



STAKEHOLDER NEWS

JANUARY 2022

ISSUE 04

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

Living in uncertain times: Covid (Omicron) is dominating headlines and creating more pressures across all health and care services while we are still dealing with normal winter challenges. Learning to get along with Covid is as much about learning to live with uncertainty, as it is about everything else we've had to learn about such as viruses, vaccinations and variants.

But we actually have always lived with uncertainty - we cannot predict the answers to many different questions - most of all what the future holds. All we can really know is what is happening right now in this moment and, as best we can, respond to that, rather than getting distracted by worries about what Covid has in store for us in 2022. Adopting **APPLE** can help focus the mind and thoughts, that may help you get through some difficult times ahead:

A = AWARE. Notice the need for certainty as it comes up in your mind

P = PAUSE. Don't react as you normally do. Don't react at all. Just pause and breathe.

P = PULL BACK. Tell yourself this is just the worry talking, and this apparent need for certainty is not helpful and not necessary

L = LET GO. Of the thought or feeling about needing certainty. Tell yourself it is only a thought or feeling. Don't believe everything you think! Thoughts are not statements of fact. They will pass. You don't have to respond to them. You might imagine them floating away in a bubble or cloud.

E = EXPLORE. You can explore the present moment, because right now, in this moment, we are ok. Notice your breathing, and the sensations of breathing. Notice the ground beneath you, look around you and notice what you see, what you hear, what you can touch, what you can smell.

Mind **Time to Talk day** – January 3, 2022

Organised by Mind and [Rethink Mental Illness](#), in partnership with the Co-op. The day is about creating supportive communities by having conversations with family, friends, or colleagues about mental health.

Did you know?

That 1200 visits to our Emergency Departments (A&E) occur every day across the BOB region? Visit the website to find out all you need to know about [BOB ICS](#).

Date for your diary: BOB ICS Wellbeing Champions: the relaunch. For existing Wellbeing Champions. Book via [NHS Futures website](#) for Wednesday, January 19, 2022, with guest speaker [Mark Ormrod](#).

Top tip – Include kindness towards yourself in any NY resolutions- eg a few moments to savour blossom in winter sun out of the window - you don't have to be in a perfect garden to enjoy the beauty of nature!



Making a NY start with Dry Jan

Dry January is a really good opportunity for people to begin a new relationship with self-care and You Matter can support people with their journey to recovery. So, give yourself a break and quit drinking for the month to see and feel the difference.

'Hit the reset button. '31 days to give yourself a break and try something new; relax with a bath rather than a bottle. Throw off the sluggishness and reclaim your mornings.' say [Alcohol Change UK](#). The message from the charity is quit drinking for the month and 'see your skin get brighter, your wallet fuller, your days busier. Feel your step get bouncier, your mind calmer, your nights sleepier.'

Dry January is all about getting your old self back with a kick. Get your life and passion back. Get the spirit to get up and go and do things. Get the fun and energy back. Anyone can self-refer via the [You Matter website](#) – kick start your NY the YM way!

Remember: we're strictly confidential

If you or your team are worried about confidentiality, there's no need. Debbie Clarke, You Matter Clinical Service Lead, said: "The first thing to say is that You Matter is for everyone. If you think at any time that you need some support or someone to talk to, go ahead and pick up the phone or go online.

"There's no threshold and you don't need to worry about whether there might be someone else who needs help more than you. We have the capacity."

Another reason people may hesitate before contacting You Matter is concerns about confidentiality and details being shared with employers.

Debbie explained: "Confidentiality is really important, and we do not share what you tell us with employers. You Matter is about checking in and seeing how you are in a confidential space. When you call you can have a conversation. If you are feeling stressed or overwhelmed our job is to help you sort through what is going on and think what options might be open to you. Our team help with signposting or referrals.

"We work with neighbouring Trusts so if you are concerned about getting services from Oxford Health, you can be referred to another service, more suited to your needs."

Phone us

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

Email us

Email: youmatter@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.