**Wellbeing Resources for Adult Social Care**

Dear Social Workers and Practitioners

I just want to take an opportunity again to communicate with you that your wellbeing is a major priority in Adult Social Care and I hope that you are all keeping healthy, both physically and mentally. Without you being well and able to carry out your duties, we cannot support the wellbeing of adults in the community of Barking and Dagenham. I appreciate that the pandemic is with us much longer than we ever anticipated, and we have all been impacted by it. I trust you are finding new ways of adapting to work in the current circumstances and that when things are or may get tough, know that we are here to support one another.

I just want to invite you to please get in touch with a colleague or your supervisor and talk to someone where that connection could be of help. Make an appointment with someone and have a face-to-face catch up in, or around our new base or other areas in the borough, as this could do wonders for our wellbeing. I know I always feel much better when I talk to other practitioners, you may find this a big help especially when talking with colleagues who understand what you do. If you feel you cannot talk to your colleague or supervisor and you need to get anything off your chest, or bring me up to speed with anything generic to social work or social care practice, then feel free to drop me an MSTeams message as your Principal Social Worker.

I just want to make you aware of some resources in the borough that are here to support your wellbeing.

**Council Wellbeing**

* There is a page dedicated to Wellbeing on our intranet, have a look there. The link is also available here: <https://lbbd.sharepoint.com/sites/Intranet/SitePages/Wellbeing.aspx>

**Employee Assistance Program (EAP)**

* The EAP offers employees a little extra support to manage life’s everyday challenges; both work and personal.
* The EAP is available by telephone, email, instant messaging and online, and provides free, confidential information and support to help you gain a better work-life balance.
* Employees are able to contact the service 24 hours a day, 365 days a year.
* The EAP Quick Overview PowerPoint presentation is an attractive visual tool to help provide more in-depth details about your EAP; - [EAP Quick Overview](https://lbbd.sharepoint.com/sites/IntTp/HR/HRPP/EAP%20Overview%20Presentation.ppt?d=w5505e464f5e648fa9da495152c78b35c)
* Our login is: LBBD and the password is: employee

**Contact details for the EAP Workplace Options 0800 243 458**

**North East London Wellbeing Hub (Called NEL WEL for short – for H& Soc. Care)**

* Is exclusively available to people who work within health and social care, this includes support staff within these settings.
* Offers Formal and Informal Support and can link people with a diversity of ethnic groups and or similar ethnic groups if preferred
* The link for the hub is here: <https://keepingwellnel.nhs.uk/keepingwellnel-media-assets/>

**Wellness for Adult Social Care Workforce**

* The Government has arranged for a number of Wellbeing Guides to be put together which you can access here: [Health and wellbeing of the adult social care workforce - GOV.UK (www.gov.uk)](https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce/health-and-wellbeing-of-the-adult-social-care-workforce)
* There is one for Adult Social Care Workers and Practitioners: [COVID-19 Guidance for Adult Social Care Professionals CSW (skillsforcare.org.uk)](https://www.skillsforcare.org.uk/Documents/Learning-and-development/social-work/psw/COVID-19-Guidance-for-Adult-Social-Care-Professionals-CSW.pdf) and explores how we may feel as a consequence of the impact of the pandemic and how self-care and suggestions of how to link with available support.
* The Department of Health and Social Care also encourages that teams discuss wellness and that you could create a Wellness Action Plan to follow and support one another. So don’t delay you can discuss this with your manager and or Consultant Social Worker in your team.

**Research in Practice (Adult Social Workers and Practitioners)**

* Runs regular workshops and training sessions for Social Workers and other practitioners for example:

- Sessions on Recovery, Work-life balance and how to switch off

- Supporting Social Care Practice during Covid-19 Pandemic

- Impact of COVID –developing coping skills linked to uncertainty, juggling conflicting priorities, dealing with change, loss of control, motivation

- Supporting children: Coaching skills that parents/ family can use to support children with changes / losses

- Death of a close family member or friend / Loss of a colleague

- Change of health: Impact of long-term illness or illness after-effects

- Organisational readjustment

- Supporting Others (Managers)- supporting your team (Individual team members experiencing loss / team) practical and emotional support

**Social Work England (for Registered Social Workers only)**

* Wellbeing sessions for registered social workers, music for social workers, art groups. More information is here: <https://www.socialworkengland.org.uk/social-work-week/social-work-week-programme/wellbeing-sessions/>

**Living Lean Program**

* Was commissioned for Adult Social Care previously and can run again if there is a small group of people interested, please discuss with the PSW
* Runs for 8 Weeks
* Focussed on wellbeing
* Helps set Activity Goals
* Including weight loss and healthy eating habits
* Is delivered by Leisure in LBBD

**Mental Health Access to Work Support**

* This support is provided by Able Futures and Re-employ
* Both provide mental health support for up to nine months.
* Mental Health First aiders have, and are being trained to support, this doesn’t replace professional supports but more a trained, friendly ear and signposting as a first response. More information is available here: [Mental Health First Aiders](https://lbbd.sharepoint.com/sites/Intranet/SitePages/Mental-Health-First-Aiders.aspx).
* There is also specific Mental Health support for people who have been off work and need support to return or finding staying in work challenging due to mental health. More information is available here: [Access to Work Mental Health Support Service](https://lbbd.sharepoint.com/sites/Intranet/SitePages/Access-to-Work-Mental-Health-Support-Service.aspx)
* After September we will have trained Suicide Prevention First Aiders, in LBBD, to support anyone who needs to talk about such feelings to get the best support to prevent suicide.

**Critical Incident Counselling**

* This is a structured programme for a team delivered by Workplace Options and to access this discuss with your manager and Head of Service. Where agreed will be tailored with the employees affected and could include: Telephone support, Management consultations, Specialist  on-site counsellors who can provide critical incident support following a sudden and unexpected incident or sequence of events which cause trauma within the workplace.

**LBBD Staff Networks**

* A range of networks to support everyone who works in London Borough of Barking and Dagenham and more information is available here: [Employee support networks (sharepoint.com)](https://lbbd.sharepoint.com/sites/Intranet/SitePages/Employee-support-networks.aspx)
* Meetings are currently online and some happen over the lunch hour
* The Networks are centred around a range of interests that support and promote equality, rights and justice, as well as support people with relationships through shared interests and topics of discussion. The networks offer an opportunity to get to know other colleagues better and promote your sense of belonging to the cultures within the broader organisational culture of LBBD.
* The following Staff Support Networks exist:
* EASE (Disabled) staff network
* LGBT+ (Lesbian, Gay, Bisexual and Transgender) staff network
* STARE (Standing Against Racism and Exclusion) staff network
* Women’s Network (including the Maternity Group)
* Graduate Trainee Network
* Christian Fellowship

***Author: Liana Kotze, Adults Principal Social Worker, August 2021***