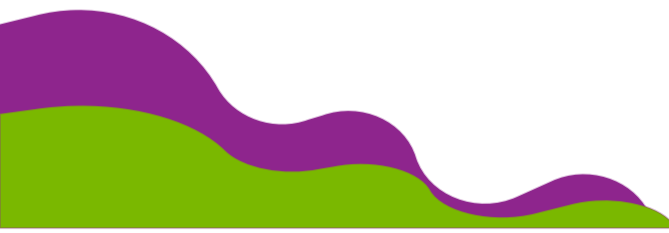





Wellbeing project team Bulletin

May 2023

Contents

- 1. Useful updates**
 - 2. Ways to wellbeing**
 - 3. Celebrating Empathy**
 - 4. Useful resources**
 - 5. Where to get support**
- 
- 

Useful updates

The Wellbeing team wants to remind everyone that this week is mental health awareness week from the 15th-21st May. The theme of the week is anxiety, you can read more about the theme and ways to get involved in the week by [clicking here](#).

We would also like to take this opportunity to welcome our new researcher, Kalli. Kalli will be working on our funding guides and has also agreed to join the Wellbeing team.

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

Download the app D Minder.

D Minder tells you the local UVI index and combines it with your skin type and clothing coverage to estimate how long you can safely spend in the sun before you need to protect yourself. We use dminder to learn how long we can safely sunbathe without protection before we need to cover up. It can be as little as 10 minutes in the sun in peak summer.

Download D Minder for free from here or your app store:

<http://dminder.ontometrics.com/>

Your wellbeing tip jar!

“This month’s tip is to ask twice, many people experience mental health problems, so if someone says they’re fine, they might not be. A second how are you? Can make all the difference.”

If you have a wellbeing tip to share, send it to a member of the wellbeing team!

Celebrating DSC's values: Empathy

For our May bulletin, 2 examples of empathy and excellence:

The auditors have thanked the hard work from the finance team to help in delivering a successful audit for 2022. Well done to Yvonne, Senn and Annette for getting the annual report and accounts completed.

Kalli would like to thank everyone at DSC for showing empathy by providing her with excellent inductions and for welcoming her so warmly 😊

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>

Upcoming event

The Wellbeing team would like to remind everyone that we have the Staff Away Day this week. The event will take place online on the 18th May on Zoom and we look forward to welcoming you all to a fun and engaging day.

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
Kalli Jayasuriya

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>