

Staff Wellbeing Service

The Trust's Staff Wellbeing Service is aimed at supporting staff to cope with stress, improve physical and psychological wellbeing and support with long term conditions impacting on work and personal life, including management of pain and management of fatigue.

COUNSELLING



Our person-centred counsellors offer a reflective, non-judgemental space, guiding them to discover their own solutions.

OCCUPATIONAL THERAPY

Occupational therapy takes a "whole-person approach" to both mental and physical health and wellbeing and enables individuals to achieve their full potential.



COGNITIVE BEHAVIOURAL THERAPY (CBT)



CBT is a type of talking treatment which focuses on how your thoughts, beliefs and attitudes affect your feelings and behaviour, and teaches you coping skills for dealing with different problems.

PSYCHOLOGY

One to one support with an Assistant Psychologist who will draw on a range of theoretical frameworks to support with issues such as anxiety, depression and work related stress.



COMPUTERISED CBT

SilverCloud is an online cognitive behavioural therapy that offers a range of programmes designed to help you understand more about your current difficulties before walking you through useful techniques based on CBT. This involves weekly telephone reviews with a clinician.



PHYSIOTHERAPY

Fast access to physiotherapy, osteopathy and chiropractic care offers assessment and up to six sessions free of charge at a number of Lincolnshire wide physiotherapy centres.



GROUPS

In addition to one-to-one support, we offer a CBT therapy course, circle of wellbeing sessions, sleep courses and sleep workshops.



What does the LPFT Staff Wellbeing Service provide?

The Staff Wellbeing Service provides all LPFT staff with the opportunity to have access to individual psychological therapy for anxiety, depression, stress related and physical health difficulties. Your difficulties do not need to be work-related in order to be seen within the service.

You can also contact the Staff Wellbeing Service for support if you have identified domestic abuse and would like some support.

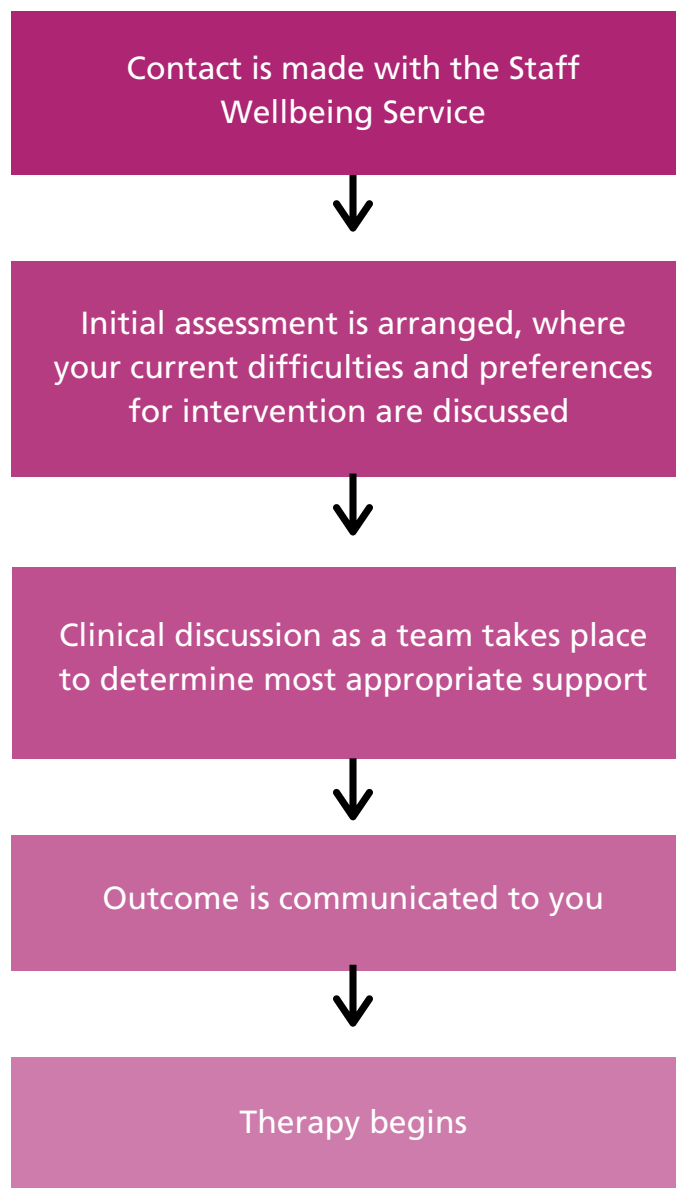
In addition to individual support and therapy, the service runs regular groups and workshops, which run virtually.

Individuals can also access fact track to physiotherapy, chiropractors and osteopaths.

What professionals work in the service?

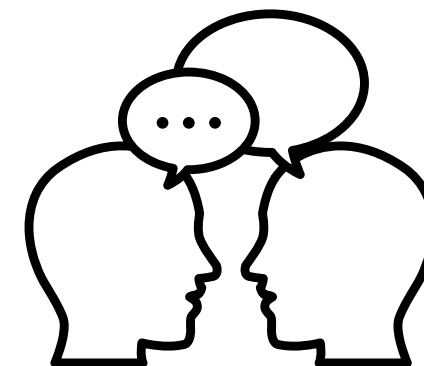
The dedicated team consists of an Assistant Psychologist, Cognitive Behavioural Therapist, Occupational Therapists, Counsellors, Psychological Wellbeing Practitioner (PWP) and a Team Secretary. We also have a Psychiatrist and Physiotherapists who work

At a glance



Is the service confidential?

