

The 'Staff Wellbeing Service' Offers Health & Social Care Staff Across NHS Tayside:

Regular 50-minute staff support sessions with a member of our team

- Face-to-face
- Over the phone
- On MS Teams
- In venues across Dundee, Angus and Perth & Kinross.

You may have been experiencing signs of stress, low mood and anxiety and are finding it difficult to cope with your feelings and are struggling to find your way through.

Time to Talk confidentially about difficulties, reflect on situations and explore feelings.

Space to Reflect whether the situation is about:

- Struggling Emotionally
- Workplace Problems
- Homelife or Family Difficulties
- Ill Health
- Loss & Bereavement
- Relationship Problems
- Disciplinary Issues
- Victim of Crime etc.

A Safe Place to be heard, understood and valued, to explore possibilities, to identify sources of support, to find direction, to realise your choices and come to decisions.

Emergency Out of Hours: In case staff find themselves in emergencies or great distress out of hours we have a member of our team available by phone 24-hours a day.

You Can Book An Appointment By Contacting The Wellbeing Centre:

Tel.01382 423110, Ext. 40806

Email: Tay.wellbeing@nhs.scot

Emergency Out of Hours Tel. 07917183804

The 'Staff Wellbeing Service' is provided by NHS Tayside's Department of Spiritual Care

Staff Support Workshops & Values Based Reflective Practice (VBRP)

A stepped model for values-based staff support in NHS Tayside

Our team comprises skilled facilitators and trainers who are available to provide a number of different workshops and training programmes in support of staff across Tayside:

- **Self-Care & Wellbeing Workshop** - 60-75 minutes
- **Becoming a Values-Based Team - Part 1** - 60-minutes
- **Becoming a Values-Based Team - Part 2** - 60-minutes
- **Values Based Reflective Practice (VBRP) Taster Session** - 90-minutes
- **Regular 'Values Based Reflective Practice' (VBRP) Sessions** - 60-minutes
- **Essential Toolkit Training for Values Based Reflective Practice** - 1 Day
- **Dynamics & Processes Training for Values Based Reflective Practice** - 2 Days
- **Bespoke Workshops – Also Available**

'Self-Care & Wellbeing' Workshop - 60-75 minutes

This is our most popular workshop and allows a group of staff the time and space to explore what 'wellbeing' looks like in their lives individually and to identify the things that drain their wellbeing and those things in their lives that can 'fill the tank' back up. We use the '3-Levels of Seeing' from Values Based Reflective Practice (VBRP), to help you notice, wonder and realise how you can look after your own wellbeing more effectively. This is a helpful and practical space that supports staff to be more compassionate to themselves and to recognise ways in which they can rebalance their lives.

'Becoming a Values-Based Team - Part 1' - 60-minutes

Using the MAP Tool from Values Based Reflective Practice (VBRP), we explore together your core *Motivations* as practitioners, what your *Actual Practice* looks like, and then how you can reconnect to your core motivations and develop the *Potential Practice* of your team practice. This session is a useful way for team members to all have a voice in how they want their team to be with one another, developing a healthy team culture.

'Becoming a Values-Based Team - Part 2' - 60-minutes

We look at how we can use the 'NAVY Tool' from Values Based Reflective Practice (VBRP), to help you reflect *in* practice while you are working with colleagues, patients and families, in order get through to what is really important. 'NAVY' helps us take a values-based path by noticing and exploring *Needs, Abilities, Voices, Values, You...* in our work.

'Values Based Reflective Practice (VBRP) Taster Session' - 90-minutes

The session introduces you to the tools and experience of the VBRP group process that allows the team to reflect together in the *present* on their *past* and recent practice in order to shape their *future* practice whilst at the same time taking seriously the values that underpin our work.

Regular 'Values Based Reflective Practice' (VBRP) Sessions - 60-minutes

After the taster session if you would like to pursue VBRP sessions together as a team we would normally look at one-hour sessions each month facilitated by a member of our team, or you can have some of your team attend VBRP facilitator training so that you can facilitate groups yourselves.

Essential Toolkit Training for Values Based Reflective Practice' (VBRP) – 1 Day

This is a course developed by NHS Education for Scotland as the first day of the VBRP facilitators' training, but it can also be experienced as a standalone day to learn more about the main reflective tools you can use in your daily practice.

Dynamics & Processes Training for Values Based Reflective Practice' (VBRP) – 2 Days

These two-days, as a follow-up to the Essential Toolkit training, complete the overall three-day VBRP facilitators' training for those interested in facilitating Values Based Reflective Practice groups in their own or other teams.

Bespoke Workshops – Also Available

Members of our team based across Tayside are also available to offer other bespoke wellbeing workshops for your team. Please get in touch to have a chat about your needs and we can look at what we would be available to provide.

To Book Workshops/Training Contact:

Email: tay.wellbeingworkshops@nhs.scot

To Learn More Contact:

Geoff Williams, Senior Chaplain for Staff Wellbeing

Mob. 07884 234525 Email: geoff.williams@nhs.scot

Patrick Sullivan, Senior Chaplain for VBRP

Tel. 07917 593476 Email: patrick.sullivan@nhs.scot

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Staff Wellbeing Service



* based on staff feedback collated in September 2021



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