Wellbeing Guide

Bringing together all things wellbeing so you know what is available to support you.

Cheshire East Council

Wellbeing Support

Employee Assistance Programme

Service provided on behalf of Cheshire East Council by Vita Health Group, you can access free, confidential advice and support if you are feeling stressed, worried about money or need someone to talk to.

- Services provided include - general information
- telephone counselling
- face to face counselling
- help with financial or emotional worries
- help with stress

Confidential helpline: 0800 1116 387 (available 24 hours a day, 365 days a year). Quote 'Cheshire East' for access

Online: WorkplaceWellness (Organisation code: Cheshirewell)

Wellbeing Support

Able Futures

A free service providing mental health support to anyone employed and contributing to National Insurance so your family and friends can also benefit.

You can self refer for access to one to one support for 9 months and access to resources for 12 months.

Confidentiality is guaranteed

Contact Able Futures online at: https://able-futures.co.uk/individuals/

Via email at: hello@able-futures.co.uk

Or by calling their Freephone number: 0800 321 3137 (8am to 10.30pm, Monday to Friday)

Wellbeing Support

Every Mind Matters

An NHS website dedicated to providing practical tips and expert advice.

Some tips particularly around mental wellbeing and the Coronavirus but also for children and young people as well as general advice.

https://www.nhs.uk/oneyou/every-mind-matters/

Wellbeing Support

Mental Health First Aiders

Our in-house Mental Health First Aiders can be used as a point of contact for anyone who needs someone to talk to, whether you're feeling a little overwhelmed, are unsure who to turn to or if you're struggling with you mental wellbeing. This could range from a quick conversation through to supporting colleagues seek appropriate help.

Our mental health first aiders are not therapists but are there to listen in a non-judgemental way, reassure and signpost to support.

Details of who our Mental Health First Aider's are is available on CEntranet

Occupational Health Unit (OHU)

The function of the OHU is to help maintain the health of the workforce. A host of services are available, information and how to make a referral can be found on CEntranet

Please note, only a manager can make a referral to OHU.

Support for Teams

Microsoft Teams

Make the most of the Microsoft Teams functionality. Using the Chat function can help teams communicate more informally or can be used to help replicate the office environment. Bounce around ideas and issues with each other and work collaboratively.

Meetings using Microsoft Teams don't always have to be scheduled in advance. It can also be used for those quick conversations that would previously have been done face to face at someone's desk or over the phone. You can still have the same interaction particularly if you turn the camera on so you can see each other.

Viva Insights gives you access to short videos by Headspace, guiding you through activities to help mindfulness and wellbeing. You can also track your mood each day, is there a pattern, are some days worse than others?

For hints and tips on using all of the updates to our systems your Bright Sparks will also be able to help or look out for emails advertising the Bitesize learning sessions from ICT to understand more about the latest updates and how to get the most out of Microsoft Teams.

Support for Teams

Your Wellbeing Pages

All staff members can access wellbeing information and support 24/7 via the Your Wellbeing Pages on our Cheshire East Website. From staff clubs you can join to team activities, useful resources and places you can turn to for support. Simply type in www.cheshireeast.gov.uk/staff

Wellbeing in Work Programme

You can also find a range of help, support and useful links on our Wellbeing in Work page on CEntranet

Golden Practices

The Golden Practices and Golden Practices – Taking Care of You were designed to help everyone maintain a positive approach to health and wellbeing at work. Checking back at them periodically helps remind us of simple things we can do to remain productive and healthy during the working day.

Support for Teams

In the Know

Our In the Know sessions are a way of sharing useful information, news and updates with you, keeping you updated with what's going on around the council.

The sessions also allow us to hear back from you, giving us the opportunity for two-way conversations and learning from one another.

Held once a month, these virtual sessions have a different topic each month, with guest speakers from across the council who will also be able to answer any questions you have in relation to the month's theme.

Keep an eye on Team Voice for more information on our upcoming sessions and how to book yourself a place, information from previous sessions is also available on Centranet.

Support for Teams

Coaching

Coaching is a useful way of developing people's skills and abilities, and of boosting performance. It can also help deal with issues and challenges before they become major problems. We have several qualified coaches across the Council who volunteer to support requests for personal coaching support. More information on what a coaching session entails.

If you would like to know more or enquire about a session, please contact Therese Hynes

Support for Teams

Learning Lounge

There are a wealth of courses available on the Learning Lounge that anyone can access from any device.

There are a number of difference resources to help particularly around Wellbeing such as Relaxation, Stress Awareness and Resilience, with more courses due to be added soon.

More information on how to access the Learning lounge can be found on CEntranet

Support for Teams

Equality and Diversity Staff Network Groups

Providing peer support to staff that identify with one or more of the protected characteristics, each of these staff forums meet regularly and also provide their members with the opportunity to influence what happens in Equality, Diversity and Inclusion at Cheshire East.

Groups available are –

- Race Equality Staff Network/Support Group
- Differently Abled
- Early Careers Network
- VibranCE
- The Circle
- Women's Staff Network
- Veterans Staff Network Group

More information on these groups and how to join can be found on CEntranet

Wellbeing activities/information

Made My Day – Staff Recognition

Getting recognition for a job well done, a thank you for helping someone out or just a show of gratitude for cheering someone up, can really boost a person's wellbeing and giving compliments can also improve your wellbeing, so it's a win win!

Our Made my Day scheme is a quick and easy way to show your appreciation, either to an individual or team. Simply complete the short form available on CEntranet and write them a little message to express how they made your day!

Wellbeing activities/information

Mindfulness Minute

The mindfulness minute is a simple breathing exercise. Helping to reduce stress, increase calmness and improve.

Set your phone for a minute, sit comfortably and close your eyes

Now practice breathing in for a count of 7 and out for a count of 11

Continue this for the duration of the minute

This refreshes your brain and created a sense of calm



Wellbeing activities/information

Thing you can do today

We can’t always control the world around us, but we can do some small things each day for ourselves or other people to make the day that bit better.



Wellbeing activities/information



Action for Happiness

Action for Happiness produce a monthly calendar packed with actions to help create a happier world. Each month focuses on a different topic, such as Optimistic October. Why not look at the calendar as a team, challenge each other to try the activities, it might help your wellbeing, get the team talking or just give everyone a good laugh.

Useful Contacts

HR Business Partners

- Children's Services – Ian Kenny
- Adults, Health and Integration – Debi Wain
- Place - Ruth O'Brien
- Corporate - David Worrall

Workforce Development – Training and Development needs

Organisational Development - Therese Hynes, Mel Schofield, Rhian Davies, Sarah Moulding

And finally …..

Don’t forget we are all human and will find life hard from time to time so don’t be too hard on yourself!