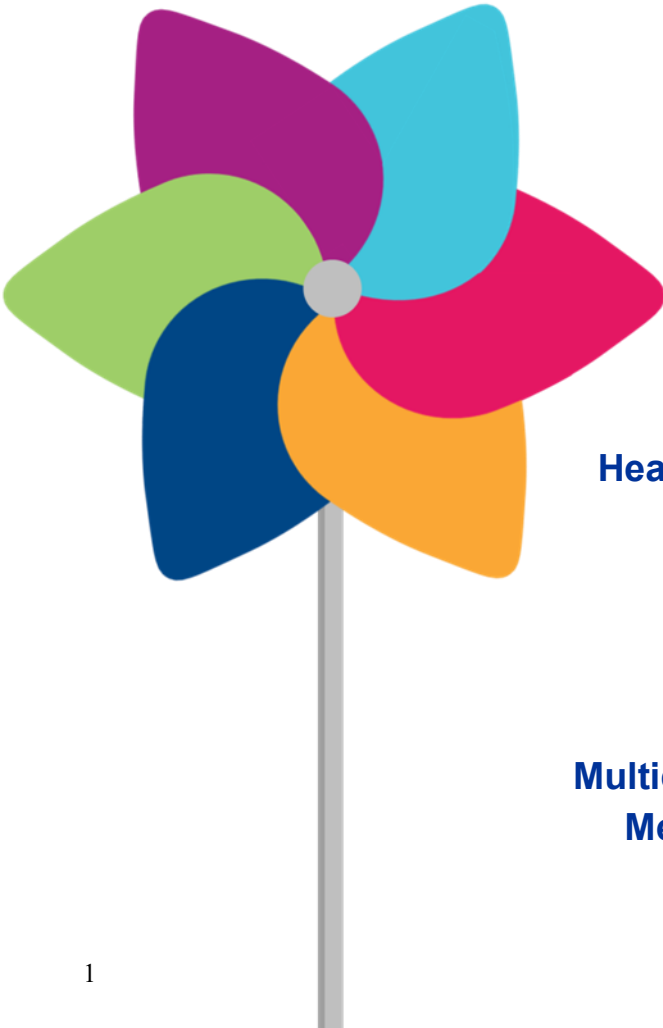


**NHS Borders
Wellbeing Week
5th –11th June 2023**



**Zumba
Open Piano
Crochet
Book Club
Know Your Numbers
Yoga
Therapet
Andy's Man Club
Space To Grow
Health in Harmony Choir
Wild Swimming
Mindfulness
Volunteering
Financial Wellbeing
Samba Drumming
Multicultural Family Event
Menopause Awareness
Walking
Take a Break**

Welcome to Wellbeing Week

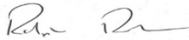
A very warm welcome to Wellbeing week for NHS Borders.

With the continued pressure our services and staff are under, it is more important than ever that we focus on our wellbeing. We hope that at some point this week you find an opportunity to engage with some of the activities on offer or find time to think about your personal Wellbeing.

Wellbeing means different things to different people and we would encourage you to find the time this week to think about what Wellbeing means to you, what you have perhaps let lapse that would support your personal Wellbeing if you re-engaged with it, and maybe explore something new that might support your Wellbeing in the future.

We also hope that as a team you find an opportunity to think about all of your Wellbeing and utilise some of the resources to support you.

With best wishes and thanks for your ongoing work



Ralph Roberts—Chief Executive



Andy Carter—Director of HR, OD, OH&S



Sohail Bhatti—Director of Public Health









John McLaren—Employee Director

About this Guide

In this guide you will find everything you need for Wellbeing week. Some activities are face to face, some are virtual and there is also a section you can use anytime.

All activities are developed around “Six Ways to Be Well in the Borders” and you will see an indication of this alongside the activities. You will also see an icon indicating if the activity is face to face, virtual, know your numbers, piano or an Information stall.

In addition if you see a Blue background for the activities these are face to face activities that are been held at a Community Hospital site. If you see a green background these events are online and available to everyone. Anyone can book to attend sessions at BGH.

