

Top tips for keeping healthy, safe and well

Edition 10 – Friday 14 August 2020

This update aims to provide some advice and tips on health and wellbeing at this time, but please also ensure you reach out to your line manager or HR if you have other needs or concerns, and ensure you take steps to look after your physical and mental health, particularly whilst working at home.

In this week's edition find out more on:

1. The NHS People Plan and Our NHS People Promise
2. Virtual NHS pension clinics for staff
3. The new NHS website and campaign – *Better Health*
4. The latest wellbeing apps, webinars and support tools

LATEST NEWS

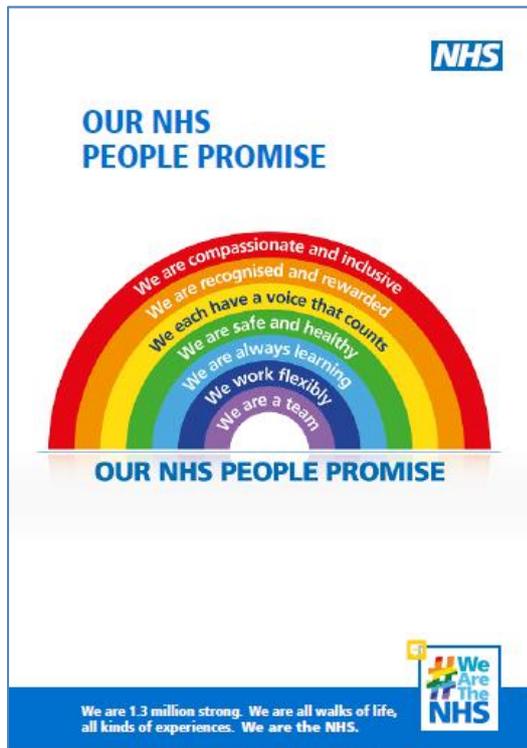
NHS People Plan now live

NHS England and NHS Improvement, and Health Education England have published the next part of the NHS People Plan. *We are the NHS: People Plan for 2020/21 action for us*, all sets out what NHS staff can expect from leaders and each other.

It includes specific commitments around:

- **Looking after our people** – with quality health and wellbeing support for everyone
- **Belonging in the NHS** – with a particular focus on tackling the discrimination that some staff face
- **New ways of working and delivering care** – making effective use of the full range of our people's skills and experience
- **Growing for the future** – how we recruit and keep our people, and welcome back colleagues who want to return





Published alongside the People Plan for 2020/21, *Our NHS People Promise* challenges NHS organisations to make the NHS a better place to work. Its themes and words come from colleagues who work in the NHS, who have told NHS England and Improvement what would improve their working experience.

These key documents are an opportunity for the CCG to take a step forward in creating a more equal, inclusive and diverse NHS.

The CCG's organisational development team will be working with staff and governing body members to make the ambitions in the NHS People Plan a reality in the coming months.

To find out more about the NHS People Plan, please visit [NHS England's website](#).

FINANCIAL HEALTH

Virtual pension clinic for staff

Following requests from staff, the CCG has arranged for its CSU pensions manager, Sara Weller, to hold virtual pension clinics to answer any questions or queries you may have in relation to your NHS pension.

The sessions will take place on:

- Tuesday 22 September
- Friday 2 October

Sara cannot give advice on what you should do in relation to your pension, but is able to answer any questions you may have in relation to your pension and retirement.

If you would like to book an appointment, please contact sara.weller@nhs.net and you will receive an MSN teams meeting invite for your appointment. Please mention brief details of what you would like to discuss when requesting an appointment.

Appointments will be on a first come first serve basis and will last for a maximum of 30 minutes per appointment. If all slots are filled and there are still further requests, the CSU will look at adding an extra date.

If you would like to discuss your pension figures, please access your [Total Reward Statement \(TRS\)](#) before your appointment.

