



## STAKEHOLDER NEWS

MARCH 2022

ISSUE 06

REGULAR UPDATE FOR OUR STAKEHOLDERS ON DEVELOPMENTS AND KEY MILESTONES FROM THE YOU MATTER TEAM

**Ukraine in our thoughts:** As the conflict in Ukraine continues to dominate world headlines, we stand united with our neighbours; with friends, colleagues and family members from Ukraine firmly in our hearts and minds.

As the news continues to provide updates on the escalating situation, it can often create more anxiety, concern or worries for some of us. You Matter are once again, here to help anyone who may be directly affected by another global crisis; one on quick succession following on from the challenges we faced from Covid-19.

**Bill Tiplady, Oxford Health's Associate Director of Psychological Services said:** "Current events and the constant news coverage may well trigger a range of worries for some colleagues. We all need help sometimes – if you need support please reach out. This situation – like the pandemic – is one in which we are powerless to influence events directly. So, it is really important to focus on what you can control – this might mean taking a break and doing some gentle exercise, taking time to sit down and focus on enjoying a meal, or spending time away from the news doing something which helps you to unwind. As time goes on there may be more ways you can help practically too – perhaps through charity and aid."

"If you are worried, feeling stressed or affected in any way at all by recent events don't keep it to yourself – you can always get in touch with You Matter."

### World Sleep Day – March, 18 2022

This year's theme and slogan is Quality Sleep, Sound Mind, Happy World. Find out more on [How to fall asleep faster and sleep better - Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk/every-mind-matters)

#### Did you know?

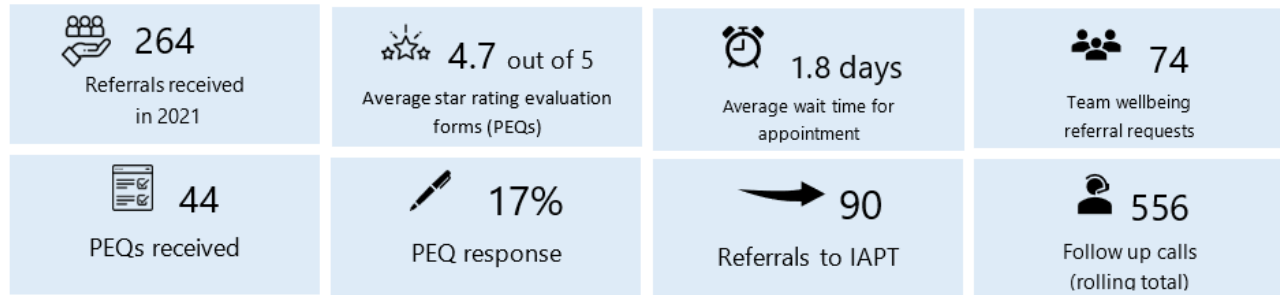
400 patients a day have hospital admissions across the BOB region? Visit the website to find out more on [BOB ICS](#).

#### Date for your diary: Mother's Day.

March, 27 marks a key relationship in all our lives; take time to pamper yourself and focus on what mothering means to you.

**Top tip** – for a good night's sleep, turn off the tech before bed. Try not to plug into any device at least two hours before bedtime.

**You Matter turns one!** Here's some of the key highlights during our first year:



**Debbie Clarke, You Matter Clinical Lead says:** "Behind these numbers are hundreds of extraordinary people; Ambulance Drivers, OTs, Health Care Assistants, Care Workers, Radiographers, GPs, to name but a few. Having recognised that work and home no longer add up, they have taken the first brave step to talk to You Matter about what's troubling them and realised they too can be cared for and get some of the treatment they deliver, day in day out at work for themselves. The numbers speak for themselves- we see people quickly and offer them a good service. We are also offering teams wellbeing hubs over 2, 3, or 4 sessions and these are proving to be very popular."

**Why not pick up the phone and become part of the NHS and social care wellbeing action!!**

### Connecting with our values

Values can give our life meaning and help us make decisions. When we're clear on what our values are, we can set goals and make changes that are in line with what is truly important to us, even if they seem very small at the time. That way we can ensure we're true to ourselves and that we're always on the right path, even when life gets tough. When thinking about values, it can be helpful to separate your life into various areas (e.g. yourself, your work or your friends) and think about what you value most in each area. Here are some questions to help you re-discover your values:

1. What matters to you the most in this area of your life?
2. What inspires you or infuriates you?

**Living your values:** In life we tend to get pulled in lots of different directions, causing us to neglect our values in a given area. It may be helpful to note that some areas/values could conflict with others, such as being your best self at work as well for your family. Striking a balance that works for you is never easy and can take time, so remember to start with small steps. Try and focus your attention on values or areas of your life that might be neglected and start to make small changes/set achievable goals.

**Remember: it's very easy to contact us to arrange an appointment for you or your team.**

#### Online referral

Via our website homepage:  
[www.oxfordhealth.nhs.uk/youmatter](http://www.oxfordhealth.nhs.uk/youmatter)

#### Email us

[youmatter@oxfordhealth.nhs.uk](mailto:youmatter@oxfordhealth.nhs.uk)

#### Phone us

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