	<p>Nurture <i>Look after your body and find ways to cope with stress</i></p>		<p>Be Active <i>Exercising regularly can make you feel more confident, happier, less stressed, sleep better and be more energised</i></p>
	<p>Belong <i>Feeling that we belong – that we are included – is good for our wellbeing</i></p>		<p>Be Kind <i>Giving to and receiving from others helps to build a support network</i></p>
	<p>Enjoy and Learn <i>Learning new things can help you to be more satisfied and fulfilled</i></p>		<p>Be Aware <i>Being mindful for a few minutes can help you to de-stress. Give yourself some 'me time'</i></p>

We understand that everyone finds their Wellbeing in different ways and you might not find an activity that suits you or be at a convenient time, we would encourage everyone to take a moment to think about what does Wellbeing mean to you, and are there things you would like to change to improve your Wellbeing.

To open a hyperlink in this document please click on the link and “right click” with your mouse then select Open Hyperlink.

Monday 5th June 2023

Know your Numbers

(The Knoll—Room 4 13.00– 16.00)



Pop along to see our friendly Occupational Health team for a blood pressure check to “know your numbers”. You can also talk to them about anything they can support you with. No appointments necessary.

Please note– if you work from home and live near the Knoll you can pop along too.

Zumba

(The Tryst 17.15-18.15)



Come try Zumba with Angie in the Tryst at starting at 5.15pm.

The session is free but will be “sweaty”.

You can contact Angie to book by using her Facebook page “Zumba with Angie” or mobile is 07469201272. People can contact on WhatsApp or text.

Email either Angela.Neill@borders.scot.nhs.uk or angneill@yahoo.co.uk.

Open Piano

(BGH Bottom of Stairs 9.00—5.30)



Please feel free to play a tune or two on the piano and bring some happiness to others.

Learn to Crochet

(Computer Suite 17.15-18.15)

Join Yvonne to learn to crochet which is a great activity to calm your mind after a busy day.



All equipment and yarn will be provided along with friendly helpful tuition.

Email Yvonne.Smith1@borders.scot.nhs.uk

Virtual Book Club

(Online 12.00 –13.00)

Do you love a good read?

Are you always recommending a good book or looking for recommendations?

Then join our Virtual book club, bring along your favourite book and share with others what makes it your favourite and why.

To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051 to get the Teams link.



Open Piano

The Knoll, Haylodge & Kelso

Please feel free to play a tune or two on the piano and bring some happiness to others.



Information Stand at BGH Eat Well, Be Active, Feel Good

Claire and Lubna, Community Food Workers from the Health Improvement Team will be promoting healthy eating to help you feel good. Pop along for a chat – they will be giving out recipe booklets and will have healthy 'Soup Bags' to give away to the first 100 members of staff who stop to say hi!



Tuesday 6th June 2023

Laughter Yoga

(BGH—Coldingham Room 12.30—13.00)



Laughter Yoga is a great way to use intentional laughter to reduce stress, improve your mood, and strengthen your immune system.

Come join this 30 minute fun session led by Peter Lerpiniere for a quick lunchtime boost and reinvigorate you for your afternoon.

To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051.

Therapet

(BGH—The Tryst 14.00—16.00)



An open session for you to come and meet some of our amazing Therapets that work within NHSB.

Who doesn't feel better after some time with Cats & Dogs?
No need to book just pop along.

Health in Harmony staff choir open session

BGH—The Tryst

6.30pm – 9.00pm (refreshments from 6.30pm
with singing starting at 7.00pm)



Do you love singing? Have you ever fancied joining a choir? Did you know we have a staff choir that was set up for current and retired NHS Borders and SBC social care staff? We're a friendly and welcoming group with wellbeing at our heart and we meet every Tuesday evening during term time in the Tryst at the BGH. Come along and have a go at singing your heart out at our open session! All welcome, no previous experience necessary. You can find out more about the choir at www.healthinharmonyborders.org

Learn to Crochet

(Computer Suite 17.15-18.15)

Join Yvonne to learn to crochet which is a great activity to calm your mind after a busy day.



All equipment and yarn will be provided along with friendly helpful tuition.

Email Yvonne.Smith1@borders.scot.nhs.uk

Know your Numbers

(Hawick Community Hospital—Seminar Room 4 -11.00– 1500)

Pop along to see our friendly Occupational Health team for a blood pressure check to “know your numbers”. You can also talk to them about anything they can support you with. No appointments necessary.



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Open Piano The Knoll, Haylodge, Kelso

Please feel free to play a tune or two on the piano and bring some happiness to others.



