

STAKEHOLDER NEWS

SEPTEMBER 2022

ISSUE 12

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

Black History Month 2022

Did you know that Black people frequently report lower levels of wellbeing and mental health than their white counterparts? This is often due to the inequality of access to healthcare, housing, financial concerns and employment. At You Matter, we recognise these challenges and are here to offer you support for your mental health and wellbeing.

**BLACK
HISTORY
MONTH**



Did you know?

The You Matter team offer face-to-face drop-in sessions for staff at the Bicester 111 site, offering support for the emergency call handlers and their team.

So far, we have supported 144 staff members!

Date for your diary – Mental Health Awareness Day 10th October

It is important for us as a collective to recognise, raise awareness and advocate against social stigma for Mental Health.

1 in 4 people will experience a mental health issue each year in England.

Top tip:

Tips for being an active listener when having a conversation about mental health:

- Ask open ended questions.
- Maintain eye contact and positive body language.
- Reflect what you are hearing.
- Be patient.
- Understand personal or cultural differences.

Black History Month 2022:

Black History Month is a time to reflect on black history, heritage and culture, and the iconic figures that have contributed so much, but this year, let's make it about so much more. If you're serious about allyship, it's Time for Change: Action Not Words.

WANTED: Effective Allies Who Take Meaningful Actions – Lynda Louise Burrell

"I don't want you to just take nominal steps to improve the status quo by using me as a token Black presence, but to open doors to other marginalised groups and become a more equal, diverse, and inclusive workplace.

I don't want you to just open up opportunities for change and then leave me to fix things on my own, but for us to work together to find solutions and make our workplace the best it can be for everyone.

I don't want you to just talk about and enjoy the fun stuff about my culture, but to have some real conversations and get to know the real me, including my ambitions, my concerns, and my potential. My culture offers far more than music, sport, dance, and food – for me and for you.

I want you to know that as an ally, you will be privy to and enjoy rich cultural resources and share the benefits of achievements and contributions that are still being revealed, and those yet to come, still waiting to be discovered"

- [Black History Month 2022 - Time for Change: Action Not Words](#)

A challenge from our You Matter EDI Lead, Stephanie Goulbourne:

Activity Challenge:

Choose an activity and commit to it for the entire month of October as we reflect on Black History Month. Example, it could be 2 hours of exercise each week, at least 10,000 steps each week, 2 swims each week or cycling at least 3 times for the week. Whatever the activity, pick it and commit to the challenge.

The Reward:

After you complete the challenge each week, you could reward yourself by supporting a Black owned business/enterprise, you could find a book that is written by a Black author, watch a TV programme that is directed by a Black director, listen to a podcast hosted by a Black person or you could donate to a charity that could be beneficial to Black people.

"I am so tired of running, I'm out of breath. I'm so tired of being judged before you get to know me. I'm so tired of being at an unfair disadvantage. I'm so tired of being tired." - Jebril Umo

How to improve your wellbeing – favourite tips from the You Matter team:

As the colder weather starts to enter, we understand that this will make many of us worried for the next few months with regards to the cost of living. In our previous newsletter we outlined what financial and living support is out there. But in this issue, we wanted to focus on the importance of looking after yourself and your own wellbeing.



Thea, Office Manager:

"For me, taking a walk listening to music and grounding myself into the space around me makes me feel calm, reassured and safe. It put life into perspective for me; the small things such as being able to get into a space where I feel free is most beneficial."

Debbie, Clinical lead:

"I find the best stress buster is walking. I don't plan it. I just leave the office or my house check the time and walk. I turn round when half my time has passed! 10' or an hour, city streets or a park moving. Just puts everything in perspective again!"

Emily, Assistant Psychologist:

"When I need a calm activity after a long day at work, I enjoy going to the pet fish shop and looking at all the varieties of fish. I will most likely buy something to take home to my growing fish and tank collection!"

