

# Focus on Wellbeing

## A Webinar Programme For Health and Social Care Staff

### June – August 2021

(Update Version 090621-F)

The aim of fourth Focus on Wellbeing Programme is to empower and encourage health and social care staff and unpaid carers to enhance self-care and personal resilience. The programme content is linked to the range of resources available on the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

The Focus on Wellbeing Programme will be updated and circulated periodically with information on new topic sessions for your benefit, so please refer to the 'Key Dates' / 'Latest' page on the [National Wellbeing Hub](http://National Wellbeing Hub).

Please circulate this programme widely to staff and others in your organisation or network, and look out for further additions to the programme on the National Wellbeing Hub. For enquiries please contact Scot Hall [scot.hall@gov.scot](mailto:scot.hall@gov.scot)

## Programme of Webinars

### Using Personal Support as an effective intervention: models and practice

21 June, 12.00 – 13.15 hrs.

Personal Support is recognised as an effective intervention to support staff experiencing emotional challenges during or after crises times or stressful situations. It is an intervention that is consistent with the concept of Psychological First Aid (see below for information on the PFA webinar). Personal Support is an intervention that forms a key part of the national Recovery Plan for the health and social care workforce. This webinar will involve presentations (followed by a Q&A session) by **Angela Lewis, Founder and Director of PSA Ltd.** – a training and consultancy company providing peer support training and supervision to a number of health boards across Scotland, and **Gill Moreton, Service Lead Emergency Services / Project Lead Lifelines, Rivers Centre for Traumatic Stress** who will outline the peer support model being implemented across the emergency services in Scotland.

[Click here to register](#) for this session

### Psychological First Aid in the workplace

21 June, 10.30 – 12.00 or 16.00 – 17.30.

Psychological First Aid (PFA) is an evidence-based concept that has underpinned many a response to large scale major incidents. It has formed the basis of our collective response to the pandemic and the core of many of the services and initiatives that were set up to support colleagues in a range of settings since March 2020. The National Wellbeing Hub has been developed on the principles of PFA.

In this webinar **Dr Paula Easton**, Clinical Psychologist and Head of The Rivers Centre (NHS Lothian) and **Sarah Phillips**, Counselling Psychologist, Rivers Centre will help you understand PFA and how it can be effectively applied in the workplace.

Paula and Sarah co-led the establishment and delivery of Here4U, NHS Lothian's helpline for health and social care staff in Lothian in response to the COVID pandemic using a Psychological First Aid model. Paula has delivered PFA training to both health and social care staff as well as those working within the emergency responder communities. Sarah is also one of the team that maintains the National Wellbeing Hub.

[Click here to register](#) for the session at 10.30

[Click here to register](#) for the session at 16.00

## **Sleeping on the job: Managing sleep and shift work**

**23 June, 14.00 – 15.00 hrs.**

Do you work shifts? Does working shifts have an impact on your sleep? Approximately 10-30% of shift workers experience Shift Work Sleep Disorder which includes insomnia and excessive sleepiness. In this session **Dr Dimitri Gavriloff, a sleep specialist** will highlight the impacts of shift work and ways to manage your sleep whilst working shifts.

**Dimitri** is a Clinical Psychologist and Sleep Medicine Specialist, who sees both adults and children with sleep disorders. He is a clinical course tutor on the Oxford Online Programme in Sleep Medicine and runs a non-respiratory sleep disorders service. He is a Clinical Engagement Lead for Sleepio at Big Health.

[Click here to register](#) for this event.

## **Using mindfulness to cope with anxiety about a post-COVID future**

**23 June, 16.00 – 17.00 hrs.**

As lockdown restrictions are eased many have begun to feel more anxious about the future and what life holds post-COVID. Income loss, coping with overwhelming expectations about your work and even anxiety about returning to how things were, are among the many worries you may be experiencing.

None of us can be certain what life will look like after the pandemic and this can be extremely unsettling.

**Martin Stepek, one of Scotland's foremost teachers of mindfulness** will look at how you can use mindfulness to get into the right frame of mind to cope with uncertainty and change. He will show you some simple tools to help you become more resilient to deal with whatever life brings your way.

[Click here to register](#) for this event.

## **Helping you cope with low mood**

**24 June, 14.00 – 15.00 or 16.00 – 17.00 hrs.**

This webinar will be led by Dr Alastair Dobbin (GP) and Dr Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health who developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff and Unpaid Carers via the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

[Click here to register](#) for the session **at 14.00**

[Click here to register](#) for the session **at 16.00**

## **Support in difficult times for unpaid carers and employers of Personal Assistants: A chance to learn more**

**28 June, 14.00 – 15.00 or 16.00 – 17.00**

If you are an **unpaid carer** you are invited to attend this webinar to learn more about the National Wellbeing Hub and a digital programme called Feeling Good, which focusses on helping you to build personal resilience to cope with stress, anxiety, low mood. This online session will be run by Dr Alastair Dobbin (GP) and Dr Sheila Ross who developed the programme.

[Click here to register](#) for the session on **28 June at 14.00**

[Click here to register](#) for the session on **28 June at 16.00**

## Mindful leadership: the key to a better way forward post pandemic

30 June, 16.00 – 17.00 hrs

Leadership has always been important but perhaps never has it mattered more than now, as we seek to manage our way out of the pandemic and create a new path for the years ahead.

