

How are YOU?



You're working in unprecedented times, facing difficult challenges and it's not surprising that you probably feel it's difficult to cope from time to time.

Talking to colleagues and your manager may help with issues at work that are causing you increased stress. If you feel it would be useful to talk to someone outside of your work place then below are some resources that you may find useful, whether it's to have a quick chat to get something off your chest or more formal support over a longer period of time.

Emotional Wellbeing Support

Care home staff and domiciliary care workers can access support to help them manage their emotional wellbeing. 2 providers, Ashgate Hospice and Treetops Hospice are offering their existing support services to people working in the care sector across Derbyshire who want to speak to someone over the telephone or via video call about the emotional challenges they are facing during the COVID period.

The Hospices will cover the following geographical areas:

Belper PCN	Treetops
Chesterfield & Dronfield PCN	Ashgate
Derbyshire Dales PCN	Ashgate
Derby City North PCN	Treetops
Derby City South PCN	Treetops
Erewash PCN	Treetops
Greater Derby PCN	Treetops
Heanor, Alfreton & Ripley PCN	Treetops
High Peak & Buxton PCN	Blythe House & Ashgate
North East Derbyshire PCN	Ashgate
North Hardwick & Bolsover PCN	Ashgate
Oakdale Park PCN	Treetops
PCCO PCN	Treetops
South Hardwick PCN	Ashgate

Swadlincote PCN	Treetops
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Treetops Hospice Emotional Wellbeing Support Line

Tel: 0115 949 6944 (Mon-Fri 9am to 5pm) or leave a message on the answer machine
Telephone support

Blythe House Hospice Emotional Wellbeing Support Line

Tel: 07512852087 (Mon - Sun 7am – 10pm)
Telephone Support

Ashgate HospiceCare Wobble Room

Tel – see below weekly rota and tel. numbers
Introductory video <https://youtu.be/Wto2zz8N3jY>
Video or telephone support

Arlene Honeyman: 07773956639
Jo Gregory: 07736 9612280
Laura Newbold-Jones: 07890562019
Liz Matthews: 07985575398
Lorraine Hall: 07704152603
Siobhan Hoyes: 07769243568
Sam Wragg: 07890561972

27th April – 3rd May

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Laura	Siobhan	Arlene	Laura	Liz
12noon – 4pm	Laura	Lorraine	Arlene	Siobhan	Liz
7 pm – 9.30pm	Arlene	Lorraine	Liz	Siobhan	Sam

4th May – 10th May

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Laura	Jo	Sam	Laura	Liz
12 noon – 4pm	Laura	Lorraine	Sam	Jo	Liz
7 pm – 9.30pm	Sam	Lorraine	Liz	Jo	Arlene

11th May – 17th May

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Jo	Siobhan	Laura	Sam	Lorraine
12noon – 4pm	Jo	Sam	Laura	Siobhan	Lorraine
7pm – 9.30pm	Laura	Sam	Lorraine	Siobhan	Jo

18th May – 24th May

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Jo	Siobhan	Arlene	Sam	Liz
12noon – 4pm	Jo	Sam	Arlene	Siobhan	Liz
7 pm – 9.30pm	Arlene	Sam	Liz	Siobhan	Laura

25th May – 31st May

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Laura	Siobhan	Arlene	Laura	Liz

12noon – 4pm	Laura	Lorraine	Arlene	Siobhan	Liz
7 pm – 9.30pm	Jo	Lorraine	Liz	Siobhan	Arlene

1st June – 7th June

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am - 10am	Laura	Jo	Sam	Laura	Liz
12 noon – 4pm	Laura	Lorraine	Sam	Jo	Liz
7 pm – 9.30pm	Sam	Lorraine	Liz	Jo	Laura

Other Wellbeing support

Joined Up Care Derbyshire – various information and links to help improve wellbeing

<https://joinedupcarederbyshire.co.uk/staff-support>

Derbyshire County Council – various information and links to help improve wellbeing

<https://www.derbyshire.gov.uk/social-health/health-and-wellbeing/health-protection/disease-control/coronavirus/emotional-health-and-wellbeing/emotional-health-and-wellbeing.aspx>

My Home Life – network for care homes including information and support

<http://myhomelife.org.uk/coronavirus-covid-19/>

Every Mind Matters

<https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/>

Beyond Coaching – Free online Resilience toolkit for all NHS employees & Key Workers

<https://beyond-coaching.co.uk/nhs-online-toolkit/>

IAPT – access to a range of counselling and therapy services via self-referral

<https://www.trentpts.co.uk/>

Mental Health at Work – support for all front line workers

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

Text FRONTLINE to 85258 for a text conversation or call 116 123 for a phone conversation

Health Coaching – 4 short free sessions aim to help you better manage your mind, reduce your experience and the impact of powerful negative emotions, and help you experience increased feelings of being settled, calm and focussed

<https://portal.academyforhealthcoaching.co.uk/enroll/product/prepare-your-mind/>

Cruse Bereavement Support – support for people experience emotions relating to grief and loss

Chesterfield: 01246 550080 Derby: 01332 332098