Confidentiality is paramount to the service. If you self-refer, only the Staff Wellbeing team will be aware that you are accessing the service. In the case of a management referral, brief correspondence will be sent to the referrer, however the content will be discussed with you before it is sent and you will receive a copy of all correspondence sent from the service. The service currently keeps clinical notes in paper form and these are stored securely and confidentially in line with GDPR 2018.



Where will my appointments be?

The service is based in Lincoln, but appointments are currently offered via telephone or video (Microsoft Teams). These will be arranged (as far as possible) at a time and date that is convenient to you.

How can I access the service?

You can access the service by making a self-referral, be referred by your line manager or by contacting the Emotional Wellbeing Helpline. Referral forms are available on the Team's SHARON site

SELF REFERRAL

Any member of LPFT staff who would like support with stress related difficulties, anxiety, depression or any physical health problem impacting on their day to day life can self-refer by contacting the service direct via email, or calling to request support.

MANAGEMENT REFERRAL

A manager may refer a staff member to the service if they are concerned about the individual's health and wellbeing and how it appears to be impacting on their day to day life, including work. The referral will be discussed by the manager with the individual. Referrals can be made where an individual is absent from work or struggling to remain at work. Contact with the service in these circumstances is fast tracked (contact made within 72 hours).

STAFF WELLBEING HELPLINE

This helpline can act as triage process for those in need but is also available as a space to offload, wobble or even just chat about something bothering you in judgement free, safe space.

Contact details



ADDRESS

Staff Wellbeing Service
10 The Avenue
Lincoln
LN1 1PB



MAIN OFFICE PHONE

01522 511800



EMAIL

lpft.staffwell-being@nhs.net



STAFF WELLBEING HELPLINE

Monday - Friday (9.00am - 5.00pm)
01522 518609



Lincolnshire Partnership
NHS Foundation Trust

Staff Wellbeing Service



Staff Wellbeing Service

Promoting Health Life Choices

The Trust is able to offer a wide variety of staff benefits free of charge or for a small discounted fee. Please see the following information on what is currently available. More information can be found on SHARON.



YOGA

A free weekly yoga class to all NHS staff working in LPFT, LCHS and ULHT. The class aims to support individuals in their personal journey of health and wellbeing.

ZUMBA

Free weekly classes across the Trust. Through both low and high intensity movements, you'll be dancing your way through this calorie burning dance workout. Great if your goal is weight loss or general fitness.



KARATE & STREET DEFENCE

Learn traditional Shotokan Karate and Street Defence tactics that work. Keep fit, have fun and stay safe! All abilities and fitness levels welcome. Offered externally to NHS Staff at a discounted price.

PILATES

Low impact, helps posture, and can give a supple, stronger body. Small class size allows for individual attention. Offered externally to NHS staff at a discounted price.



CYCLE2WORK

Buy a tax free bike through Halfords, to enable you to cycle to work. More information can be found at: www.cycle2work.info



EYE CARE VOUCHER

Vouchers are available for an annual free eye test with Specsavers. Discount offers on frames for those who need glasses for computer use only.



TAI CHI

Tai Chi for Rehabilitation will improve health and wellness and is therefore, of benefit to everyone. This programme is delivered as a six week block of one hour sessions.

Boost your confidence and self-esteem workshop



A two-part confidence boosting workshop delivered by the Staff Wellbeing Service.



Email us at lpft.staffwell-being@nhs.net to sign-up, including details of which 2-part workshop you wish to attend.

What can you hope to get from this workshop?

Confidence



Gain confidence and improve your self esteem by developing your skills in assertiveness

Self Awareness

Develop insight into your own communication and behaviour and learn strategies for positive change



Positive relationships

Learn strategies for improving personal and professional relationships and develop insight into your communication style



Communication

Gain the skills to enable you to communicate openly and effectively with others regarding your thoughts and feelings



Dates

- Friday 11th February 2022 and Friday 25th February 2022
- Friday 18th March 2022 and Friday 1st April 2022

To confirm your place on the workshop , we will send you an email with a link to access the MS Teams meeting.

The Staff Wellbeing Service are pleased to be offering online sessions delivering the Circle of Wellbeing, a tool developed by the service which has recently been recognised by NHS Employers and NHS England & Improvement as an example of good practice to support staff wellbeing.

These workshops benefit individuals who are currently experiencing stressful situations either at work or at home, are finding it difficult to maintain work, or wish to expand on their awareness of their own wellbeing. The workshops are open to everyone, including bank staff and governors.

How does it work?

The Circle of Wellbeing explores eight different areas of your life where you self-assess how these are currently impacting on your wellbeing; are they supporting, or interfering?



We then encourage you to set an action plan, with realistic goals to make changes that positively impact your wellbeing, with the support of our staff within a safe group environment.



You will then be booked on to a review session a few weeks later to check with how you are getting on.

Dates

Monday 24th January (review 21st February)
Monday 21st February (review 28th March)
Monday 28th March (review 25th April)
Monday 25th April (review 30th May)
Monday 30th May (review 27th June)
Monday 27th June (review 25th July)

Workshops are held between 10.00am-11.30am. Reviews are 1pm-2pm.

I'm in! How do I attend?

Email us at lpft.staffwell-being@nhs.net and include:

- Your name
- Which date you wish to attend

To confirm your place on the workshop, we will send you an email with a link to access the MS Teams meeting.

Please note that these workshops can also be tailored and delivered within your teams at a time that suits you. Please contact us for more details.

Staff Wellbeing Champion

Support the LPFT Staff Wellbeing Service by encouraging your work place to take care of their wellbeing during their working days and to promote workshops, groups and opportunities provided to LPFT by the Staff Wellbeing Service.

