

HOW CAN YOU SUPPORT YOUR TEAM?

- 01** Check in regularly. Also refer your teams to the Going Home Checklist
- 02** Give frequent updates. Sticking to and repeating the facts and sharing key information.
- 03** Make sure everyone receives the same information (including those at home).
- 04** Make sure staff take breaks. Remind them that regular eating and drinking is fundamental to their wellbeing.
- 05** Continue to prepare staff for conversations which may be difficult. Unfortunately these types of conversations may be necessary and may have to be delivered in new ways.
- 06** Try to practice positive coping strategies yourself, to support your own resilience.
- 07** Know where to signpost staff to for further support (see later in this guide).

Teams working from home

All staff should be supported to have a regular conversation about their needs. For access to a full guide for individuals working from home (including a framework for the discussion), please visit the Intranet and type Homeworking guide during Covid-19 in the search field.

TEAM TIME IS COMING SOON TO HELP YOU TO SUPPORT YOUR TEAM

What is Team Time?

It's a different kind of reflective practice that lots of teams find useful. It's new to NCH&C but we feel could benefit many of our staff once it is rolled out in early 2021.

Team Time is an online forum providing virtual team support based on Schwartz Rounds principles. Staff can come together online to discuss and reflect on the emotional and social challenges associated with working in healthcare, particularly during the pandemic.

Team Time lasts between 30 to 45 minutes and provides a confidential, psychologically safe, facilitated space for people to reflect and share emotions in whilst feeling connected and supported.

If you're interested in holding a facilitated Team Time session or would like to receive more information, please email the Wellbeing Team at wellbeing@nchc.nhs.uk

