

THE WEEKLY ROUNDUP

A weekly round up of updates collated by Inspired to Care



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INSPIRED TO CARE REMINDERS & ANNOUNCEMENTS

New Toolkits

We have launched three new toolkits to support you and your team!

Connecting with the Future Workforce Toolkit

Staff Appreciation Toolkit

Religious and Cultural Holidays Toolkit

[WWW.INSPIREDTOCARE.CO.UK/
MEMBERS-AREA/TOOLKIT](http://WWW.INSPIREDTOCARE.CO.UK/MEMBERS-AREA/TOOLKIT)



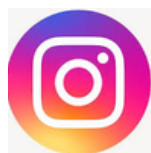
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[Inspiredtocare.co.uk/News & Events](http://Inspiredtocare.co.uk/News%20&%20Events)



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FREE MONTHLY WEBINARS FOR CARE PROFESSIONALS

Join Leicester, Leicestershire & Rutland NHS Talking Therapies for our 1 hour webinars for professionals in the health, social or voluntary care sectors across LLR.

The webinars look at a wide range of subjects linked to mental health and wellbeing, provide you with knowledge and skills to manage common mental health difficulties

BOOK NOW AT:

<https://www.eventbrite.com/o/vita-health-group-89308674013>

- Time to Talk Day (12 Feb)
- Mental fitness for World Happiness Day (12 Mar)
- Supporting long term conditions (9 Apr)
- Mental health awareness week (14 May)
- Trauma awareness (11 Jun)
- Connection and loneliness (2 Jul)
- Managing stress (6 Aug)
- Suicide awareness (10 Sep)
- World Mental Health Day (8 Oct)
- Nutrition, physical exercise & mental health (5 Nov)
- Money worries (3 Dec)



FREE 2 day CPD UK Accredited Mental Health Advocacy training

Explore over 2 days:

- Common mental health conditions
- Skills needed to help someone struggling with their mental health
- Understand importance of mental health at work
- Build the confidence/practical skills to support a person in distress
- Look at self harm/suicide and understand where you can signpost for additional support
- Proactive work culture - learn to identify/attend to issues at work that might contribute to poor mental health
- Ensure a good understanding of our boundaries and limitations



Courses will run on the following dates from 9am - 4pm:

March - Wed 26 and Thu 27

July - Thu 24 and Fri 25

September - Wed 24 and Thu 25

BOOK NOW:

Contact us at LLR.mentalhealthtrainers@vhg.co.uk



Education & Skills Funding Agency

Earn a nationally recognised Level 2 or 3 qualification that be used to:

- Demonstrate your commitment to professional development
- Gain new credentials to boost your career development
- Learn new skills to help you in our current role
- Accelerate your career progression



ENROL NOW
and give your career a boost

TEXT: 074 8535 2830

CALL: 024 7531 1814

EMAIL: courses@pet-xi.co.uk

Staying well through winter

As we navigate through the busy winter period, it is important that we continue prioritising our workforce's health and wellbeing.

Supporting the health and wellbeing of our workforce is always essential. When we take care of our people, they are better equipped to deliver the high quality that our patients and service users need.

The LLR Academy have put together resources which highlight key wellbeing initiatives and interventions available to help support our teams through the winter season.

Supporting our workforce to stay well through winter - Guidance for Leaders

<https://leicesterleicestershireandrutlandhwp.uk/wp-content/uploads/2024/12/Supporting-our-Workforce-Through-Winter-Guidance-for-Leaders-1.pdf>

Wellbeing resources available to download

<https://leicesterleicestershireandrutlandhwp.uk/care-resources/>

JANUARY SCHOOL EVENTS

Speed Networking with Orchard Mead

Year 11 (ages 15 – 16)

Keyham Lane West, Leicester LE5 1RT

Tuesday 28th January | 8:30am – 1:20pm

Mock Interviews with Orchard Mead

Year 10 students (ages 14-15)

Keyham Lane West, Leicester LE5 1RT

Thursday 30th January | 8:30am – 1:40pm

If you can attend either of these events, please drop an email to events@leics-ebc.org.uk or call the office on (0116) 240 7000 for more information.

Volunteering through LEBC can develop recruitment channels, strengthen your community profile and contribute to your Corporate Social Responsibility, as well as developing your own personal skills. For further information about how volunteering can benefit you and to read some testimonials from our volunteers please click [here](#).

We will send out monthly emails with all upcoming event dates for you to choose which to attend, we ask that all our volunteers attend a minimum of one-half day of volunteering a year.

FLOOD RESPONSE

FREE
SERVICE



Understanding why Mental Health support is vital following a traumatic community event

Experiencing a flood has significant impact on mental health.

Research has found that people who had experienced flooding were more likely to have symptoms of post traumatic stress disorder (PTSD), depression and anxiety disorders (e.g. general anxiety disorder, panic disorder) between 6 months to 3 years following the event.



NHS Talking Therapy services are available to normalise accessing mental health services and address community concerns around:

- Having floodwater in your home
- Being evacuated which is distressing
- Loss of energy/water causing disruption
- Concerns about your health or the health of others/pets
- Financial concerns e.g. loss of earnings, repairs and the insurance process

The service is completely FREE and confidential

Please visit

<https://www.vitahealthgroup.co.uk/flooding-support/>

Call 0330 094 5595

Or text 'YOU' to 88802



More information about flood support is included in the email attachment

If you would like to submit an article in our newsletter please submit an article of no more than 300 words. The criteria for an article is that it be something that benefits the adult social care workforce. It could be good practice, hints and tips or something to support staff's wellbeing for example. Please submit your article by any Thursday noon.

Please note that only sponsors of our Care Professional of the Year Awards will be allowed to advertise in this newsletter.

Please submit articles to inspiredtocare@leics.gov.uk



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