RESPONSIBILITIES:

- Having an enthusiasm for, and interest in, health and wellbeing with a basic understanding of healthy lifestyles.
- Promoting a healthy wellbeing culture and encouraging the inclusion of wellbeing on your team meeting agenda.
- Championing and promoting events, challenges and initiatives that encourage wellbeing through LPFT.
- Informing colleagues of the routes of referral to the Staff Wellbeing Service and support available.
- Feeding back to our Wellbeing Guardian.
- Active involvement in Staff Wellbeing events.
- Promoting Wellbeing campaigns through display boards, posters or any means that is appropriate to your work place.
- Keep the Staff Wellbeing Service up to date of any service/team needs and ideas for future initiatives.

EXPECTATIONS:

This role is open to staff at all levels in all departments. All you need is:

- Permission from your line manager to fulfil this role.
- Attendance at 2 supervision sessions per year (90 minutes)
- Attendance at relevant development and training sessions.
- Keep up to date with activities within the LPFT Staff Wellbeing Service and share with your team.

Point of contact for Wellbeing Champions

Lisa Johns (Occupational Therapist)

- lisa.johns3@nhs.net

Diane Caldwell (Psychological Wellbeing Practitioner)

- d.caldwell@nhs.net

I'm in! How do I apply?

Email us at lpft.staffwell-being@nhs.net and include:

- Your name
- Your role
- Your department
- A sentence or two telling us a bit about why you wish to become a staff health and wellbeing champion

Following this we will invite you to join the MS Teams group where more information will be shared and you can begin to network with other Champions across the Trust.

Cancer support group for LPFT staff

LPFT Staff Wellbeing Service were recently approached by a staff member requesting support for staff who have had, or are currently experiencing, cancer. We appreciate how difficult this time can be and are therefore really pleased to be able to announce a new support group for staff members who are at any stage of diagnosis, treatment or follow-up to a diagnosis of cancer.

Who will be facilitating the group?

The group will be facilitated by a volunteer, Phyllis Alden, a Clinical Psychologist with extensive experience in this area.

How will the group be structured?

The sessions will be held via MS Teams, they will last up to one and a half hours, held once per month for six months and then reviewed. This will be a closed group where we hope you will be able to attend regularly. Space will be limited to eight people to enable all group participants to contribute and benefit from the discussion and information shared.

When will the group run?

We are hopeful for this group to begin at the end of April 2021, with dates and times to be confirmed depending on the majority participant preference.

How can I register interest?

We ask that you contact the Staff Wellbeing Service to register your interest.

Following this, you will be sent a questionnaire which we need you to complete and return to enable Phyllis to tailor the content and structure of the group.

Please initially contact lpft.staffwell-being@nhs.net or call 01522 511800.

If you wish to discuss the group further or ask any more questions, please get in contact with us on the details above and we will get back to you.



Absence Support Pathway

What is it?

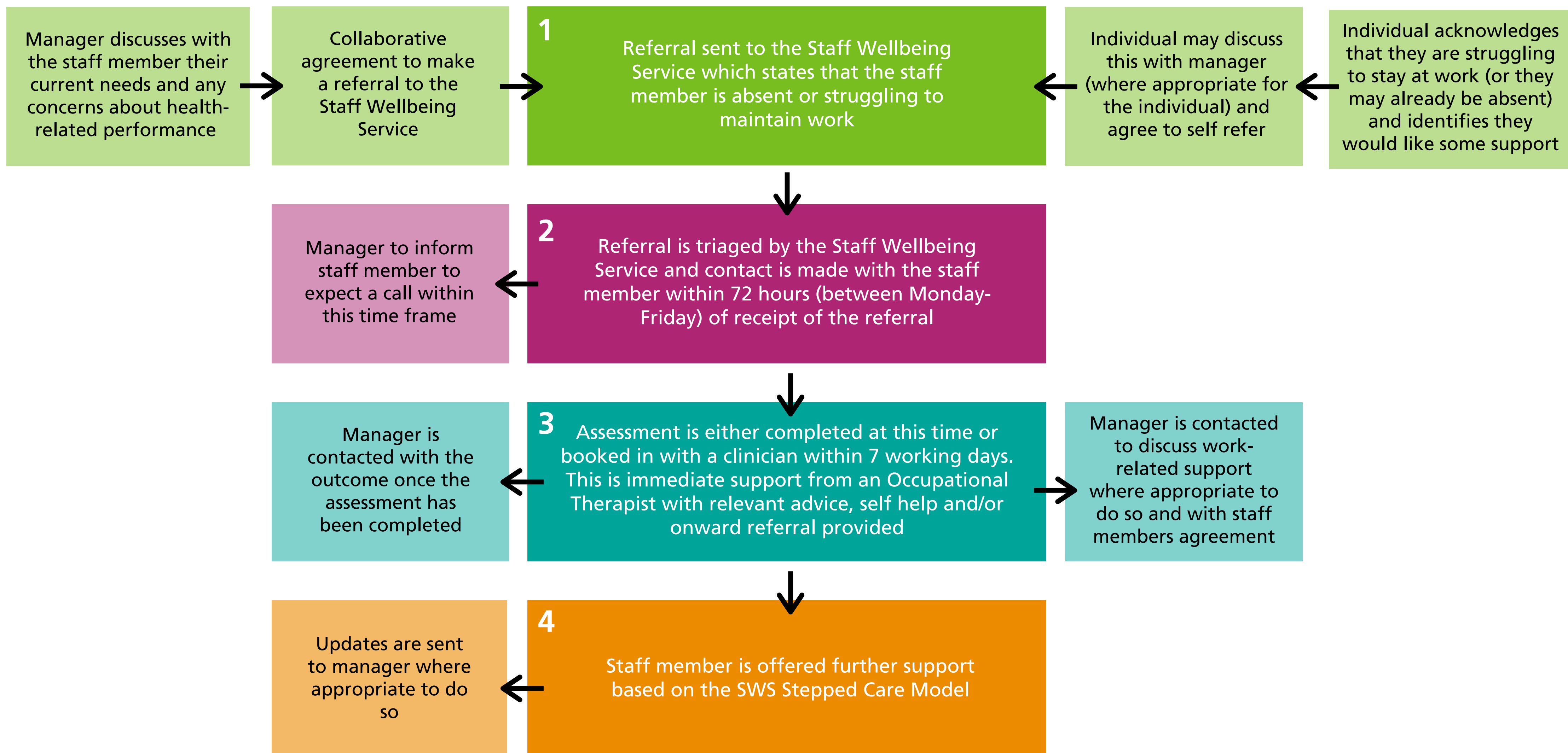
Anyone that is referred by a manager or self refers to the Staff Wellbeing Service (SWS) that is absent from work, or identifies they are struggling to maintain work, will receive contact and immediate brief support within 72 hours of receipt of referral from an Occupational Therapist. This person has specialist skills in providing practical support to facilitate and maintain health, wellbeing and recovery, supporting individuals to overcome barriers preventing them from engaging in their meaningful activities.