Information Stand at BGH NHS24 Breathing Space

You Matter We Care - take some Breathing Space.

Lisa-Jane and Natalie from NHS24 will be at the Information Stand between 11am – 2pm to promote ‘Breathing Space’, Scotland’s emotional support helpline. The service is run by NHS24 alongside 111 and the National Wellbeing helpline for health and social care staff. Come along to find out more and pick up some information.



Wednesday 7th June 2023

Andy's Man Club—Lunchtime Presentation (BGH—The Tryst 12.30—13.30)

Come along to this presentation to find out more about this unique club for men to come together in a safe environment to talk about issues and problem they may have and where to find your local Andy's man club. Contact fi-na.laidlaw@borders.scot.nhs.uk

or call 01896 826051 to book your spot.



Launch of the Friendly Cabin at Space to Grow, Huntlyburn garden – with the Health in Harmony Choir 4.00pm – 7.00pm



Do you love gardening or like spending time outside? Did you know we have weekly staff volunteer gardening sessions every 'Wellbeing Wednesday' at Space to Grow between April and October? Come along for a cuppa during Wellbeing Week - we'll be launching our new 'Friendly Cabin' at the Space to Grow Garden – this will be a bookable space for staff 1-1s and small meetings in the garden by Huntlyburn Ward.

We'll be joined by the Health in Harmony Choir at 6pm who will be singing in the garden along with the birds!

All welcome – you could even get your hands in the soil and help us to plant up a new bed for the occasion!

Wild Swimming—Mental Health Swims (Loch of Lowes Selkirk TD7 5LH, UK 6pm)



Join us for a chat on the beach/waterside, a litter pick, a paddle or a swim in the shallows. We are an easy-

going group that prefers short dips to long distances and puts companionship before competitive swimming.

For more information or to book open the hyperlink <https://events.more-human.co.uk/event/1683796068768x381023242732961800> or contact fi-na.laidlaw@borders.scot.nhs.uk or call 01896 826051.

Open Piano The Knoll, Haylodge, Kelso



Please feel free to play a tune or two on the piano and bring some happiness to others.

Know your Numbers

(Kelso Community Hospital—Seminar Room 4 -
1300– 1600)



Pop along to see our friendly Occupational Health team for a blood pressure check to “know your numbers”. You can also talk to them about anything they can support you with. No appointments necessary.

Please note– if you work from home and live near Kelso Community Hospital you can pop along too.

Mindfulness Training

BGH—The Tryst 14.00-16.00



Session 1 Self-connection: The importance of compassionate self-connection as a starting point.

This is a series of very practical sessions for busy Health staff during the NHS Borders Well-being Week. The approach is a distillation of the three paradigms of Mindfulness, Nonviolent Communication and Coaching skills & methods creating a powerful synergy that facilitates an inner relationship and connection with oneself from a grounded awareness for deep and creative connection with others. The intention is to become more skilled and able to communicate your needs & to listen to others' needs with more empathy, keeping the connection between self and others.

Each session can stand alone and has a particular theme, or the three sessions can be taken as a short course.

To book a place and receive the pre-course information, please email mandy.colquhoun@borders.scot.nhs.uk

Information Stand at BGH Andy's Man Club



If you can't make the presentation but still want to find out more pop and see the team at RVS—Main entrance.

The Lavender Touch will also be on site at the bottom of the stairs

Thursday 8th June 2023

Chair Yoga with Stephanie Knight

(Online 12.30-13.30)



Chair Yoga is a gentle Yoga and perfect for the middle of the day with gentle moves, and includes relaxation and mediation.

Stephanie is an experienced Yoga Teacher.

To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051 to get the Teams link.

Know your Numbers

(Haylodge Health Centre Room 4 10.00–14.00)

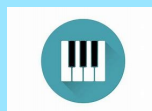


Pop along to see our friendly Occupational Health team for a blood pressure check to “know your numbers”. You can also talk to them about anything they can support you with. No appointments necessary.

Please note– if you work from home and live near the Haylodge you can pop along too.

Open Piano The Knoll, Haylodge, Kelso

Please feel free to play a tune or two on the piano and bring some happiness to others.



Laughter Yoga Kelso Seminar Room 12.30—13.00

Laughter Yoga is a great way to use intentional laughter to reduce stress, improve your mood, and strengthen your immune system.

