

Greater Manchester Primary Care Health and Wellbeing Programme Supporting the Primary Care Workforce in Greater Manchester Optometry, Dental, Community Pharmacy and General Practice

Wellbeing Offers

The [Primary Care Health and Wellbeing Programme](#) provides access to a wide range of resources and support to help the primary care workforce manage wellbeing.

The Health and Wellbeing Programme and [Greater Manchester Resilience Hub](#) are working together to raise awareness of the support available for workforce wellbeing across primary care. This includes providing wellbeing workshops, visiting workplaces and attending team meetings. Below is a summary of the range of support available, please [contact us](#) to enquire about accessing support for your team.

Workshops

- Thematic, Lunch and Learn, Bitesize sessions

Online Support

- Webinars, Podcasts, Digital Wellbeing Apps

Wellbeing and Learning Resources

- System-wide and national wellbeing initiatives
- Safe and effective wellbeing conversations
- Coaching, compassion fatigue, lifestyle support

Targeted Response

- Direct Support for individuals and managers
- Support for Teams
- Peer support and mentoring

Critical Incident Response

- Managing trauma, ongoing psychological support



Health and Wellbeing Podcasts

The Health and Wellbeing Programme produces a series of short [Health and Wellbeing Podcasts](#) to support the primary care workforce. A new episode, **Understanding Trauma part 2** is available this week. It can be hard working on our frontline services, where many of our patients – and indeed our staff – are either trying to deal with or have experienced trauma. Maybe you are trying to cope with this personally too. The highly experienced psychotherapist Norma Howes continues to help us understand trauma, and its impact on the body and mind. How does trauma impact our ability to communicate; and what can frontline services do to recognise symptomatic behaviours and discover some of the simple things that could help both ourselves and our patients after experiencing a traumatic event.

Digital Wellbeing Apps

Search for **free apps** in the Health and Wellbeing Pack on our [Digital App Finder](#) on the [Greater Manchester Primary Care Provider Board website](#) – or scan this code:



Financial Wellbeing

We are in the middle of a cost of living crisis, and in some way or other it is impacting on all of us. We know money worries can have a huge impact on our mental wellbeing, and the Greater Manchester [Financial Wellbeing Guide](#) is available to support you with your day to day costs and concerns. This has been created for our Greater Manchester health and care workforce to support your financial wellbeing and is part of the wider wellbeing offer which looks at psychological and physical wellbeing too. See the [Greater Manchester Wellbeing Toolkit & Programme](#) for more information and resources.

Upcoming GM Working Together Wellbeing Sessions

- [Mindfulness Practice: drop-in sessions Tickets, Multiple Dates | Eventbrite](#)
- [Insight into... Menopause With Special Guests And Live Q&A Tickets, Wed 1 Feb 2023 at 09:30 | Eventbrite](#)
- [Insight into ... Menopause Awareness for Peer Support Tickets, Wed 8 Feb 2023 at 09:30 | Eventbrite](#)
- [How to Navigate Uncertainty Tickets, Tue 14 Feb 2023 at 09:30 | Eventbrite](#)
- [Psychology of Burnout Tickets, Tue 14 Feb 2023 at 12:30 | Eventbrite](#)
- [Looking After Yourself & Your Teams - GM Wellbeing Workshop Tickets, Thu 16 Feb 2023 at 09:30 | Eventbrite](#)
- [Insight into... Mindfulness Tickets, Tue 28 Feb 2023 at 09:30 | Eventbrite](#)

- [Workplace Physical Activity: Have we set the bar too high? Tickets, Wed 1 Mar 2023 at 09:30 | Eventbrite](#)
- [Wake up to sleep Tickets, Tue 21 Mar 2023 at 09:30 | Eventbrite](#)
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New Resource: Mental Health and Wellbeing Training Summary




The GMICP mental wellbeing team has produced the attached document outlining the free mental wellbeing and mental health training available for staff. This has been produced as a digital document with links to websites with more information and how to book onto training.



Training summary -
mental health and v

Active Workplaces

We know there are many ways an active lifestyle is beneficial; it supports physical and mental wellbeing, reduces health problems and decreases stress levels. With physically active employees taking 27% less sick days than those who are inactive, the financial benefits of workplace activity for employers are huge. [Greater Manchester Moving](#) has produced an Active Workplace Toolkit to support wellbeing and the Royal College of General Practitioners operate an Active Practice Charter

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| <p><u>GM Active Workplace Toolkit</u></p>  | <p><u>RCGP Active Practice Charter</u></p>  |
| <p><u>NHS Active 10 for Android</u></p>  | <p><u>NHS Active 10 for IOS</u></p>  |

Handling Difficult Situations – Caring for Yourself and Others with Compassion

NHS England have extended their national training programme ‘Handling difficult situations – Caring for yourself and others with compassion’. The training course is FREE and is open to those working across primary care in both clinical and non clinical roles. The sessions run daily and are held virtually using MS Teams, and last 3 hours.

The training aims to teach colleagues the skills and techniques to handle difficult situations with compassion, including using appropriate communication techniques and active listening skills, whilst focussing on how to keep yourself safe and seek support if you feel affected by a situation. To find out more and to book a place please follow the link below:

[Handling difficult situations training - info & booking link.](#)



Please share the above offers, aimed exclusively at supporting the Greater Manchester Primary Care Workforce, with your teams and send any feedback or questions to:

primarycare.excellence@nhs.net