Why has it been developed?

We know that engaging in work when it is good, is good for our health and wellbeing. This pathway provides fast-track brief intervention to support staff for a period of time. It may be that a referral to another service or course of therapy is also relevant, this pathway will action that in a timely way.

Management Referral

Self Referral

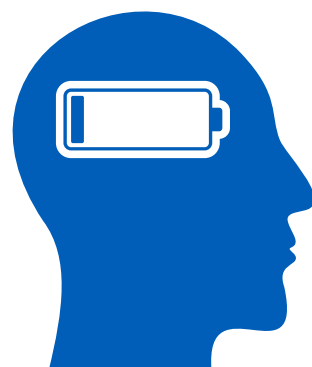


Burnout - What it is and how to manage it

This workshop is for all health and social care staff working across the Lincolnshire system, who may be experiencing or at risk of burnout.

The COVID-19 pandemic has put health and social care professionals under increasing pressure. The population is already widely acknowledged to be at risk of burnout.

Our workshop aims to develop your understanding of the concept of burnout, how to recognise the symptoms, and a space for reflection on what burnout means to you. We will consider some coping strategies and also explore ways in which to identify when more help is needed and where to access this support.



Dates:

Thursday 3rd February 10:00- 11:30, follow up review session Thursday 24th February 10:00-11:00

Thursday 17th February 10:00 – 11:30, follow up review session Thursday 10th March 10:00- 11:00

Thursday 17th March 10:00 – 11:30, follow up review session Thursday 7th April 10:00 – 11:00

How to book your place:

Email us at lpft.staffwell-being@nhs.net and include:

- Your name and preferred contact details
- Which date you wish to attend

Workshops are held on MS Teams, you will receive a link to attend closer to the workshop.



Staff Wellbeing Service

Circle of Wellbeing for Working Parents & Guardians

Juggling work and parenting roles?

Struggling to maintaining a healthy work/home life balance?

Staff Wellbeing are providing a one-off Circle of Wellbeing workshop tailored to working parents and guardians.

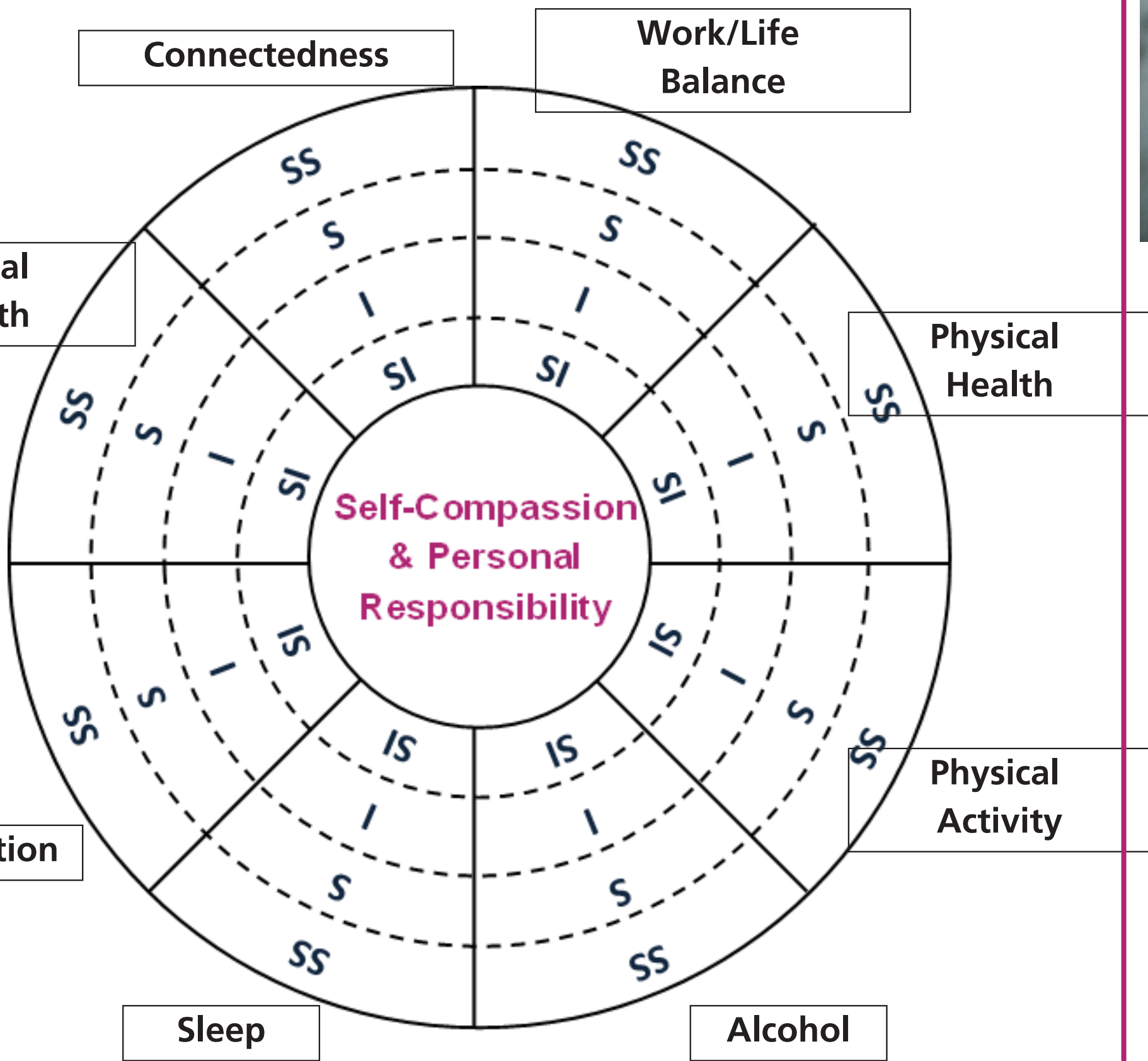
To book you place contact the Staff Wellbeing Service to book:
lpft.staffwell-being@nhs.net