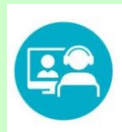
Come join this 30 minute fun session led by Peter Lerpiniere for a quick lunchtime boost and reinvigorate you for your afternoon.



To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051.

Virtual Book Club

(Online 17.00 –18.00)



Do you love a good read? Are you always recommending a good book or looking for recommendations?

Then join our Virtual book club, bring along your favourite book and share with others what makes it your favourite and why.

To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051 to get the Teams link.

Open Piano

(BGH Dining Room 9.00—5.30)



Please feel free to play a tune or two on the piano and bring some happiness to others.

Mindfulness Training

BGH—The Tryst 10.00—12.00



Session 2 Balance: Noticing when we go out of alignment with ourselves and using mindfulness practices to refocus and gain a greater sense of balance.

This is a series of very practical sessions for busy Health staff during the NHS Borders Wellbeing Week. The approach is a distillation of the three paradigms of Mindfulness, Nonviolent Communication and Coaching skills & methods creating a powerful synergy that facilitates an inner relationship and connection with oneself from a grounded awareness for deep and creative connection with others. The intention is to become more skilled and able to communicate your needs & to listen to others' needs with more empathy, keeping the connection between self and others.

To book a place and receive the pre-course information, please email mandy.colquhoun@borders.scot.nhs.uk

Information Stand at BGH

Volunteer Borders



Volunteer for Wellbeing!

The volunteering support staff from Borders Community Action will be at the Information Stand promoting volunteering opportunities in the Borders. As it's also 'Volunteers' Week', why don't you stop by the stand to see how you can get involved?

Friday 9th June 2023

Zumba

(The Tryst 17.15-18.15)



Come try Zumba with Angie in the Tryst at starting at 5.15pm. The session is free but will be “sweaty”.

You can contact Angie to book by using her Facebook page “Zumba with Angie” or mobile is 07469201272. People can contact on WhatsApp or text.

Email either Angela.Neill@borders.scot.nhs.uk or angneill@yahoo.co.uk.

Know your NHS Pension

The Scottish Public Pensions Agency (SPPA) will be hosting 2 sessions. The sessions will be held online (Microsoft Teams) with limited spaces available to attend in person in the Education Centre, BGH. The sessions will cover:



- An overview of the Pension scheme and scheme benefits,
- Pensions and flexible working,
- The McCloud Remedy
- Finding information on the SPPA website and ‘My Pension’ platform.

Each session will last 1 hour,

Session 1 (9.30am)

Session 2 (10.45am)

Please email ailsa.paterson@borders.scot.nhs.uk to book your spot, please remember to indicate which session you wish to attend and if you will attend in person or require the Teams link.

Beekeeping

(The Tryst 12.30-13.30)



Ever thought about beekeeping as a hobby? Pop along and meet John Wilkinson from Borders Beekeepers to find out how you can keep your own bees!

To book email fiona.laidlaw@borders.scot.nhs.uk or call 01896 826051

Mindfulness Training BGH—The Tryst 14.00-16.00

Session 3 Endings: Attending to all elements in endings with clients/service users to maintain positive energy for self and others.



This is a series of very practical sessions for busy Health staff during the NHS Borders Well-being Week. The approach is a distillation of the three paradigms of Mindfulness, Nonviolent Communication and Coaching skills & methods creating a powerful synergy that facilitates an inner relationship and connection with oneself from a grounded awareness for deep and creative connection with others. The intention is to become more skilled and able to communicate your needs & to listen to others' needs with more empathy, keeping the connection between self and others.

To book a place and receive the pre-course information, please email mandy.colquhoun@borders.scot.nhs.uk

Know your Numbers

(BGH, OH Clinic Room Orange Zone Outpatient dept H 12.30-16.00)



Pop along to see our friendly Occupational Health team for a blood pressure check to “know your numbers”. You can also talk to them about anything they can support you with. No appointments necessary.

Please note– if you work from home and live near the BGH you can pop along too.

Open Piano The Knoll, Haylodge, Kelso

Please feel free to play a tune or two on the piano and bring some happiness to others.



Information Stand at BGH Financial Wellbeing Stand

The Health improvement team will be promoting financial wellbeing resources. This will include information on the Money Worries App, Money Guiders training, and food and fuel security.

