

Health and Wellbeing Newsletter

30th September 2019

The importance of staying connected to others



There is strong evidence that feeling close to, and valued by, other people is a fundamental human need and one that contributes to a well-balanced life.

The charity Mind believe that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind they recommend that we all try to make a connection today. Keep reading for ways you can stay connected.

Talk to someone instead of sending an email or text

Having a chat to a colleague or friend during your busy day especially when face to face can help you feel connected, supported and less isolated.



Speak to someone new

Be it networking at a work event or just a social event with friends or colleagues, speaking to someone new is a great way to make friends and feel connected to the world around you. Doing so can also open up new opportunities for your personal and work life.



Ask how someone's weekend was and really listen when they tell you

We all can agree talking to someone and having them really listen is really helpful and feels great. Truly listening to someone you know will often result in great relationships and conversations.



Put five minutes aside to find out how someone really is

Asking if someone is ok isn't enough to really find out how someone is. By taking the time to find out how others are feeling it could make a big difference to that person's day and can strengthen your relationship. Helping by listening and supporting others can also be very beneficial to your own wellbeing by giving you that feel good feeling.



Give a colleague a lift to work or share the journey home with them

Spending time with others, especially if you take a long journey to work on your own can help give you a sense of community and make boring or stressful journey's a lot more enjoyable. Lift sharing is also great for reducing travel costs and helping the environment.



Make new friends

Is your job role very isolating, or are you working hours unsociable? Have you recently started a new job or moved to a new area? If so, chances are it can be hard to make new connections. You could make plans with friends, family or colleagues to strengthen connections. Or you could join a hobby club or enrol in an evening class to make new connections.



Events, courses and campaigns

Keeeeeep Crafting



Join the CUH Crafters at their next craft session on Friday 4th October at 12:30-1:30pm in the Deakin Centre, room 15.

Please drop by anytime during the hour and bring whatever craft you do with you (materials are not supplied).

Open Mind Night



Open Mind Night returns to the Frank Lee Centre on [World Mental Health Day 2019](#) - join CUH for a night of live music, spoken word and visual arts.

For the fourth year running the CUH Time To Change Champions (TTC) are putting on a variety show that celebrates the positive contribution creativity can make to well-being with a range of performances from artists with lived experience of mental health challenges. TTC aim to inform and entertain you, all while raising money to support this year's mental health charity: [MIND](#), the UK's national campaign for better mental health.

The Hexagon at the [Frank Lee](#) 7pm to 10pm Thursday 10th October.



Patient facing staff drop-in clinics (from Monday 30 September)

This includes professionally qualified clinical staff with direct patient care; doctors, nurses, healthcare scientists, AHPs and support to clinical staff that often have direct contact with patients; healthcare assistants, admin/clerical and support staff working in clinical areas.

F&G 6 seminar room:

- **Monday 30 September - Friday 11 October, 07:00 - 18:00**

ATC Atrium:

- **Monday 14 October - Friday 25 October, 07:00 - 18:00**

Concourse (opposite M&S):

- **Monday 07 October - Friday 11 October, 08:30 - 16:30**
- **Monday 14 October - Friday 08 November, 07:00 - 18:00**

Why are patient-facing staff receiving the flu vaccine first?

Patient-facing staff (any member of staff who has regular contact with patients; clinical staff, support staff and admin staff working in all patient areas, which includes inpatient, outpatient and community services) are invited to have the flu vaccine first to ensure we do all we can to protect our most vulnerable patients as early as possible.