



Physical health



Dry January - Are you in?

Going alcohol free for 31 days lowers blood pressure, reduces diabetes risk, lowers cholesterol and reduces levels of cancer-related proteins in the blood.

It can also help you sleep better, save you money and improve your mental health. Alcohol Change UK has created the free Try Dry app to help you stay motivated and on track. Scan the QR code or visit dryjanuary.org.uk to download it today and double your chances of an alcohol-free month.



Spotlight



Does your team have a health and wellbeing champion?



Our network of champions are here to support your health and wellbeing, so it's important you know who they are. If your team doesn't have one, could it be you? Scan to learn more.

Here are champions John and Nick to tell you how they support their colleagues...



John Heppell, practice educator

"Working in the NHS can be really difficult. In theatres we sometimes get patients that we go to operate on only to find that we can do nothing for them. It has quite an effect. If you're not feeling it, it's not a great place to be, so we created a wellbeing room in an old

office. It gets used daily. It's a quiet space where people can go to take a private moment either alone or, if they want, we sit and talk.

"We recently got 60 staff together on one of our clinical governance days and provided lunch using charity funding. We've done things like yoga sessions, 'laughtercise', and we went over to Poole Park for cream tea.

"Everyone has a different idea of what wellbeing is. If you are unsure of the best way to support your team, ask them what they need. For my personal wellbeing I cycle in every day, rain or shine. It just clears my head and helps build my resilience for the day ahead. My tip is to just keep yourself active. Looking after yourself is vital."



Nick Coates, lead portering and security supervisor

"To build trust with my colleagues, I try to be as open as I can. If what they are telling me is something I can relate to, telling them so might make them feel less alone. Being open means I get on better with my team and they appreciate that

I wear my heart on my sleeve; it makes them feel that they can speak to me about anything.

"I support my team with mental health concerns, learning difficulties and social difficulties. A number of the team have dyslexia, I have dyslexia myself, and this helps me understand what support they need. If I can give advice, I will. If not I'll point them in the right direction for support. I make sure to say 'anything you speak to me about is confidential'.

"We need more men to become champions because our network is majority women at the minute, and some men may feel more comfortable talking to another man about their wellbeing. The more male champions that get their faces out there, the more people will feel confident to confide in them. I speak to people not just from my own team but other teams around the trust too. Sharing personal experiences with colleagues and getting different perspectives on things is so valuable.

"If a five minute chat makes people feel more positive and as though they are better able to control their emotions throughout their day then I've made a difference and that is what champions are here for.

"We are also here to take the information shared with us by communications and make sure that it is getting through to our teams by interpreting and presenting it in a way that we know they will understand."