On their stand they are also going to promote physical activity sharing info on Guidelines, Walk It Information, BGH Walks and Local Health Walks.



Saturday 10th June 2023

Samba Drumming Workshop
Melrose Cricket Club (outdoors)
Bring a picnic lunch and come
prepared for all weathers
11.30am – 3.00pm



Come along and make some noise with the Samba Sisters from Dumfries who are running a samba drumming workshop for Wellbeing Week. Come rain or shine, we will be outdoors at the Melrose Cricket Club and the workshop promises to be noisy, engaging and great fun! Bring your own picnic lunch as we will be banging out some rhythms both before and after a lunch break, finishing with a group performance.

No experience necessary, all welcome, earplugs provided - we guarantee to get you moving and smiling!

Place are limited – book your place via Eventbrite here:

<https://NHSBSamba.eventbrite.co.uk>

Multicultural Sharing
(The Tryst 16.00-18.00)



A family event, participants can bring food to share. Cultural dances and stories organised by Borders Interfaith Group

To book contact Rita.Docherty@borders.scot.nhs.uk



Take a Break



Regardless of your role it is essential for your Wellbeing that you take your breaks. Research shows that people who take their breaks are more productive, have improved decision making skills, make less mistakes and are generally less stressed.

We want to challenge you to take different types of breaks throughout the week.

Breathe break

Use one of the quiet spaces, pop outside or visit the Tryst and take some time to think about your breathing. Take a moment to breathe deeply or perhaps use it for a moment of Mindfulness. Breathing breaks are particularly good to reduce stress levels quickly.



Check out these quick breathing exercises [here](#)

Reading break

Do you love reading (or used to) but never have time to read? Why not grab your favourite book or Kindle and use one of your breaks each day or week to catch up on those chapters.



Environment break

Get out of your usual environment, maybe that is going to the dining room, leaving your workspace or walking outside.



Active break

Depending on the length of your break and your role choose to get active. Walk, run cycle, dance or whatever you have time for to give yourself a boost and get those good endorphins working.

Look out for walking routes near you coming very soon.



Kinship break

Nothing beats a good chat and laugh with others. Maybe arrange to have a regular catch up with someone you wouldn't normally see or suggest a catch up with someone.

If you predominantly work from home why not arrange a time each week for a virtual coffee break over teams. You both grab your brew, cameras on and chat about anything but work!



As part of Wellbeing week I would like to encourage you to ensure you take your breaks and use that time to look after your Wellbeing. I would encourage you to get outside and take a short walk around the grounds of your work location. You do not need to change out of your uniform as long as you do not leave the grounds.

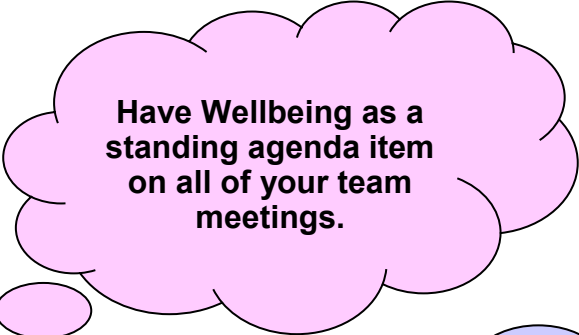
A handwritten signature in black ink, appearing to read 'Sarah Horan'.

Sarah Horan

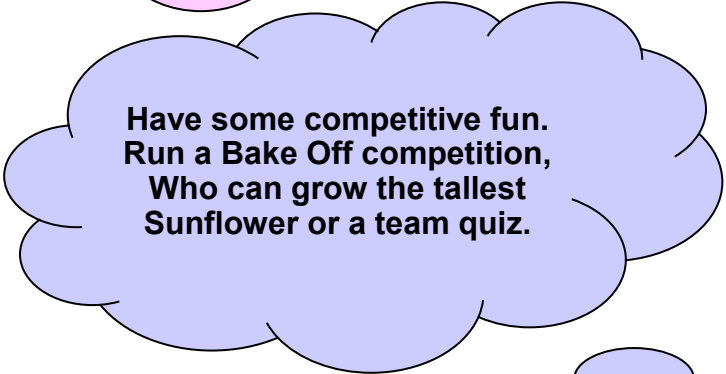
Ideas for Team Wellbeing

Wellbeing is for life and not just for Wellbeing week!