PHYSICAL ACTIVITY

Better health

Public Health England has launched a new NHS website called [Better Health](#).

COVID-19 has affected the whole country; for almost everyone, life has had to fundamentally change. But it has also prompted many people to reflect and think more seriously about their health.

The Better Health website currently provides a range of support tools to help people to lose weight. Extra weight causes pressure to build up around vital organs, making it harder for the body to fight against diseases like cancer, heart disease and now COVID-19.



The website includes:

- A BMI checker
- NHS 12-week weight loss plan via an app
- Weight loss programme e.g. Weight Waters, Slimming World discounts
- Access to the *Healthier You* NHS diabetes prevention programme

If you are thinking of using any of the Better Health tools, please email selccg.staffcomms@nhs.net and share your experiences of how you are doing your bit to keep healthy and well.

WELLBEING

Free meditation app for Black, Asian and Minority Ethnic (BAME) communities

The NHS has partnered with [Liberate](#), a meditation app, to offer [free subscription to NHS staff](#) until December 2020.

The app offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community.



Coping well during COVID-19 webinars

These 60-minute webinars have been developed for anyone feeling anxious about coronavirus and how it is impacting you, your loved ones or your work. You will come away with quick and practical tools to support your mental health and wellbeing, all of which are delivered in a clinically-led and interactive way, when joining live.

All webinars are delivered by cognitive behavioural therapist, Emily Gardner, and other topics include managing wellbeing, anxiety, low mood and sleeping difficulties.

The remainder of the August schedule includes:

- [Low mood](#) – Tuesday 18 August, 4pm
- [BAME wellbeing with David Truswell](#) – Thursday 20 August, 4pm

The remaining [keeping well for health and care workers](#) webinars include:

- [Coping with Burnout and Anxiety](#) - Wednesday 19 August, 12pm

Register online [here](#) and receive updates via Thrive LDN's [newsletter](#).

Wellbeing links and resources

- [Together in Mind](#) – resources and podcasts to support the wellbeing and mental health of staff and patients and is updated frequently
- [Good Thinking](#) – free for Londoners to access and provides support to those who feel anxious, sleep deprived, stressed or sad
- [Mind's 'coronavirus and your wellbeing' hub](#) – information to help you cope if you are worried or anxious about coronavirus
- Free wellbeing support helpline 0300 131 7000, available from 7am to 11pm daily, providing emotional support from trained volunteers and onward signposting to specialist financial advice, bereavement care and coaching

- 24/7 text alternative to the above helpline - simply text FRONTLINE to 85258
- Bereavement support line 0300 303 4434, available from 8am to 8pm, seven days a week
- Updated '[help is at hand](#)' guidance designed for anyone bereaved by suicide or affected by suicide with both emotional and practical support
- [online](#) peer to peer, team and personal resilience support, including through [Silver Cloud](#), and free mindfulness apps including [Unmind](#), [Headspace](#) [Sleepio](#) and [Daylight](#) (use of Sleepio and Daylight have been extended until 31 December)
- a website containing a range of additional information and support www.people.nhs.uk

GET INVOLVED

Disabled staff experiences during COVID-19 survey launched

A new [survey](#) for disabled NHS staff to capture their experiences during COVID-19 and lessons to learn launched on Monday (10 August).

Working alongside NHS England and NHS Improvement, NHS Employers is keen to understand the lived working experiences of NHS disabled staff over the past five months (March to July 2020). This survey will enable NHS Employers to reflect on what challenges disabled staff have experienced, identify what lessons can be learned (both nationally and locally) and looking ahead, how the NHS can use this learning to achieve a cultural shift for the benefit of disabled staff and patients/service users.

NHS Employers is looking for contributions from disabled staff, line managers, disabled staff network chairs, equality leads, occupational health, HR professionals and others with an interest in disability.

All responses will be anonymous and the survey will be closing on Friday 18 September. By participating in the survey you will help the NHS gain a better understanding of the challenges and experiences of disabled staff within your organisation.

