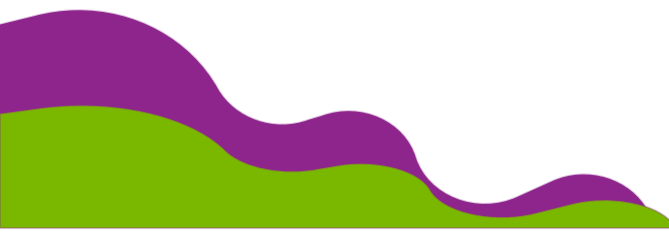





Wellbeing project team Bulletin

August 2023

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Useful updates

The Wellbeing Team would like to highlight an update to the Standards of Behaviour guidance document. The update clarifies that employees are welcome to display their pronouns on Zoom and/or Outlook where they feel appropriate. All staff are expected to respect their wishes without debate or question.

We would also like to wish a warm welcome to our new colleague Catrina, who will soon be joining the DSC team as Head of Training and Events!

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.

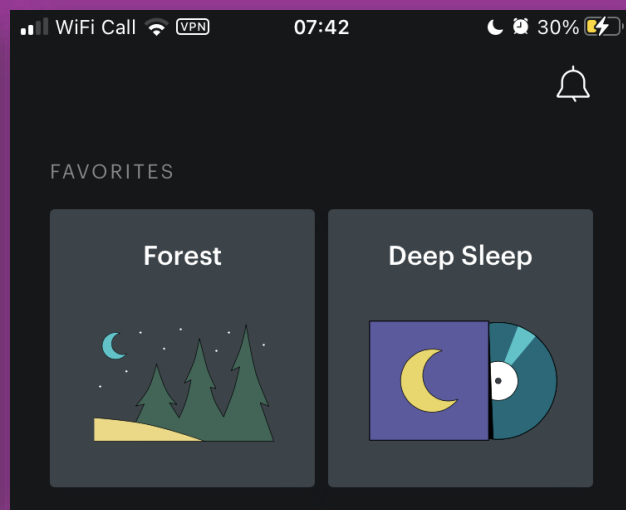
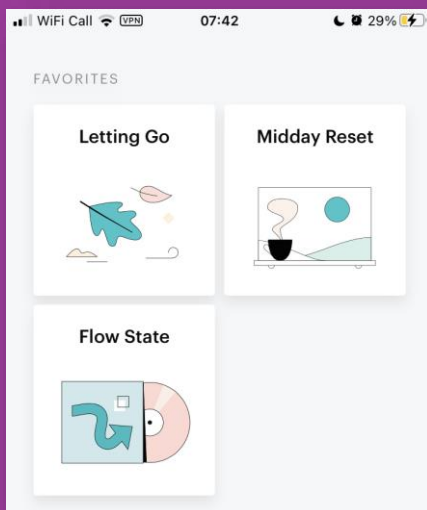
Top ways to wellbeing this month

Download the *Balance* app

Chester has been using the *Balance* app for just over a month now and recommends it because of the range of different features it has. In particular, he's been enjoying the 'Relaxation' plan, which focuses on breathing. This is one of many plans – a series that you practice over several days – which include learning to meditate, reliving stress, or lifting your mood). He's also been enjoying the 'Letting Go' visualization meditation of different nature scenes, with sounds that change each time you practice.

Since downloading the app on the one-year free trial, Chester has also been using the 'Flow State' (another one of the singles) every day at work, which has helped shut out distracting background noises and help create a sense of immersion in whatever task you're working on. Chester also recommends the 'Forest Sounds' sleep single as part of a sleep routine.

You can [find out more about the Balance app here](#) and download it on your device.



Your wellbeing tip jar!

"This month's tip is to create a wellbeing 'menu' and set alarms throughout the day to remind you to pick something from it. This could be as simple as a couple of deep breaths, a cup of tea, a walk or even completing a to-do list item. The key is having options so you can always have the time for something!"

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

Celebrating DSC's values: Empathy

For our August bulletin, we have the following examples of empathy and excellence:

The Wellbeing team would like to highlight the empathy and excellence shown by all DSC staff who have acted in absence in the last month.

With lots of us being on annual leave or busy with lots of different things at once, DSC staff as always have done a great job acting in absence for those who are away. Our AiA system is just another great example of our values at DSC, so we would like to thank anyone who has attended meetings, taken notes or taken on extra responsibility recently.

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](#). [Balance](#) also has a free trial.
- Free walks <https://www.ramblers.org.uk/go-walking/ramblers-wellbeing-walks.aspx>
- Balance app: <https://balanceapp.com> (first year free for a limited time)

Upcoming events

The Wellbeing team would like to remind everyone about the From Here to Diversity Conference on **Thursday 28th September**. This conference will explore equality, diversity, and inclusion through sessions with experts and break out room discussions! <https://www.dsc.org.uk/event/from-here-to-diversity-online-conference-2023/>

There are also two conferences in October:

- **Thursday 19th October** – Engage: Influencing Policy and Politicians. Learn how to advocate and campaign for policy change for the charity sector, especially relevant with the approaching General Election in 2024.
- **Tuesday 31st October** – Good Governance Matters. Learn how to effectively govern a charity and how charity governance affects success.

Where to get support

Internally

Mental health first-aid trained staff:

Stuart Cole
Ross Hardy (mental health champion)
Chester Howarth (mental health champion)
Valerina Brookes (training elapsed)
George Knight (training elapsed)

Wellbeing project team members:

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

Externally

- 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>