Our People
Live healthy Live happy
Empowering those caring for our communities

Birmingham and Solihull Integrated Care System (ICS) Enhanced Wellbeing Offer - UPDATE

Increased Psychological Support

Psychological First Aid training

As promised in our last communications, please find below the dates for this training
Don't miss this opportunity and it may be your last chance to attend this very popular training.

Standard Training: Suitable for employees in any job role			
DATE	**TYPE**	**TIMES**	
Tuesday 8th February	full day	9:00am - 4:30pm	**Book**

Enhanced Training: Suitable for employees who typically manage others as part of their job role			
DATE	**TYPE**	**TIMES**	
Monday 7th February	full day	9:00am - 4:30pm	**Book**

ICS Webinar Series

Don't forget the ICS Webinar Series is now open to everyone.
We are running two live broadcasts per month, as well as the pre-recorded webinars which can be accessed at any time.
Please see below for information on the topics and how to access the sessions.

Pre-recorded webinars

NHS Elect have a dedicated page on their website specifically for our staff so that recordings can be streamed at a time that suits you.

If you click **HERE** it will take you directly to the 4 webinars which you can then access:

Live workshops

In addition there will be monthly LIVE workshops, which will be interactive and facilitated by NHS Elect facilitators and sessions on Decompression and Post Traumatic Growth delivered by Dr Amanda Gatherer of the Staff Mental Health Hub. These workshops are very highly regarded.

Topics

There are five topics available in the ICS Webinar Series. Please see below for more information:

- ***Decompression and Post Traumatic Growth***
- ***Compassionate conversations***
- ***Building personal resilience***
- ***Optimism and resilience***
- ***Wellbeing and resilience***

Decompression and Post Traumatic Growth (live broadcast only)

On this webinar you will be introduced to the theory of post-traumatic growth and also introduced to techniques for applying this to your conversations with your staff. Supporting staff to recognise strengths in how they have adapted and responded to the demands of the pandemic will increase the likelihood of them making substantial positive shifts in how they perceive themselves and how they relate to the world around them.

DATE	TIME	SPACES	
Tuesday 1st February 2022	1.00pm – 2.15pm	23 remaining	**BOOK**
Friday 4th March 2022	1.00pm – 2.15pm	32 remaining	**BOOK**

Compassionate conversations

This session explores how to build upon the compassion we see every day in our workplaces and reflects upon how we develop this into connections that are at the heart of successful team working and collaboration. The webinar covers:

- How empathy brings connection
- 'The Human Moment' – being there for someone
- Self-compassion
- It is not what you say……
- Reflection

DATE	TIME	SPACES	
No sessions are currently available in this topic			

Building Personal Resilience

This topic focuses on 'What is resilience and how resilient am I feeling?' and explores a process for working on your own resilience, understanding what erodes our resilience at work and what can we do about it. It also explores the link between happiness and resilience, adopting resilient habits and action planning to improve our resilience.

DATE	TIME	SPACES	
Wednesday 16th February, 2022	10.00 – 11.00	10 remaining	**BOOK**

Optimism and Resilience

This session focuses on understanding the relationship between optimism and resilience in the face of Covid-19. The webinar covers:

- How our story telling or 'explanatory' style links to optimism and pessimism
- How optimism and pessimism makes us more or less likely to engage with challenges effectively
- How you can 'read' and change your own explanatory style
- How you can use these skills to become a more effective and inspiring leader

DATE	TIME	SPACES	
Tuesday 15th March, 2022	2.00 – 3.00	30 remaining	**BOOK**

- Places are limited, and booked on a first come first served basis
- Links to book are included in the tables.
- NOTE: Please note that these live webinars will be recorded and, in line with GDPR guidance, you will be required to give consent to being recorded.
- If you have issues booking, it is most likely due to the security settings on the work PC that you are using. If this is the case, either use a personal device or email me for the direct link which often sorts the problem.

If you have any questions or queries regarding any of the content mentioned in this communication, please contact Emma Smith on emma.smith32@nhs.net