



# **Employee Health and Wellbeing**

## **Time to Talk**

### **February 2022**

**Time to Talk Day, which this year takes place on Thursday 3rd February, is a chance to have conversations with family, friends, or colleagues about mental health. Openly talking about mental health can help to reduce stigma and help ourselves and others to feel empowered to seek help when we need it.**

## **Wellbeing Conversations**

- Ask questions and listen - try to keep questions open and non-judgemental.**
- Think about time and place- sometimes it feels more natural not to talk face to face. Try chatting whilst doing another activity such as going on a walk, tidying up or in the car.**
- Don't try and fix it- it can be hard not to offer solutions but this might not be appropriate- simply listening to someone can make a huge difference.**
- Treat them the same- if someone shares their mental health problems with you, don't treat them differently, offer support and keep it simple.**
- Be patient- some people might not be ready to talk straight away, but you can support them in other ways such as keeping in touch to let them know you care, doing activities together and offering support with practical, day-to-day tasks.**
- For more detailed information on having wellbeing conversations, log onto ESR, go to "my learning" and search for "000 NHS Wales - Well-being Conversation Guide".**

# Time to Talk day - get involved!

- Plan a wellbeing walk during a lunch break
- Hold a CAV a Coffee to chat and have some quality time with colleagues
- Spread awareness - Time to Change Wales have resources you can download for free.
- Positivity box- share compliments about your colleagues or wellbeing tips
- Fundraise for a mental health charity of your choice – you could hold a bake sale or a raffle



## Our Health Meadow

Down to Earth is a not-for-profit organization that delivers health and wellbeing programs, using the medium of sustainable construction, land management, outdoor adventure activities and green woodwork skills. They are working closely with Cardiff & Vale Health Charity and Cardiff and Vale University Health Board on a ground-breaking, green infrastructure project with University Hospital Llandough, known as 'Our Health Meadow'.



**Our Health Meadow**  
**Ein Dôl Iechyd**

For more information on their staff wellbeing days, please contact: [barney@downtoearthproject.org.uk](mailto:barney@downtoearthproject.org.uk), call 01792 232439, or visit their website: [Our Health Meadow \(fitforthefuture.uk\)](http://OurHealthMeadow(fitforthefuture.uk))

# LGBTQ+ History Month – February 2022

This month it is LGBTQ+ History Month. Started by Schools Out in 2005, the month aims to raise awareness and visibility of the LGBTQ+ community whilst celebrating their achievements and diversity. In support of this, we have included resources available within the organisation and externally to raise awareness and provide support for members of the LGBTQ+ community and their allies below.

The Health Board's LGBTQ+ Staff Network enables LGBTQ+ staff to come together to share information and support, offers all staff with confidential support and advice on LGBTQ+ issues at work, and helps to promoting an inclusive and supportive culture. [Find out more about the network and its committee.](#)

The LGBTQ+ Staff Network is looking for a group of colleagues to form the Health Board's new LGBTQ+ Peer Support Network, which will give colleagues across the organisation someone to go to for advice, or help finding information about where they can go for further support. To find out more information and get involved, contact [rainbownetwork.cav@wales.nhs.uk](mailto:rainbownetwork.cav@wales.nhs.uk).

With its benefits, we also recognise that this month can also bring up a lot of feelings. The Employee Wellbeing Service and the LGBTQ+ Staff Network have joined together to facilitate a peer support session for staff. This session will take place on February 18th from 1pm - 3pm via Microsoft Teams. Book onto the peer support session via Eventbrite here.



# Further resources outside of the organisation

- Cardiff & Vale LGBTQ+ Social Group
- The DYN project
- The Gathering
- Glitter Cymru
- LGBTQ+ Peer Support Group Cymru
- Mermaids
- Pride Cymru
- Stonewall
- Umbrella Cymru
- Welsh Gender Service
- Gender Identity & Research Society (GIRES)
- LGBT+ Cymru helpline and counselling service



## Further support for everyone

Contact the Employee Wellbeing Service on 02921 844465 or email [employee.wellbeing@wales.nhs.uk](mailto:employee.wellbeing@wales.nhs.uk). We are now also offering video appointments through Attend Anywhere.

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Health for Health Professionals Wales are providing free mental health support to all Health Professionals and Healthcare Students working in NHS Wales.

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Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

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C.A.L.L is a mental health helpline, offering a confidential listening service. The service is open 24 hours a day, 365 days year. You can call 0800 132 737 or text help to 81066.

# February Wellbeing Workshops

## Stress Risk Assessment for Managers

9.30am - 11.30am  
Wednesday 2 February

## Introduction to Compassion and Self-Care

1pm - 3pm  
Friday 11 February

## How to have Wellbeing Conversations

9.30am - 10.30am  
Wednesday 16 February

## Wellbeing Champion Training

9am - 1pm  
Thursday 17 February

## LGBTQ+ Peer Support Session

1pm - 3pm  
Friday 18 February

## Q&A Session for Managers

10am - 11.30am  
Monday 21 February

## Long-COVID Peer Support Group

1pm - 2pm  
Wednesday 16 February

## Introduction to Assertiveness

1pm - 3pm  
Friday 25 February

## Coming up in March

Friday 22nd March is sleep awareness day; we will be exploring ways to improve sleep hygiene.



EMPLOYEE HEALTH &  
WELLBEING SERVICE  
Occupational Health  
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Employee Wellbeing



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