We would encourage you to think as a team how you can improve the teams Wellbeing.



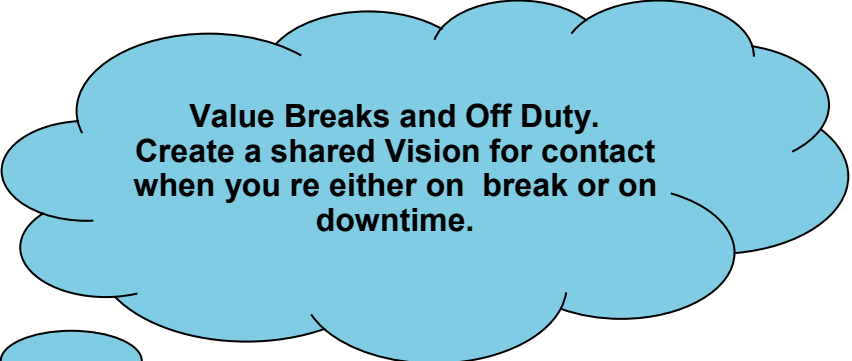
Have Wellbeing as a standing agenda item on all of your team meetings.



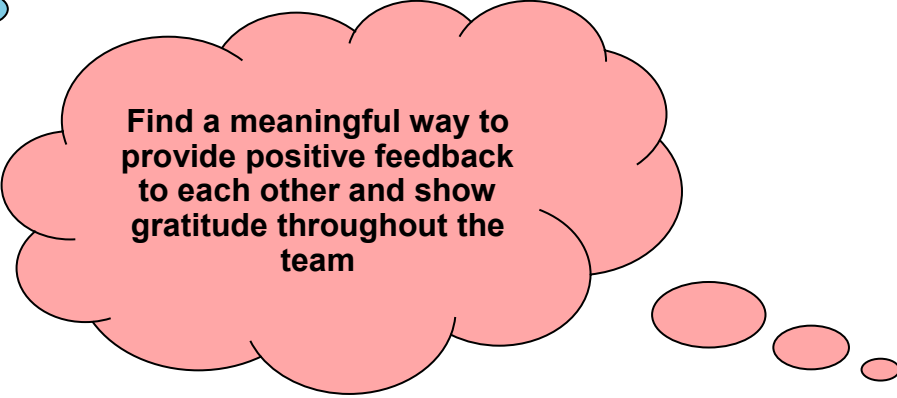
Have some competitive fun. Run a Bake Off competition, Who can grow the tallest Sunflower or a team quiz.



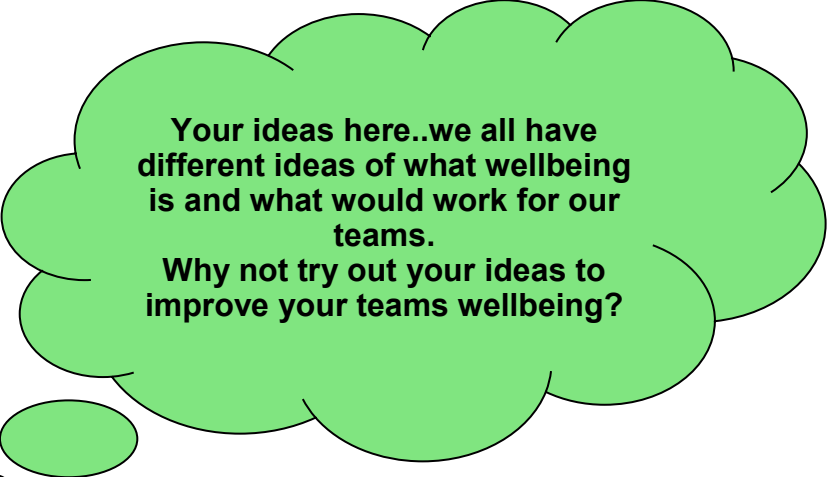
**Play Wellbeing Bingo
(See pages 20 and 21)**



**Value Breaks and Off Duty.
Create a shared Vision for contact
when you re either on break or on
downtime.**



**Find a meaningful way to
provide positive feedback
to each other and show
gratitude throughout the
team**



**Your ideas here..we all have
different ideas of what wellbeing
is and what would work for our
teams.
Why not try out your ideas to
improve your teams wellbeing?**

Wellbeing BINGO



How many activities can you do?

