



STAKEHOLDER NEWS

JULY 2022

ISSUE 10

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

Summer reading – staff member short story: We have once again been sent another real and personal account from a staff member's recent experience with You Matter – we are extremely grateful for such positive and creative prose. This time in the form of a short story, with the full version featured on our website under the [What staff say page](#). *Names have been changed to maintain confidentiality.*

Eve, me and You Matter

Eve had been given the action to call Stuart during a meeting that she hadn't even attended. Typical of this place she thought. Still, it made sense as she had worked with Stuart longer than the others. Eve had picked up the phone to call him a number of times since then. Each time she had lost her nerve knowing it would be a "difficult conversation" and that he might take offence. On the other hand, it had been unpleasant to see the unexplained changes in him. For some time, it had been the subject of staffroom conversations with phrases such as "burnout", "meltdown", "losing the plot" and "nervous breakdown" being used. Stuart himself was aware that something was different, not quite right. He'd lost interest and motivation, every decision seemed to take him forever and he was feeling increasingly overwhelmed. All of which resulted in working even longer hours. Finally, Eve plucked up the courage and said: "Have you considered reaching out to that You Matter service?"

'Talk to Us' Samaritans annual campaign – July 2022

24 July (24/7) is Samaritans Awareness Day, because they are there to listen 24/7. On this date and throughout July, the awareness-raising campaign Talk to Us will run, to remind people that the Samaritans are there for anyone who needs someone to listen: **call 116 123.**

Did you know? BOB ICS fact

On average the relative likelihood of white staff being appointed from shortlisting compared with BME staff is 1.5 times. Find out more in the [BOB ICS EDI strategy](#).

Date for your diary:

[NHSE Commitment to Carers Bi-Monthly Lunch & Learn](#)

July, 20 - virtual event bookings online

Top tip – Schools out for summer!

For parents, don't stress about feeling you have to fill every day with activities. TV or movies days indoors are fine; you're doing great!



Head outside and enjoy National Picnic month!

There's nothing better during the summer months than to enjoy the fresh outdoors with a picnic, surrounded by friends and family – and our heatwave couldn't have come at a better time! This month sees the start of [National Picnic month](#) so there's no excuse not to take full advantage as well as giving your mental health and wellbeing a much-needed boost, especially after a difficult few years.

YM summer webinars

Following the success of a number and variety of bespoke presentations and wellbeing sessions led by the team, we are working towards hosting summer webinars. To align with NHSE MH Hubs guidance messaging April 22, team members are considering the below key themes to focus on:

- Living and working with pre-existing MH conditions
- The effects of traumatic events
- Ethnic Minority focus - challenges and changes
- Being the 'perfect' parent

We hope to bring more on this over the next few weeks.

Successful SCAS drop in sessions

We have been working closely with our SCAS colleagues to bring a YM led drop in session for all staff based at the Bicester 111 site, Northern House. We're happy to announce the first sessions took place last month with great success! Led by our recently appointed Care Coordinators, some of the positives included a good room location in terms of privacy; managers and wellbeing leads encouragement to attend; flexible and easy to access drop in facility and friendly receptionist staff on hand throughout the sessions. Here's what some of the staff in attendance had to say:

"Just knowing that you're here makes me feel better."

"During the pandemic it was very difficult for me and I felt unsupported, but knowing that this service has been put in place, now allows me to feel supported."

"This shows that our employer is taking our mental health and wellbeing seriously."

So far, 45 staff members were engaged in conversations or discussions at the first session with five staff members being referred onto You Matter. The drop ins at SCAS take place every Tuesday from 2-6pm and every Friday from 8am-12pm.

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