24th November 2021 10-12am

The Circle of Wellbeing...what is it?



A tool to support individuals understand how different areas of their lives support or interfere with their own self-compassion and personal responsibility to maintain their wellbeing.





**LPFT Staff Wellbeing
Service are launching
a new staff network**

**Domestic Abuse:
Improving Support
in Every Service
(DAISIES)**

**Open to everyone who identifies
themselves as having had an
experience of domestic abuse or as
an ally of this cause.**

**Thursday 25th November 2021
1.30pm-3.00pm via MS Teams**

**For further information and
information on how to join, contact:**

☎ 01522 518609

✉ lpft.staffwell-being@nhs.net

What is Domestic Abuse (DA)?

The Home Office definition of domestic violence and abuse now states:

Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members* regardless of gender or sexuality. This can encompass but is not limited to the following types of abuse:

- Psychological
- Physical
- Sexual
- Economic
- Emotional

*Family members are: mother, father, son, daughter, brother, sister & grandparents; directly-related, in-laws or step-family.

Controlling behaviour is:

A range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is:

An act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

This definition, which is not a legal definition, includes so called 'honour' based abused, female genital mutilation (FGM) and forced marriage and is clear that victims are not confined to one gender or ethnic group.

If you recognise any of the above behaviours and wish to raise a concern about yourself or others, please contact the Staff Wellbeing Service (SWS) or the Trust's Safeguarding Lead.

What is MARAC?

A MARAC is a regular local meeting to discuss how to help victims at high risk of murder or serious harm. We call these meetings MARAC's, but they are also referred to as a multi-agency risk assessment conference. An Independent Domestic Violence Advisor (IDVA), police, Local Authority, health, housing, fire rescue, a LPFT Safeguarding representative and other relevant agencies all sit around the same table. They talk about the victim, the family and perpetrator, and share information. The meeting is confidential. Together, the meeting writes an action plan for each victim. They work best when everyone involved understands their roles and the right processes to follow. When an LPFT staff member has been identified, the Safeguarding Lead (or Deputy) will represent the individual in a sensitive manner.

Domestic Abuse Support

Domestic abuse is identified to the Staff Wellbeing Service by:

- Self
- Manager
- Human Resources (HR)
- Colleague
- SWS Clinician
- Safeguarding Lead (or via external agencies as a result of MARAC)

Standard risk:

