



STAKEHOLDER NEWS

DECEMBER 2021

ISSUE 03

Regular update for our stakeholders on developments and key milestones from the You Matter team

Praise from senior leaders: Over the last few months, You Matter has received some really positive feedback from staff members who have used our service, which is always good to hear. Paul Roberts, CEO of [Aspire](#) (a local social enterprise which provides frontline support to vulnerable adults), has been in touch to say:

"I've been looking for a relevant and effective resource to offer my colleagues which can support them with maintaining their wellbeing. I was recommended to approach You Matter and was provided with helpful resources to share with my colleagues; encouraging them to self-refer to access the support that has been designed with their wellbeing needs in mind. I'd encourage leaders and managers in other frontline organisations in Oxfordshire to make use of this NHS resource, particularly at a time where our colleagues need additional wellbeing support."

Don't forget: if you would like You Matter to run a session with your team about what we can offer, or you would like to book one of our online or face to face wellbeing hubs, please do get in touch. Contact details can be found at the end of this newsletter.

Action for Happiness – acts of kindness for December

This month, [Action for Happiness](#) are encouraging you to carry out small acts of kindness. This has been another difficult year of uncertainty and ups and downs for many of us. Kindness is contagious and helping others has been proven to make us feel better too.

Did you know?

There are 182 dental practices across the BOB region? Find out all you need to know about our ICS on the [website](#).

Date for your diary: BOB ICS Health and Wellbeing Launch Event – CCG and Primary Care staff

Wednesday December, 15 from 12-12.45pm. [Click here](#) for the meeting invite.

Top tip – It's not happy people who are thankful – it's thankful people who are happy! Appreciation is wonderful; it makes what is excellent in others belong to us as well!

Teamwork is the best work

The You Matter team recently talked about what matters to each of us most when working together – the word cloud below highlights what we find most important.



Trusting that we can work as a team with our colleagues is important to our wellbeing at work, but it also improves overall team performance in so many different ways. Showing that we value one another can be as simple as a smile or remembering to acknowledge the positives in a tricky conversation – every little helps! If you can and have a spare few minutes during a team meeting, why not complete similar exercises with your colleagues, recognising what we all value when working together.

Festive food – how do you eat yours?

Food is a big part of everyone’s festivities during the winter season but how do you eat yours?!? We ask **Evelyn Ramírez Armijos, YM Assistant Psychologist**, about how she celebrates with traditional fayre during this time. “During the Christmas period I enjoy eating Ecuadorian treats and chocolates, Spanish “turrón” and roasted chestnuts. Also, following Spanish tradition, every year for Kings’ Day (6th January), I would buy or make a “Roscón de Reyes”, a delicious doughnut shape bread-cake creation that is usually filled with cream and enjoyed with a cup of thick hot chocolate. If you are lucky to find the hidden figurine in your slice, you will be crowned King of the day and your wish will be command. If you’re unlucky to find the hidden broad bean, you will have to buy next year’s “roscón”, so good luck picking your slice!”

Spending time with loved ones during the festive season

Rev. Dr. Guy Harrison, Oxford Health Foundation Trust Head of Spiritual & Pastoral Care and Consultant in Staff Support, sends us this message: “As we head towards this Festive season, given the extremely difficult and challenging times we live in, coming together safely, with family and friends this year couldn’t be more important. The toll lockdowns, illness, home working and schooling have taken are more than some of us can bear. Never more than now do we need to take time and space to consider our own wellbeing and find ways in which we can take stock, process the events of the year and hopefully recharge our batteries with our families and friends.

“So, as we all look forward to a break, to the coming festivities and to the turning of the year I wish you all very happy and peaceful holidays.”

Phone us

- Call 0800 145 6568
- Monday to Friday
- Excluding bank holidays
- 8am to 4pm

Email us

Email: yomatter@oxfordhealth.nhs.uk

Email us with your contact details and we will get back to you. If you email us, we will assume consent to email you back. It would be helpful if you could provide the phone number we should call you back on and whether a text message or a voicemail can be left.