

## **HR update 28 April 2020: Emotional and psychological support plus tips on working from home**

We are incredibly proud of the way our staff continue to support each other during the coronavirus outbreak. These are challenging times and many of us are under extraordinary pressure at work and at home. Those around us may be feeling unwell or worried about loved ones, and sadly some of our colleagues may have experienced a bereavement.

This week's update focuses on the following areas:

- We want to hear from you! A short survey so we can determine the areas that are working well, understanding things we can do differently and identify potential additional support that could be implemented to assist our staff working from home.
- HR Factsheet: Tips on Working from Home.
- Emotional, Psychological and Practical Support.

### **We want to hear from YOU!!**

In addition to the current support on staff health and wellbeing initiatives and communication mechanisms implemented to support our colleagues during the Covid-19 outbreak, we have developed a short survey to hear staff views, comments and any additional support requirements we can offer during this unprecedented time.

This will help the Executive Management Team determine the areas that are working well, understanding things we can do differently and identify potential additional support that could be implemented to assist our staff working from home. All responses to the survey will be received anonymously and will help the HR team work closely with the Executive Team and staff side representatives to ensure the needs of our staff are being met.

Please take a few minutes to complete and submit this [important short questionnaire](#) before 10 May 2020.

### **Tips on Working from Home**

We have added a new [HR Factsheet on Working from Home](#) to the staff intranet. The factsheet takes you through a home working journey, from making sure your workspace is set up properly, through to achieving the right balance between work and home life, and staying mentally fit, active and healthy.

For practical tips for adapting to this new way of working, including strategies for managers to support their teams, please access the HR Covid-19 Factsheet Working from Home Guide on the [NCL CCG staff intranet](#).

### **Emotional, Psychological and Practical Support**

The NHS is committed to providing the very best emotional, psychological and practical support to everyone in the NHS working tirelessly to provide support during Covid-19.

Please see below ways to access support during COVID-19:

<b>Helpline</b>	<b>Text</b>	<b>Silvercloud</b>	<b>Free access to Mental Health Apps</b>
<i>Provided by Samaritans &amp; Hospice</i>	<i>Provided by Shout</i>		
For all NHS Staff – call <b>0300 131 700</b> 07:00-23:00	Send the text ' <b>FRONTLINE</b> ' to <b>85258</b> to start a conversation	Mental Health Modules for Stress, Resilience, Sleep and Anxiety. Use the code <b>NHS2020</b>	<a href="#">Unmind</a> <a href="#">Headspace</a> <a href="#">Sleepio</a> <a href="#">Daylight</a>

Resources are frequently updated on the dedicated [NHS people website](#).

**Further Information and dedicated HR address for Covid-19 enquiries**

If you have any further questions or would like any further information, please contact the HR team via the dedicated Covid-19 email: [nclccg.hrcovid19@nhs.net](mailto:nclccg.hrcovid19@nhs.net) in order to arrange to speak to a member of the HR team.

Wishing everyone a safe and healthy week ahead!

North Central London CCG HR and OD Team