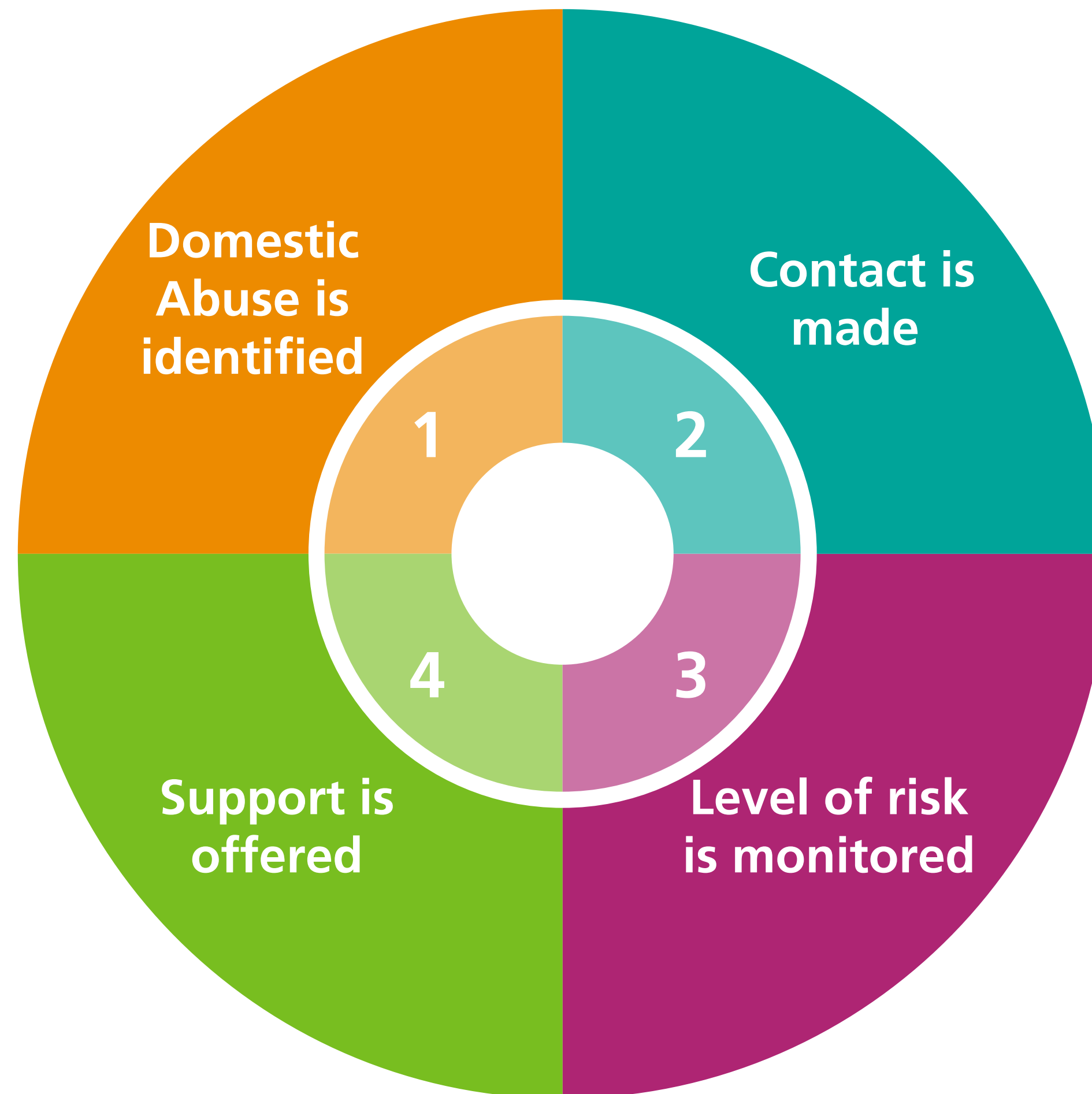
- Support via the SWS stepped care model
- This may involve joint work with the DA Specialist
- Safety plan session is offered
- Referral to external support groups or online support

Medium risk:

- Immediate support with the DA Specialist
- Potential to work towards facilitating a referral to external agencies
- Immediate safety plan arranged

High risk:

- Immediate support with the DA Specialist
- Immediate safety plan arranged
- Review potential support networks within work
- Advice and guidance given about external agencies
- Joint working between the DA Specialist and external agencies is offered