DIGITAL SAFETY

Absence malicious emails (cyber security threats)

Cyber-attacks against organisations and the NHS are a constant occurrence and the impact and sophistication of these threats continues to grow. These cyber security threats are a malicious act by hackers to damage or destroy a computer

infrastructure network or personal computer device and can cause serious disruption to the organisation.

Emails are deliberately designed to trick you into opening attachments or links which may result in malicious malware being downloaded.

All staff are reminded to be vigilant to these threats and take steps to avoid them. If you suspect an email has malicious content or viruses; delete it or contact your IT provider for support. Please do not forward on any emails on as part of your enquiry.

More information and support can be found on the [National Cyber Security Centre website](#).

SOCIAL

List of offers for staff

All offers available to NHS staff have been verified by NHS England and NHS Improvement and are available from their [website](#). As a thank you to the NHS and all care professionals throughout the pandemic, Black + Blum are offering staff 15% off with the code NHS15. Click [here](#) to find out more.

NEW STARTERS

Please find the latest selection of new starters below. Find out more about the CCG's latest starters and internal appointments in the next edition of this newsletter.

Lucy Webster, Communications and Engagement Officer

Start date: 22 July

Base: Tooley Street

Email: lucy.webster12@nhs.net

Role: To provide administrative support to the corporate communications and engagement teams working on south-east London-wide work for the CCG and ICS – supporting the work of borough-based teams at times of peak workloads. In addition to this, provide support to the effective running of the communication and engagement activities locally and at scale with a range of activities.



Abena Amoa-Abban, Continuing Care Brokerage Officer/
Southwark CCG (Continuing Healthcare)

Start date: 27 July

Base: Tooley Street

Email: abena.amoaabban@nhs.net

Role: Working alongside the Continuing Healthcare Team and supporting the senior Clinical Commissioner with commissioning of NHS Continuing Healthcare, NHS funded nursing care and special educational needs and disabilities provision by making and monitoring payment to providers.



Mark Gladwell, IT delivery manager

Start date: 3 August

Base: Tooley Street

Email: Mark.Gladwell@nhs.net

Role: Delivery of IT projects, stakeholder management and contributing to overall strategy for ICT. I will be working across all boroughs.



Charlotte Perrey, Assistant Commissioning Manager – 111 IUC / 999

Start date: 23 July

Base: Tooley Street

Email: charlotte.perrey@nhs.net

Role: I provide administrative and programme support to the 111 Integrated Urgent Care (IUC) service and 999 ambulance commissioning functions across south-east London. I am the contact between the local borough-based teams, local IUC alliance providers and the 111 IUC and 999 services.

The executive team would like to welcome further new starters to NHS South East London CCG:

- Sam Curtis, Business Support/PA, 2 July
- Michelle Elston, Programme Lead – CBC, 20 July
- Kirsty McCauley, Project Manager – CBC, 27 July
- Seyad Bhoonee, Complaints Officer, 27 July
- Matthew Bourne, Service Manager Transfer of Care Bureau, 27 July
- Tom Mundy, Planned Care Commissioning Manager, 1 August
- Richard Croydon, Continuing Healthcare Business Manager (Southwark), 3 August
- Vincent O'Mahoney, Assistant Commissioning Manager, 3 August
- Kelly Hudson, Associate Director of U&EC Improvement (job share with Sara White), 3 August
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- Dorothy Evans Meghie – CHC Nurse, 3 August

- Laretta Foday – CHC Nurse Assessor, 3 August
- Katarzyna Zawadowska, Support Officer for Safeguarding and SEND (Southwark), 3 August
- Stephanie O’Callaghan, Primary Care Contracts Manager, 3 August
- Philip Berman, External Communications Officer, 10 August
- Sheena Hobbs, Interim Head of Communications and Engagement, 10 August
- David-Emmanuel Kuku, Finance Trainee, 17 August