*Be Kind, Enjoy and Learn, Nurture,
Be Active, Belong, Be Aware*

Go outside and take notice of what's around you	Call, text or arrange to meet with a friend	Have some digital downtime today and switch off your device
Read a book	Connect with nature	Do a random act of kindness
Take part in a gentle exercise video online – <u>try mindful stretching</u>	Download a mindfulness App – Calm or Headspace	Do something to relax like having a bath
Learn some <u>breathing exercises</u> , they can help you to cope with stress	Find out about activities and groups in your local area and go along to one	Take control of your finances by downloading the <u>Money Worries App</u>
Watch a film or dance and sing to your favourite songs	Do a puzzle or crossword to keep your mind active	Go somewhere that makes you feel good

Not sure how your team can get involved in Wellbeing Week?

“Why not have a Wellbeing Bingo Competition – you could provide a prize for the person who achieves a line or full house”

The underlined text are links to web pages including the Health in Mind bitesize videos on YouTube (commissioned by NHS Borders)

Try to <u>eat and drink</u> more healthily today	Remember to <u>be kind to yourself</u> today	Tidy up outdoors or pick some litter
Ask a friend how they are and <u>start a conversation about mental health</u>	Write a list of things you feel grateful for	Learn some <u>coping skills</u> for managing stress today
Allow your mind to wander, day-dream and hope	Give someone a compliment or smile at someone today	Take a small step towards a goal today
Check out the mental wellbeing courses at <u>Together all</u> today	Prioritise your sleep today - <u>these video tips</u> could help	Check out the resources on the <u>National Wellbeing Hub</u>
Go for a walk outside	Volunteer your time	Do something creative

Wellbeing Resources

Wellbeing is not about one week year it is about how we are as people to get the best out of everyday. The links below will provide you with all the resources you and your team need for Wellbeing.

- Staff discounts and benefits [NHS Borders Intranet, Staff Discounts and Benefits](#)
- Confidential Staff Counselling Service [NHS Borders Intranet, Occupational Health & Safety](#)
- Six Ways to be Well – [NHS Borders website](#)
- National Wellbeing Hub [Home - National Wellbeing Hub](#)
- National Wellbeing Helpline for everyone working in health and social care services operated by NHS24 – 0800 111 4191 [The National Wellbeing Helpline - National Wellbeing Hub](#)
- Free apps and online programmes for NHS staff [Supporting your wellbeing: free apps and online programmes - National Wellbeing Hub](#)
- Digital Coaching for Wellbeing [Coaching for Wellbeing – a digital coaching service for all health and social care staff \(wellbeinghub.scot\)](#)
- Wellbeing Planning Tool for staff (Turas) [Wellbeing planning tool | Turas | Learn \(nhs.scot\)](#)
- Back to Basics for a healthy work environment infographic (NHS Employers) [Back to basics for a healthy working environment infographic | NHS Employers](#)
- NHS Staff Wellbeing needs poster (NHS Employers) – this can be edited to include local contact details [NHS staff wellbeing needs poster | NHS Employers](#)

Chaplaincy Centre – Borders General Hospital, Melrose.

Here at the Chaplaincy Centre we have members of the Spiritual Care team available to offer confidential, non-judgmental support to patients, carers, and staff, appropriate to their life situation and beliefs. We have rooms for quiet reflection for all to use in their time of need.

The Spiritual Care Team are available to listen or simply to be with people according to their needs. We can arrange and facilitate referrals when requested to the accredited faith or belief group representatives.

Energy Healing Support Group – BGH—Chaplaincy Centre

Healing Support Group is available every Saturday and focuses on Energy Healing.

For more details contact Christina Mark

Email christinamark2@gmail.com or call 07721 771081

Thank you

We are sure you will all join us in thanking everyone who helped to make Wellbeing week happen. There are many people to thank, the team of organisers, people who have donated time, people who have supported logistics and many many more.

Without each of them we couldn't have made this week happen so on behalf of everyone in NHS Borders Thank you!

We would also like to thank the difference for supporting Wellbeing week enabling us to deliver a wide range of free activities for everyone to experience.

the difference
making the difference to patient care in the borders.
www.thedifference.org.uk Registered Charity No. SC008225