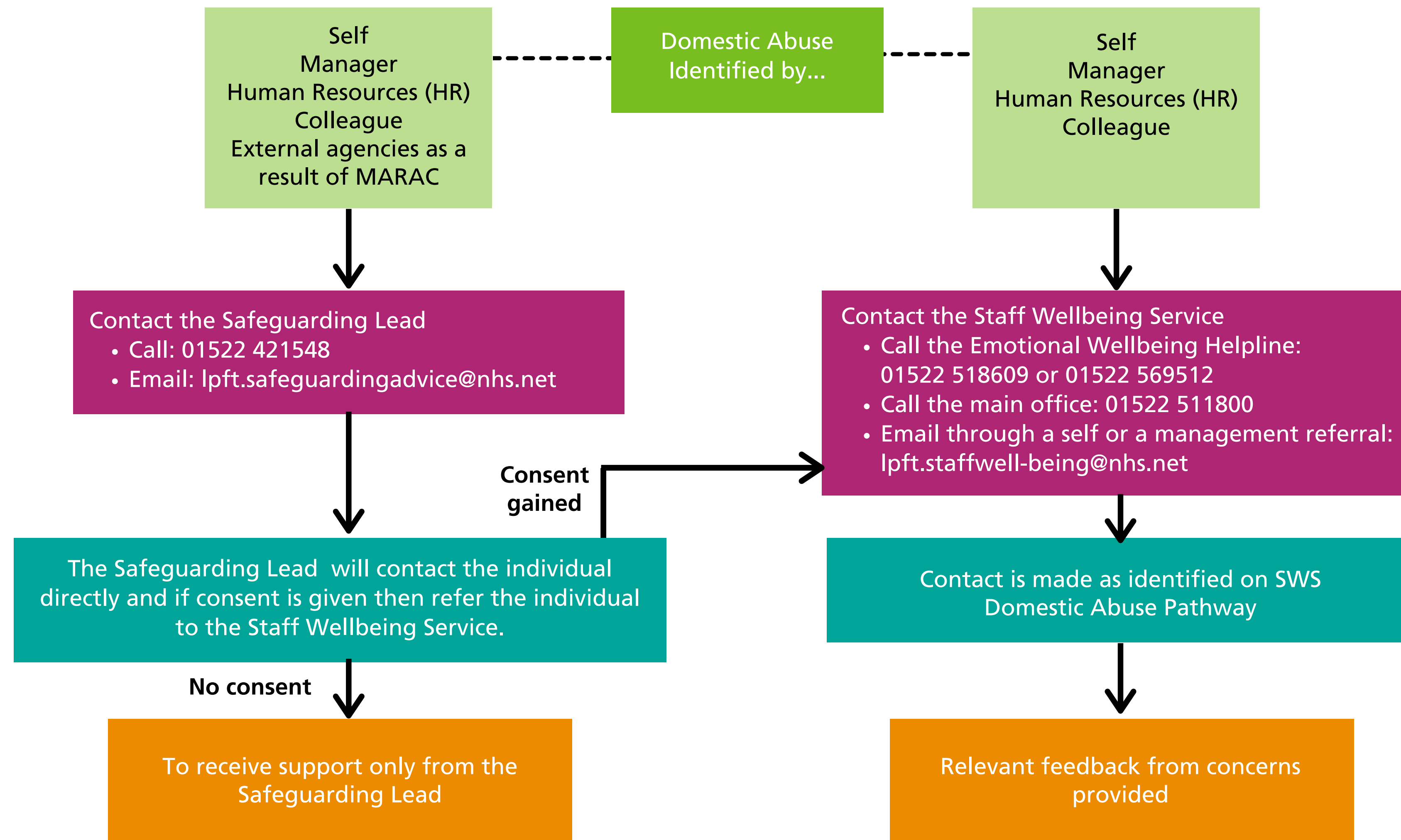


- Contact is made by a SWS Clinician
- Discussions take place during a safe and convenient time agreed with the individual
- Potential risk is identified
- Initial assessment is booked with consent for a safe and secure time
- Information is provided about SWS, external agencies and Safeguarding

- Risk assessment completed (inc. DASH / SDASH) with consent of the individual
- Risk is continually monitored by SWS DA Specialist or Safeguarding Lead (choice of who made by the individual)
- Support agreed with the staff member or signposted to appropriate services
- Individual is empowered to create their own support and safety plan with the DA specialist

- You can contact the Staff Wellbeing Service directly, or where appropriate, submit a referral stating that domestic abuse has been identified. Alternatively, you can contact the Safeguarding Lead directly who may contact Staff Wellbeing for further support if consent is gained.
- This is a person-centred process and so is taken at the staff members own pace and there is no one-size-fits-all approach. Each step is taken if the staff member wants to, there is no pressure or expectation.
- The staff member can stop and withdraw from the support process at any point. The staff member can also seek further support in the future if at any point they wish to.
- Different levels of involvement with external agencies and the Safeguarding Lead can be arranged (e.g. anonymised information to seek advice on appropriate safety planning).

Domestic Abuse Support



In all cases, the Domestic Abuse Specialist and Safeguarding Lead will ensure that every individual, who has been identified as a victim of domestic abuse, will have a specialist support and safety plan put in place, even when the victim has not been identified.

Here and now group

After the positive uptake of the three 'Embracing Uncertainty' groups this year, the Staff Wellbeing Service are now offering staff the opportunity to attend a one-off monthly workshop where they will learn about the principles and application of Acceptance and Commitment Therapy (ACT). Following which, staff will then be able to attend regular drop in sessions in which various elements of the approach will be explored 'experientially,' focusing on developing acceptance of our thoughts and feelings, being more present in our lives and committed to living a more meaningful life guided by what's important to us.



The sessions continue to be run by myself Scarlett Webster – Counsellor in the Staff Wellbeing Service. I've been using ACT in my client work and my own life for the past two years alongside having a personal mindfulness and meditation practice. I also have a strong connection with being outdoors and want to offer staff through the 'Here and Now Group' the opportunity to develop and experience this too which is why I will be offering sessions over MST and outdoors in Lincoln on West Common (weather and numbers permitting.)

PLEASE NOTE: In order to attend the drop-in sessions on MST/outdoors you **MUST** have either attended the one off Here and Now Online Workshop or a past Embracing Uncertainty Group.

These sessions will be drop-in sessions that you can book onto as and when you're able to, this will ensure accessibility is broadened and enables staff to benefit from experiential work as well as understanding the theory.

Online workshops

Tuesday 26th October 2021
Tuesday 30th November 2021
Tuesday 4th January 2022

**All online workshops run from
3.00pm-5.00pm**

Drop-in groups

Tuesday 9th November 2021
Tuesday 16th November 2021
Tuesday 14th December 2021
Tuesday 21st December 2021
Tuesday 11th January 2022
Tuesday 18th January 2022

**All drop-in groups run from
12.00pm-1.00pm**

Please email at scarlett.webster1@nhs.net to book a place

Post Incident Awareness and Support

What is an untoward incident?

An NHS (UK) term for any event, incident, occurrence or accident, which could have or did lead to unintended harm, loss or damage to a patient, visitor or member of staff or hospital Trust property. A range of circumstances could fall into this, be that an injury, assault or patient death. They are circumstances that don't occur frequently and therefore can have an adverse effect on staff dependent on the incident itself, the circumstances surrounding it and our own personal health and wellbeing at the time.

There are several factors that contribute to how we respond to an untoward incident; and it is important to remember there is no right way or wrong way, how you feel and respond may not be the same as others. The information below is provided to give you a generalised awareness of what you may experience and information regarding seeking help and support. Please be aware this list is not exhaustive.

By the time you are reading this you should have received some contact either face to face or via the telephone from your manager/senior member of your team to check your welfare following the incident. Any needs that are identified at this point can then be actioned or signposted if appropriate.

Impact: When dealing with a crisis or having received some distressing news the fight/flight/freeze response is activated and in turn creates hormonal and physiological changes in the body in order to manage the situation. Fight/flight mobilise a person to react whereas freeze causes immobility. At this point you will likely experience increased heart rate and breathing, pupils dilate, hearing becomes sharper and your body temperature rises. When you're faced with a perceived threat, your brain thinks you're in danger. That's because it already considers the situation to be life threatening. As a result, your body automatically reacts with the fight-flight-freeze response to keep you safe.

