



Health and Wellbeing - U**M**atter

Helping you manage your own health and wellbeing while also looking after and supporting others

Now more than ever looking after your health and wellbeing and those of your colleagues is important. Current pressures continue to impact on us personally and professionally. At this time self-care can easily fall away at the time it is needed most.



Health and Wellbeing – U Matter

Support and development for all Our People



A guide to personal resilience

[Click here to watch video](#)

Workshop Dates:

- 10th February 2021: 14.00-15.30
- 24th February 2021: 14.00-15.30

[Click here to book workshop](#)

Click here to view the full brochure for further details about any of these development opportunities

Looking after yourself

[An introduction to looking after yourself video](#)

[Keeping physically active video](#)

[Sleep matters video](#)

[Looking after yourself – suggestions video](#)

Workshop Dates:

- 10th February 2021: 11.30-13.00
- 3rd March 2021: 11.30-13.00

[Click here to book workshop](#)

20min Care and Support Space

In partnership with the HSC Leadership Centre we are offering our Staff '20min Care and Support Space' sessions that are available to all staff, and all levels, across the Trust



The purpose of these sessions is to independently provide a **confidential and safe space** for staff for self-care through a coaching conversation.

Staff have the opportunity to use this 20 minute **one to one conversation** to focus on their health, wellbeing and wellness.

This is an opportunity to think about your self-care during what is a difficult time for all of us.

[Click here to arrange your session](#)

Health and Wellbeing – U Matter

Support and development for our Team Leaders



The importance of looking after our people

[Click here to watch video](#)

Workshop Dates:

- 5th February 2021: 09.30-11.00
- 8th March 2021: 09.30-11.00
- 24th March 2021: 09.30-11.00

[Click here to book workshop](#)

How do I look after my people?

[Click here to watch video](#)

Workshop Dates:

- 23rd February 2021: 13.30-15.00
- 22nd March 2021: 09.30-11.00

[Click here to book workshop](#)

[Click here to view the 'Creating a great place to work' brochure for further details about any of these development opportunities](#)

Health and Wellbeing – U Matter

Support and development for our Team Leaders



Having a wellbeing conversation

[Click here to watch video](#)

Workshop Dates:

- 2nd February 2021: 10.00-12.00
- 18th February 2021: 10.00-12.00
- 3rd March 2021: 15.00-17.00
- 23rd March 2021: 10.00-12.00
- 1st April 2021: 10.00-12.00

[Course handout](#)

[Click here to book workshop](#)



You can find health and wellbeing information from the [News](#), [Events](#), [Health Advice](#) and [Staff Support](#) sections of Umatter as well as in the **UMatter COVID-19 zones** on the homepage:

- [COVID19 Information for staff](#)
- [COVID19 Mental health](#)
- [COVID19 Financial health](#)
- [COVID19 Family health](#)
- [COVID19 Staying at home](#)



Click on the
'Creating a
great place to
work' logo on
the left to view
the full
brochure

For further information please contact our Organisational
Development & Learning Service by clicking [here](#)



Working together



Excellence



Openness & Honesty



Compassion