Aisling, Care Coordinator:

"I have been listening to classical music for dogs to relax myself (and the dog) and found it really helpful when I have been finding it hard to switch off 😊"

Also me and my partner got lost on a walk the other day, we were out for 3 hours! And it was so good to not have anything to rush back for and just enjoy being out with no sense of expectation or being limited, I would highly recommend people go out and get lost (safely)."

Mariam, Team Administrator:

"I have been walking to work each day with my headphones in to start the day on a positive note. I will either listen to meditation or morning prayers."

Evelyn, Assistant Psychologist:

"I guess, a tip from me is buying second hand clothes on Vinted or similar apps. You will still look cute this winter but for a fraction of the price!"

Also, walking in general and walking in the woods in particular. Nothing better for my wellbeing than getting lost in building a witch house in the woods, with the dog."

Sidney, Assistant Psychologist:

"My go to app is the 'Workout for Women' app which I have been using for years. It has free workouts and exercises which you can follow. My favourite being the 'Morning Espresso' or the 'Desk-ercise' workouts!"

Esther, Locality Lead:

"Open water or wild swimming. This hits several of my go-to wellbeing targets: exercise, being outdoors and being in touch with nature. Anecdotally there are fabulous benefits to wellbeing and mental health from wild swimming year-round: according to the Outdoor Swimming Society (OSS) the sweet spot temperature-wise is around 11-16 degrees centigrade, cold enough to enliven your senses and pull you into the present moment! You'll be pleased to hear that local wild waters have just dipped to 16 degrees so now could be the time to give this a go!"

More info, including safety advice can be found on the OSS website: <https://www.outdoorswimmingsociety.com/>

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

Online Referral:

www.YouMatter-bob.nhs.uk

Email us:

YouMatter@oxfordhealth.nhs.uk

Phone us:

0800 145 6568
Monday to Friday
8am-4pm

You Matter

REACT Mental Health®

90 minutes, online, free training to support wellbeing conversations in your teams and communities.

React.admin@nhs.net



REACTMH® wellbeing conversation training is an amazing initiative that will provide managers, supervisors and those with caring responsibilities, in clinical and non-clinical services, with the tools and confidence to have wellbeing

conversations with people in their teams and community.

We're delighted to extend this offer to staff working in social care across Buckinghamshire, Oxfordshire and Berkshire West (BOB). This is in addition to healthcare workers already taking part across the 6 trusts within BOB ICB. REACT Mental Health training will teach you useful skills and you don't need to be a manager to join, this training is open to all health and social care staff across BOB regardless of your job title.

REACTMH online training lasts for 90minutes and provides you with the support to facilitate structured conversations to check in with an individual and where required, be able to signpost on to additional support services.

The REACTMH training is an evidence based active, listening skills training session

The REACTMH

approach is as follows:

- Recognise
- Engage
- Actively Listen
- Check Risk
- Talk to them about specific actions

For **Social Care staff** working in **Buckinghamshire, Oxfordshire & Berkshire West.**

which enhances mental health awareness among staff by enabling staff to identify, engage with and support people in their teams who may be struggling with their wellbeing. The training is designed to improve confidence in initiating supportive wellbeing conversations.



For all **staff working in healthcare across BOB ICB.**

Comprised of 6 trusts incl primary care:

OUH, OHFT, BHT, BHFT, SCAS and RBH

To book onto REACT MH training, or for **more information** please **email** React.admin@nhs.net

Many studies have shown that line managers, supervisors and those with caring responsibilities can significantly impact the mental wellbeing of the people in their teams. Long term negative impact on mental health can be significantly reduced where managers receive training in identifying the need for, and successfully engaging in, supportive wellbeing conversations.

NHS

Buckinghamshire, Oxfordshire and Berkshire West
Integrated Care Board

Upcoming training dates:

October

- Tuesday 11th October, 12:30-14:00
- Tuesday 25th October, 11:00 - 12:30

November

- Wednesday 9th November, 12:30-14:00
- Tuesday 22nd November, 15:00-16:30