When this reaction has run its course or the situation has come to an ending, its not unusual to feel some relief as the physical symptoms decrease, however depending on the circumstances the mind can start to replay the event or start to identify future concerns. You might become aware of changes to how you feel and experience the situation at this point.

These are common reactions following an untoward incident:

Anxiety	Symptoms of anxiety: palpitations, sweating, racing thoughts, feeling hot, worrying, easily startled by loud noises, sudden movements, etc.
Sleep disturbances	Difficulty in getting off to sleep, restless sleep, vivid dreams or nightmares. At first these may be about the incident itself or the experience, but they can change to be less specific, where the content can just be unsettling or generally disturbing.
Intrusive memories	Intrusive thoughts/images of the traumatic incident, which can appear to 'come out of the blue', without any triggers or reminders. Other thoughts, images or feelings may be prompted by media triggers, sounds, a song or piece of music, the sound of water or people running.

Re-experiencing	This may feel as if the trauma is recurring all over again (these latter feelings may be accompanied by sensory perceptions such as taste, smell or touch). Intrusive thoughts/memories.
Guilt	Feelings of regret, shame or embarrassment about not having acted or coped as well as you would have wished, about letting yourself or others down, about being in some way responsible. Other feelings of guilt may be present because you survived, whilst a friend or loved one died – again, this common phenomenon is known as ‘survivor guilt’.
Sadness	Feelings of depressed mood and tearfulness.
Emotional numbness	Feeling detached or unable to experience any feelings of love or anger.
Withdrawal	Tending to retreat into yourself, avoiding company, isolating
Disappointment	Thinking that people (including family) do not really understand how you are feeling.
Avoidance	Of activities, places, people, thoughts/images and situations which remind you of the incident.

Your reactions may vary from those of other people for several reasons, including differences in personality, in ways of expressing emotion, and in styles of coping. People also vary in terms of their previous experiences of adversity or trauma, as well as in the extent to which there are existing stresses and strains in other areas of their lives. The exact nature of the traumatic event and of your experiences as it happened will also make a difference.

If however, in the immediate aftermath and following days you do have intense or unpleasant physical reactions, sleep disturbance, intrusive memories, feelings of fear or guilt, or other reactions of the type described above, it cannot be overemphasised that these are entirely normal reactions to abnormal events and in most cases are not long-lasting. Although it is difficult in the moment try to embrace the feelings rather than being embarrassed about their occurrence or worry that they are in any way abnormal or signs of weakness. Expression of feelings related to the incident will not lead to loss of control and in most cases will in fact help you come to terms with what has happened.

Here are some helpful ways to cope:

Acknowledge your feelings	This could be speaking on your own, with a trusted person or writing it down. Assessing early on what you need to support you in the early days following the event.
Grounding yourself if you feel overwhelmed	Focusing on your breathing, using your five senses –what can you see, feel, hear, taste and smell. If you’re engaged in an activity, try and fully immerse yourself into this – focusing your attention.
Keeping a routine	But being flexible around your support needs.

Keeping connection with others	Friends/family/colleagues. If you find it difficult to reach out why not ask someone to contact, you – arrange a day/time – preferred method - text/call/video message?
Speaking with manager	Whether this be about continuation of work or short term reasonable adjustments.
Annual Leave	Identifying whether any time off is supportive
Keeping up with hobbies/interests	So as not to be over consumed by the event. This helps us to put the event into context within the bigger picture of our lives as it can feel consuming in the early hours/days after.
Resourcing	It's important to try not to think too far ahead but casting your eye forwards in the direction of your needs can be helpful – what resources do you need to support your coping. This may involve professional support – Staff Wellbeing Service, Occupational Health, other Healthcare professionals, Legal advice/support.

Formal levels of support

Early welfare check in: this should come from someone senior and familiar to you where possible in the immediate hours after the event. Offering space for initial thoughts/feelings/support needs.

Next day follow up: If possible, a check in the following day by the same person is carried out – If not possible then by someone who is still familiar. At this point you should be asked if you would like an arranged 'reflective space/debrief. Manager to contact to arrange.

Reflective space offered and further support needs discussed

The Staff Wellbeing Service has a wellbeing helpline for staff to access support Monday to Friday between 9:00 and 5:00. If you would like to speak to an impartial person following on from the workplace welfare check you can contact the helpline on 01522 518609. If nobody is available to take your call, please leave a voicemail and a member of the team will call you back within the following 24 working hours.

In addition, it may be that following the untoward incident there is an investigation process, during which you may wish to receive feedback around what the process is, timescales and outcome feedback. A person should be delegated to offer this to you and as a point of contact for you during this time.

Sleep Workshop

Is lack of sleep affecting your daily life?

This half-day workshop is designed for those who recognise that they have difficulties with sleep and would like an introduction to what is happening when we sleep, how this can impact on us and what we may be able to do to move towards improved sleep.

What is happening
when you sleep, and
why?

Accepting the things
you cannot change &
welcoming your
responses to sleep

Committing to
changes and exploring
set backs.

Feedback:
"The knowledge shared
really helped me
understand sleep, what is
"normal" and feel better
about my sleep"

This course is fully endorsed by LPFT as part of the on-going Staff Wellbeing agenda and is also open to our colleagues in LCHS and ULHT.

Upcoming workshops

Monday 11th October 2021

Wednesday 24th November 2021

**All sessions are held between
9.30am-11.30am via MS Teams**

Email us at lpft.staffwell-being@nhs.net to sign-up, including details of which session you wish to attend.

To confirm your place on the workshop , we will send you an email with a link to access the MS Teams meeting. Please note that there will be limited places on each workshop.

Stepped Care for Psychological Interventions

