

Pick Me Up

A guide to **staff wellbeing support** at Salisbury NHS Foundation Trust during COVID-19.

Listening ears

Sandy Woodbridge, is chair of the BAME network and qualified Mental Health First Aider.
Tel: 01722 336262 x5831

Rex Webb, Head of Diversity and Inclusion, is a Mind Blue Light champion.
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Psychological support

Clinicians trained in psychological therapies can provide support for staff on an individual or team level by telephone and video-link (if appropriate, face-to-face appointments for on-site staff).

Office hours: 9am – 5pm

Telephone: 01722 336262 x2105

(secure answer machine outside of these times)

Email: shc-tr.ClinicalPsychology@nhs.net

YouTube channel: Salisbury NHS Foundation Trust Clinical Psychology

Food and refreshments

An important part of your wellbeing is keeping hydrated and remembering to have food breaks.

Use your staff badge to receive discounts in Springs Restaurant and Hedgerows Cafe.

Current offers are on bulletins and Post It.

Please use the one-way systems and observe social distancing.

Get active

You can follow online exercise routines from the Odstock Health and Fitness Centre team including kids workouts, via ArtCare's YouTube channel.

Get creative

Free online activities from ArtCare to uplift and inspire wellbeing and creativity: music, art, poetry, history, stories, workouts and more with new content added each week to help you unwind.

Email: sft.artcare@nhs.net

Web: www.artcaresalisbury.uk/wellbeing

YouTube channel: ArtCare UK

Wellbeing helpline 0300-131-7000

Call the free NHS mental health phone line to speak to volunteers who will listen and give psychological support. Open 7am - 11pm daily. **Text service available 24/7. TEXT: 85258**

Frontline 19 www.frontline19.com

Free & confidential psychological support service for all people working in frontline services in the UK.

SHOUT is a free confidential text service for those suffering a mental health crisis.

People needing support can just text SHOUT to 85258, alternatively NHS workers can text KEYWORKER to 85258.

Occupational health

Call 01722 429143 or x4143

Available Monday – Friday, 8am - 6pm.

Or you can use the Wellbeing Stand in Springs Restaurant to find information.

Bereavement support

The Palliative Care team at Salisbury Hospice offer bereavement support to staff. This could be work-related or personal bereavement / loss.

Office hours: 9am - 5pm

Tel: 01722 425113 or x2113

Chaplaincy

The Chapel is open during the day for quiet reflection or prayer, and can be accessed at night by staff with their badges. Chaplains are available 24/7 for all staff, whatever your beliefs. You can reach the team through the switchboard.

Staff counselling

Short-term counselling and psychological support is available from the staff counsellor, Pamela Kirkham. This includes telephone support for staff who do not require counselling but feel they would benefit from a safe and confidential space in which to express any fears and anxieties.

Office hours: 8am - 4pm

Tel: 07393 796293

Take a break

Get away from your busy workplace and socially distance in the **chill out zone** available to all staff upstairs in Odstock Health and Fitness Centre.

Download a wellbeing **walking route** from ArtCare's website www.artcaresalisbury.uk

Use the map to **explore outside spaces** on the hospital site for you to enjoy.

For more wellbeing support visit our staff site www.staffcovid.salisbury.nhs.uk

Turn over for a map showing locations of outside spaces >>>



1 Green map pin indicates garden spaces for staff to take a break

Catering available at Level 2 Springs Restaurant; Central Hedgerows Coffee Shop and upstairs function room and Odstock Health & Fitness

Reminder: Please observe social distancing when visiting garden areas, there are plenty of seats for this purpose. Also avoid discussing confidential information as gardens will have open windows to public areas.



1 Millennium Garden, main entrance level 3; sunny & busy area with seating (PUBLIC)



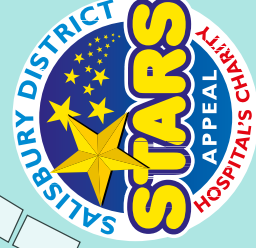
2 Level 3 mosaic courtyard, access via main corridor with staff ID badge, uneven surfaces & step, shady seating (STAFF ONLY)



3 Level 3 Pharmacy & Rheumatology courtyard, access via main corridor with staff ID badge, sunny seating (STAFF ONLY)



4 Level 2 Rod's Place Stars Appeal garden access via Springs entrance; tranquil shady & sunny seating (PUBLIC)



ArtCare are funded by The Stars Appeal



wellbeing
staff quiet spaces



5 SDH Central, hedgerows coffee shop courtyard; sunny seating for lunch breaks (STAFF ONLY)



6 SDH Central, The Green; sunny and shade seating with open grass area, near to Hedgerows (PUBLIC)



Support is available through the chaplaincy team & The Chapel on level 3 is open to staff for quiet reflection (see blue symbol on the map)



ArtCare exhibitions on the corridors provide a colourful distraction and wellbeing activities online at: www.artcaresalisbury.uk