

# Promoting Wellbeing and Resilience NETWORK

for Health and Social Care Staff  
in the Workplace

24 May - 21 June 2022



[echo@dovehouse.org.uk](mailto:echo@dovehouse.org.uk)



Humber and North Yorkshire  
Health and Care Partnership

On behalf of the Humber and North Yorkshire Health & Care Partnership based at Dove House Hospice in Hull.

The aim of the project is to share expert knowledge from around Hull and the East Riding of Yorkshire in a variety of topics. Experts might be from the hospice, the CCG, GP surgeries, hospitals or out in the community – but we know that you have a lot of knowledge in your organisations and we want to use that too.

The training is provided completely **free of charge** to Health and Social Care staff across Hull & East Riding. The training is provided virtually via Zoom, meaning your staff don't have to travel to take part saving your business valuable time and money.

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Our next network is:

## **Promoting Wellbeing and Resilience for Social Care Staff**

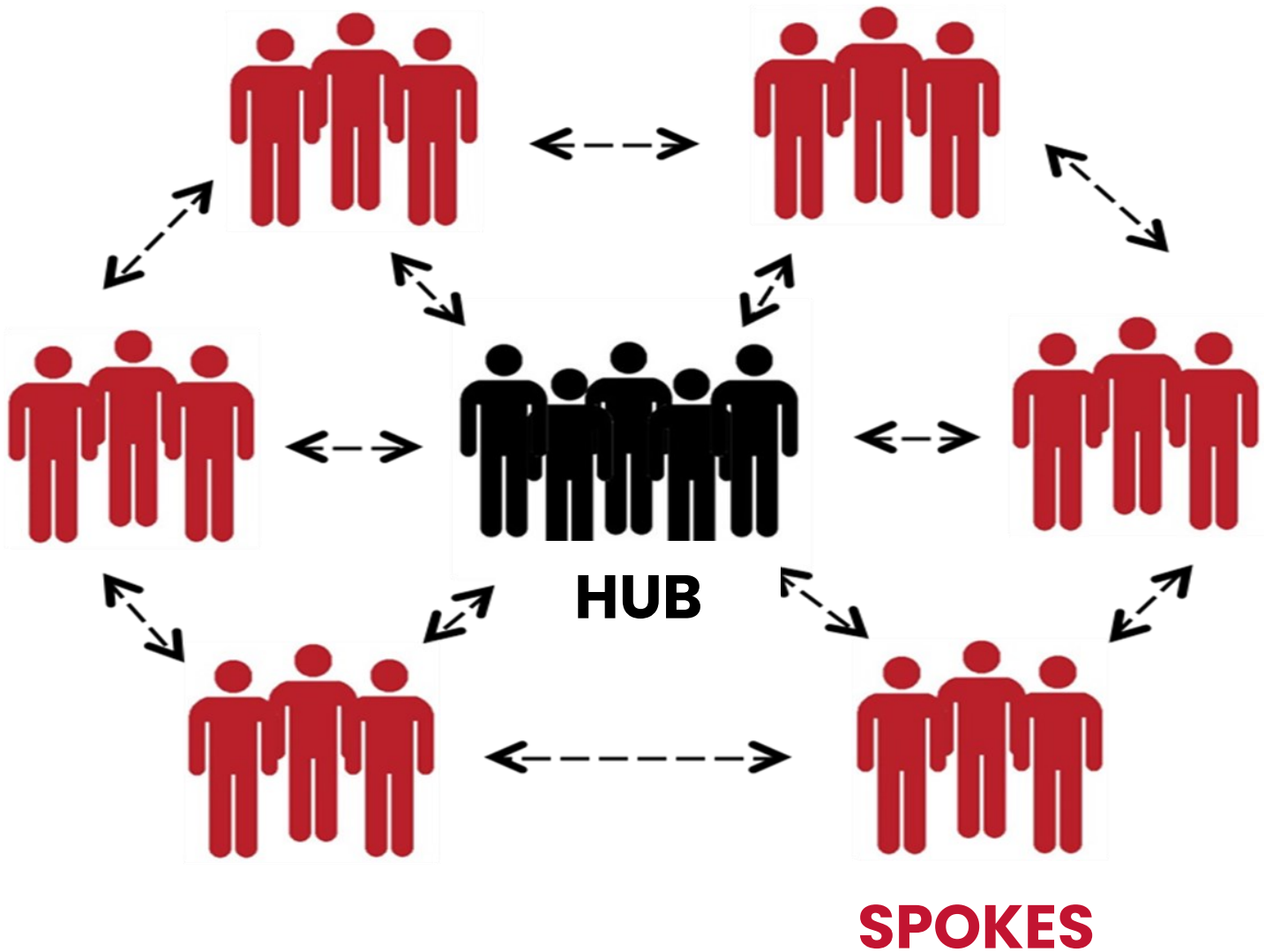
Consisting of 4 sessions on Tuesdays afternoons 2pm – 3.30pm, commencing **24 May 2022** to **21 June 2022** (no training half term)

