




Wellbeing project team Bulletin

March 2023

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Useful updates

The Wellbeing team wants to remind everyone that we have set a date for this year's Staff Away Day. The event will take place online on the 18th May and we look forward to welcoming you all to a fun and engaging day. We are looking for someone to come and deliver a session for us about our wellbeing, so if you have any recommendations for a speaker, do let the Wellbeing Team know.

As a reminder, we still need your help to:

- Celebrate examples of where your colleagues have exemplified DSC's value of Empathy – we want to celebrate them each month in this bulletin (see page 4: Celebrating Empathy).
- Add more tips to our wellbeing jar! Please share any examples of what helps boost your wellbeing – we want to give three top ways to wellbeing each month.

Top ways to wellbeing this month

Thanks to Gabi for providing a great recommendation this month!

The 'Just One Thing' podcast by Dr Michael Mosley:
<https://www.bbc.co.uk/programmes/p09by3yy>

The episodes are nice and short (around 15min), so can easily be squeezed in over lunch or a quick break. They cover a wide range of wellbeing topics including sleep, putting your phone down and ten easy ways to boosting your wellbeing at work.

A wellbeing resource to try!

Bath Mind has a great section on its website full of activities you can try at home to support your physical and mental wellbeing. These include breathing exercises, recipes, craft activities and online exercise classes. Find it here: [Wellbeing Activities - Bath Mind](#)

Your wellbeing tip jar!

"This month's tip is to connect with your breath. Whenever we exhale, we tell our body that it is safe and secure. We can all manage life's different stresses by remembering to slowly and surely breathe in for five seconds and out for five seconds. Give it a go and see how you feel!"

Celebrating DSC's values: Empathy

For our March bulletin, Gabi has shared an example of empathy and excellence:

I'd like to add my thanks to all the colleagues who have helped me with various (and endless!) queries regarding DSC policies and procedures during the preparation of the 2nd edition of *Charity Policies and Procedures Templates*. In particular, Harry, whom I just wouldn't leave alone – but also Ben, Senn, Yvonne, Annette Lewis, Debra and, as usual, John. They all have demonstrated copious amounts of patience! 😊

If you want to recognise a colleague for showing DSC's values, please message a member of the Wellbeing Team.

Useful resources

These are some resources we're compiling over time – please let us know if you have some to add! We will develop these into themes as the list grows.

- Free 10-day online coaching program [10 Days of Happiness](#)
- Mind's [Wellness Action Plan](#)
- NHS Every Mind Matters [Mind Plan quiz](#)
- MindTool's [burnout quiz](#)
- Free apps for focus: [Flora](#), [Flow](#), and [Focus To-Do](#).
- Free walks <https://www.ramblers.org.uk/go-walking/ramblers-wellbeing-walks.aspx>

To find out more about DSC's wellbeing and EEDI journey, visit our [EEDI \(Equality, Equity, Diversity and Inclusivity\) and Wellbeing Hub](#). You will also find a host of helpful resources, including wellbeing tips, books, articles and more!

Where to get support

Internal

Mental health first-aid trained staff:

Stuart Cole
Valerina Brookes
George Knight

Wellbeing project team members:

Harry Wrafter
Jessica Threlfall
Gwen Barnes
Chester Howarth
George Knight
Ross Hardy

External

- Apply for free counselling through [Remploy](#)
- Apply for free counselling through [Able Futures](#)
- Mental Health Foundation suggestions for [Getting Help](#)
- Confidential Emotional Support through [Supportline](#)
- Find an [NHS psychological therapies service](#) (IAPT)
- Use the Crisis Text Line from [Shout](#)
- Locate support services near you through [Hub of hope](#)
- For digital help with wellbeing <https://www.good-thinking.uk>