



STAKEHOLDER NEWS

MAY 2022

ISSUE 08

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

OHFT Menopause Network – positive feedback

"I thought it was a really helpful session and great for people to have an opportunity to share their experiences."

"The session was great, it really made you feel as though you're not alone and that so many of us suffer in silence, it almost empowered us to speak up more."

YM successfully hosted OHFT Menopause Network: The second edition of Davina McCall's Menopause series aired this week. It's currently being critically acclaimed for raising the issues around the menopause and what it means to go through this transition. Alongside this and also this week, the introduction of a HRT Taskforce for the UK, was announced, meaning the menopause is finally getting the 'airtime' and Government backing it needs.

Here at YM, we have always been aware the effect the menopause has on all of us and, perhaps a step ahead, we have already presented on the subject. As well as supporting International Women's Day with our Wonderful Women and Wellbeing session, touching on some of the impacts, we also led OHFT's 'Time to Talk' Menopause Network in March. Our Locality Lead, Esther McNeile Jones presented: "The session went really well with more than 25 attendees; all were so engaged and interactive throughout. We could have quite easily continued for more than the hour we had, proving that this topic and having time and a trusted space to discuss what is going on for women during this time, is so important to wellbeing."

Given how the menopause is gaining so much traction, there's no better time to book a specific session with us, which we can tailor to your team's need. Feel free to email us directly with your request.

International Nurses Day – May, 12

Join the RCN who will be showcasing the incredible work ALL nurses carry out making a difference to patient's lives across the UK - celebrate #BestofNursing.

Did you know?

400 patients a day are admitted to our Emergency Departments – more details on the [BOB ICS website](#).

Date for your diary:

National Walking Month – a great excuse to get out there in the fresh air and explore your local surroundings on foot. Can work wonders for your health and wellbeing too!

Top tip – Chats to beat loneliness - in the ward kitchen while you're waiting for the kettle to boil; saying thank you to the office cleaner. This sense of connectedness can start small but can mean so much to us and others.

Mental Health Awareness Week

May, 9-15

Why loneliness?

Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health and we need to find better ways of tackling the epidemic of loneliness. We can all play a part in this.

So, this [Mental Health Awareness Week](#), we are raising awareness of the impact of loneliness on our mental wellbeing and practical ways to address it.

Reducing loneliness is a major step towards a mentally healthy society and deserves more of our attention. Masks and remote working have really affected our ability to share smiles or brief chats. We must work together - as individuals, as managers and wellbeing champions, to reduce loneliness and promote mental health by investing in welcoming, social spaces and new community initiatives. We heard yesterday of a team that turned two parking spaces into a small wellbeing garden where people could sit during their break and even get into planting or watering together. You don't need to talk about the big issues in your life; just sharing what colours you like best in the garden is a good start to getting to know someone at work

Try to open up

You might feel that you know plenty of people, but what is actually wrong is that you don't feel close to them, or they don't give you the care and attention you need. In this situation it might help to open up about how you feel to friends and family.

If you don't feel comfortable opening up to the people you know, you could try contacting You Matter or another of the wellbeing services now available to staff.

Make new connections

If you are feeling lonely because of a lack of satisfying social contact in your life, you could try to meet more, or different people.

- Try to join a class or group based on your hobbies or interests. This could include online groups if you can't attend things in person. See our page of useful contacts for ways to find groups that interest you.
- Be brave and reach out to someone. It doesn't have to be face-to-face; you could share a post on social media.
- As a good start, one staff member told us: "I never feel lonely when I'm in nature. I feel more connected than ever when I'm walking through a wood or by a river as there are always dog walkers or parents to share the experience with."

And finally.....we now have a new, bespoke website URL!

Following recent advice from our regular NHSE MH staff hubs guidance reports, gathered from staff surveys, we are pleased to launch our new website address: www.youmatter-bob.nhs.uk. There should be no difference to your website experience but if you do encounter any difficulties, just let us know.

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

Online referral

Via our website homepage:
www.youmatter-bob.nhs.uk

Email us

youmatter@oxfordhealth.nhs.uk

Phone us

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