**Martin Stepek**, one of Scotland's foremost teachers of mindfulness, will explain what mindfulness actually is, and how it can radically change your view on leadership, for the betterment of all. He explains leadership as a moment-by-moment mental function, developed from a paradigm that self-care is paramount, knowing that unless you are physically and mentally well, the quality of your leadership, and consequently your people, will suffer.

[Click here to register](#) for this event.

## Money worries and financial wellbeing

1 July, 12.00 – 13.00

Financial stress costs us all dearly – as individuals, our families and our employer. The pandemic has resulted in many health and social care staff being worried about their personal finances and financial stability generally. Money worries can impact on our wellbeing or that of someone in our team and often it is not easy for people in these circumstances to ask for help and support with such issues. In this webinar, **Kevin Duffy, Scotland Partnership Manager with the Money and Pensions Service (MAPS)**, will introduce you to MAPS and some of its products and toolkits you can use to gain control over your finances that will soon be available on the National Wellbeing Hub.

[Click here to register](#) for this event.

## Greater peace of mind with mindfulness

4 July, 16.00 – 17.00 hrs

Over the past year the pandemic has brought with it significant emotional turmoil - fear, anxiety, stress, self-doubt, grief and guilt - alongside an extremely busy time which left little time to process and deal with these feelings. **Martin Stepek**, one of Scotland's foremost teachers of mindfulness, will look at how to recognise these negative emotions and explore how to deal with them. He'll guide you in how to use mindfulness to achieve a more positive mind set for greater well-being and peace of mind.

[Click here to register](#) for this event.

## Worry, Stress, Anxiety and Sleep: Techniques to help you feel better

14 July, 16.00 – 17.00

Do you struggle with worry, stress, anxiety or poor sleep? If so, you're not alone. In this session **Dr Michelle Davis and Dr Dimitri Gavriloff** will help you understand the science behind what drives stress, anxiety and poor sleep as the first step to learning how to overcome it. They will look at why we feel stress, what can cause poor sleep and explore some techniques to help you manage and deal with these.

**Michelle** is the Clinical Innovation Lead for Anxiety at Big Health in San Francisco. She is a Clinical Psychologist specialising in the research and treatment of anxiety and related disorders, and has a strong background in cognitive behavioural interventions, with particular expertise in therapies for anxiety disorders and obsessive compulsive disorder.

**Dimitri** is a Clinical Psychologist and Sleep Medicine Specialist, who treats both adults and children with sleep disorders. He is a clinical course tutor on the Oxford Online Programme in Sleep Medicine and runs a non-respiratory sleep disorders service.

[Click here to register](#) for this event.

## Spaces For Listening

5 August, 12.00 – 13.15

A chance to connect, by creating the space to listen to each other and feel heard. Spaces for Listening is an approach which can help create the conditions for better conversations – in our teams, throughout our organisations, across society. The conversations which need to be happening about the work, societal change, and the ‘what next’ after Covid-19. **Brigid Russell and Charlie Jones** will introduce you to this bold idea: a structured process which creates a space in which everyone has an equal opportunity to share their thoughts and feelings, and to experience an equality of listening; there is no hierarchy. It is about starting where we each are; sharing what is going on for each of us. It could be the start of something new!

**Brigid** is a coach and leadership consultant, working with people across public and third sectors in Scotland. She is strongly committed to a relational approach to coaching and development. **Charlie** is a Consultant Clinical Psychologist working in the NHS in Bristol. Alongside his clinical work, Charlie is interested in how we create the conditions for care, and for how we share our ideas and concerns through connection and listening. Both are very interested in how we can all support each other to have more open conversations.

[Click here to register](#) for this event.

## Enhancing Personal Resilience: Managing Stress and Staying Positive

18 August, 12.30 – 13.30 hrs or 15.00 – 16.00 hrs.

These webinars will be led by Dr Alastair Dobbin (GP) and Dr Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health who developed the Feeling Good app. The session will include a short presentation with practical tips on using the app to improve sleep, resilience and wellbeing through reducing stress, worry and depression. There will be an opportunity for Q&A's. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff and Unpaid Carers [here](#) on the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot).

[Click here to register](#) for the session on **at 12.30**

[Click here to register](#) for the session on **at 15.00**

## Helping you cope with low mood

24 August, 12.30 – 13.30 or 15.00 – 16.00 hrs.

These webinars will be led by Dr Alastair Dobbin (GP) and Dr Sheila Ross (Psychotherapist) from the Foundation For Positive Mental Health who developed the Feeling Good app. The session will include a short presentation with practical tips on coping with low mood, followed by a Q&A. You will be introduced to the Feeling Good app which is available to all Health and Social Care staff and Unpaid Carers via the National Wellbeing Hub [www.nationalwellbeinghub.scot](http://www.nationalwellbeinghub.scot)

[Click here to register](#) for the session **at 12.30**

[Click here to register](#) for the session **at 15.00**

## Coming soon

New sessions are currently being arranged for later in July and August on the following topics:

**Insomnia**

**Gaining control over anxiety**

**.....and more**

**Look out for information on these sessions and additions to the programme on the National Wellbeing Hub.**