss or anticipatory grief at this time, you can request a 50 minute one to one telephone session.
- **Service of Remembrance** – A Service of Remembrance will take place **every Tuesday at 12.00 pm at the Spiritual Care Lounge**. At this service you can remember loved ones that you are concerned about, have been significantly affected, or who have died. Plenty of space will be given to ensure physical distancing measures are adhered to, or you can choose to join remotely. You can email Andy Gillies directly for the web link for each service.

- **Staff 1-2-1 Support** – Appointments are available if you require support for new or ongoing spiritual care issues.
- **Staff Group Support** – This will support you with self-compassion meditation and to reflect on your week so far. Each group support session will begin with an invitation to respond to the following opening: ‘The story of my week is...’, followed by a short meditation. Sessions will take place **every Friday at 4.30 pm using NHS Near Me**.
- **Values Based Reflective Practice (VBRP)** – This is a form of reflective practice and a way of connecting to the deeper part of why we do our work, allowing gentle space to process the challenges and joys of it.

## NHS and Government Resources

For ease of use, all external resources have been hyperlinked, which means you can click on the resource you are interested in and it will take you directly to the information / Internet page.

### Scottish Government Health and Wellbeing Toolkit

This **toolkit** has been issued by the Scottish Government and offers information on a range of key areas that support health and wellbeing, including:

- [Staying Safe and Well](#)
- [Emotional Wellbeing](#)
- [Sleep](#)
- [Social Connections](#)
- [Eating Well](#)
- [Physical Activity](#)
- [Resilience](#)
- [Culture and Behaviours](#)
- [Compassionate Leadership](#)

### Self-Care

- [PRoMIS National Wellbeing Hub](#) – commissioned by the Scottish Government and provides information and resources for individuals and managers in all aspects of health and wellbeing
- [Going home checklist](#) – A list of questions to encourage reflection and mindfulness at the end of a working day
- [NHS Fitness Studio's range of online exercise videos](#)
- [NHS Eatwell Guide](#)
- [The Association of UK Dietitians Weight Loss Fact Sheet](#)

## Mental Health

- **NHS Inform** – Mental health advice
- **NHS Mental Health Apps** – Offers a range of Apps that can support your mental health

## Coaching for Wellbeing

- **Coaching for Wellbeing** is a digital coaching service. It offers **two options for online coaching**, both designed to support you with issues you may be facing during these challenging times. Experienced coaches will support you in building resilience and improving your wellbeing and if you lead others there will be space to explore how you support your staff too.

Whichever option you choose, coaching will bring new ways of understanding yourself and your situation, clarity as to how you can play to your strengths and further strategies for staying on track.

## Turas Learn

- **Turas Learn** – The NHS Education for Scotland (NES) e-Learning platform contains several learning resources to support you to take care of yourself, others and teams.

## Money Matters

- **Department for Work and Pensions** – provides information on the financial options that may be available to you and others during this time.
- **Mygov.scot** - Includes information on benefits, funds and grants, including Child Benefit, The Scottish Welfare Fund, Crisis Grants and Funeral Support Payments.



## Parenting

- **Parent Club** – Includes several resources designed to support Parents and their children specifically during Coronavirus.

## Protection from Abuse

- **Mygov.scot** – Domestic Abuse: support
- **Police Scotland** – Reporting domestic abuse

## External Resources / Websites

For ease of use, all external resources have been hyperlinked, which means you can click on the resource you are interested in and it will take you directly to the information / Internet page.

### Self-Care

- **Mindfulness** - Mindfulness is a healthy sustainable way to manage stress. Research suggests that Mindfulness can have a powerful and positive effect on health and wellbeing across a wide range of physical and mental health conditions. The resources below can provide you with more information on mindfulness, as well as useful mindfulness tools:
  - [Headspace.com](https://www.headspace.com)
  - [insighttimer.com](https://www.insighttimer.com)
- **Mind.org** – Information on how to cope with sleep problems
- **Samaritans** – 24 hour Listening Service (Telephone: 116 123)

### Mental Health

- **Breathing Space** – A confidential listening service
- **Mental Health Foundation** – Mental health and psychosocial support
- **Mind** – Mental health information and support
- **SAMH** – Includes a Coronavirus (COVID-19) mental health information hub
- **See Me** – Resources to help challenge mental health stigma
- **Support in Mind Scotland** – Mental health support

## Money Matters

- **Citizens Advice** – offers advice on the various financial assistance options available
- **The Money Advice Service** – offers advice on any financial assistance you may be entitled to
- **Money Advice Scotland** - offers advice on dealing with debt and money worries

## Protection from Abuse

- **Citizens Advice Scotland** – Help for domestic abuse
- **Shelter Scotland**
- **Scottish Women’s Aid**
- **Abused Men in Scotland**

## Trade Unions Information

Many Trade Unions have updated their websites to include information to promote mental health and wellbeing during Coronavirus (COVID-19).

- **British Medical Association**
- **Chartered Society of Physiotherapy**
- **GMB**
- **The Royal College of Nursing**
- **Society of Radiographers**
- **Unite**
- **Unison**