**If you would like your staff to be involved please contact us on:**

**[echo@dovehouse.org.uk](mailto:echo@dovehouse.org.uk)**

Tracy, Natalie and Sue are based at Dove House Hospice in Hull and are happy to answer any questions you might have about the Project – **just get in touch!**

## How does Project ECHO work?



### **A Project ECHO session:**

- **A presentation from an expert speaker**
- **Relevant topic case study or break out rooms for group discussion to enable application of current knowledge and experience**

Each session is recorded and your organisation will have access to the sessions (upon request)

# The sessions

**There will be 4 separate sessions on the topics of Wellbeing and Resilience.**

**Ideally we would like you to attend a minimum of 3 sessions but please let us know if this is not possible and which ones you can attend? We do recommend that to get the most from the training that you attend all 4 sessions if possible**

**Each session takes place on a Tuesday afternoon: 2pm to 3:30pm**

## **Week 1: 24 May 2022**

Compassion Fatigue/Compassion Satisfaction

TBC

**.....Break for Half Term.....**

## **Week 2: 07 June 2022**

Stress and Burnout

Rachel Osborne - Hospice Trainer

## **Week 3: 14 June 2022**

Resilience

Rachel Osborne - Hospice Trainer

## **Week 4: 21 June 2022**

Mindfulness (Mindful Support)

Complementary Therapies Team - Dove House Hospice

# Aims and Objectives

## Week 1: Compassion Fatigue/Compassion Satisfaction

### Aims and Objectives:

**Session Aim:** To have an awareness of the signs and symptoms of compassion fatigue

To have an awareness of the signs and symptoms of compassion satisfaction

### Session Objectives:

- To outline the professional quality of life scale and the reason for completing this.
- To define compassion fatigue, compassion satisfaction and secondary traumatic stress.
- To discuss what can contribute to compassion fatigue and compassion satisfaction.
- To identify signs of compassion fatigue and secondary traumatic stress.
- To identify the signs of compassion satisfaction and your limitations.
- To outline strategies that can help to prevent or manage compassion fatigue.

## Week 2: Stress and Burnout

### Aims and Objectives:

**Session Aim:** To understand stress and burnout and how health and social care professionals may be affected.

### Session Objectives:

- To consider different types of stress and how these may be helpful or harmful.
- To outline physical, psychological and behaviour manifestations of stress.
- To define burnout and explain how it may affect health and social care professionals.
- To discuss strategies to manage stress and its negative effects.
- To consider causes for concern in terms of a person's wellbeing and where to signpost the person to for support.

# Aims and Objectives

## Week 3: Resilience

### Aims and Objectives:

**Session Aim:** To understand the term “resilience” and how this can be nurtured in health and social care professionals

### Session Objectives:

- To outline what resilience is and what is not.
- To discuss different dimensions of wellbeing and how to promote holistic wellbeing.
- To explain ways to build resilience within the workplace.
- To discuss how to increase resilience in oneself and colleagues by developing a solution focused mindset.

## Week 3: Mindfulness (Mindful Support)

### Aims and Objectives:

**Session Aim:** To have an awareness of the benefits of complementary therapies that may support the wellbeing of health and social care employees

### Session Objectives:

- To promote health and wellbeing and support the body’s natural self-healing mechanisms.
- To encourage feelings of wellbeing, pleasure, positivity and inner peace.
- To have an awareness of therapies that are not usually part of conventional medical care .
- To have an awareness of how to access services.

## **What we expect from you**

Before your first session you will need to test your equipment to check you can log on to Zoom and participate fully with your camera and microphone.

You will also need to complete a GDPR form. We ask that you agree to attend at least 3 of the sessions out of the 4 - and let us know if you can't attend.

Engagement in group discussions. And we'd love your feedback pre and post the Network.

## **What you can expect from us**

If you're not used to using the technology we can help you set it up and test that it's working. Each session has a facilitator and admin support.

You will have access to expert speakers and going forward will help to create and manage future training sessions.

We will send out CPD certificates to everyone who attends the training sessions.

# What do you need to attend an ECHO session?

- Internet connection or device with inbuilt connection
- Speakers and a microphone
- A webcam or inbuilt camera
- You can use your tablet or mobile!

The ECHO team are here to help you and will support you in testing your equipment – all you need to do is ask!

## Benefits to being involved

- Training is FREE
- Multiple staff trained at the same time
- CPD hours for participatory learning
- Access to recorded sessions for your staff, upon request
- No time away from the organisation
- No travel expenses



**Please get in touch!**

**For more information about  
Promoting Wellbeing and Resilience Network  
for Health and Social Care Staff  
in the Workplace  
please get in touch!**

**Email:**

[echo@dovehouse.org.uk](mailto:echo@dovehouse.org.uk)

**Telephone:**

07866 795950 or

(01482) 785741

**To register use the link below:**

<https://forms.office.com/r/AX8ibWgBnZ>



**Humber and North Yorkshire  
Health and Care Partnership**

