



Issue 05 | Summer 2020 HCSW Newsletter

Welcome to the Healthcare Support Worker Newsletter

We hope you enjoy our newsletter which aims to bring you all the latest news and information about learning and developing as a support worker in health and care. We will publish this newsletter quarterly, so look out for the next issue coming Autumn 2020.



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Get in touch at hcsw@nes.scot.nhs.uk and tell us what you think – we'd love to hear from you – your voice matters.

This newsletter includes:

- Supporting your wellbeing during COVID-19
- Learning never stops - our first webinar
- HCSWs and social media
- Get involved and shape the new website for Support Workers on Turas Learn

Supporting your wellbeing during COVID-19

It's been a tough few months for everyone and colleagues have shared with us some of the challenges they have faced. You will have had your own challenges at work and home. Did you know there are many resources available to support your wellbeing and resilience? We want to make it easy for you to find out what works for you, so in this edition we have selected some links for you to try something new – for YOU!

To be able to look after others safely and effectively, we first have to take care of ourselves. It is often said that you can't pour from an empty cup, it is so important to rest and recharge when you can. What if we re-charged ourselves as much as we recharge our phones? Jay Shetty asks us this question in his YouTube video ["If you are feeling drained. Watch this"](#)



It's SUMMER! and we wanted to share with you some particularly useful or interesting things you could do to help you stay well and have some FUN! But what do we do if our usual pool, gym, or team sport is shut down? Here are a few suggestions which don't take up too much time:

[Scottish Ballet](#) have created 10 minute sessions focussing on movement and breath for NHS and social care staff. Go on, it's never too late to try out something new!

[Sustrans](#) 'Cycles for key workers' want to help frontline 'heroes' cycle to and from work safely during the Covid-19 pandemic.



Prefer to shop? did you know that you can register for discounts on all sorts of items from hundreds of big brands, join for free at <https://healthservicediscounts.com/>



Check out the [Resilience Alphabet](#), which is a downloadable resource to help you improve your resilience and inner strength. It offers daily resources over a 26-day period.

Make a [personal plan](#). You can use this animation along with the wellbeing planning tool to help you create your own unique plan



And finally remember you are appreciated for what you do as health and care workers, here's a message from [Janey Godley](#) with a wee tail waggle from Honey too!

Learning never stops – our first webinar

Following the cancellation of two planned events for HCSWs in primary care teams at the start of lockdown, we decided to try something new to stay connected. We hosted our first webinar on 4th August 2020 which was attended by 190 participants.



David Garbutt, NES Chair spoke about the valuable contribution of HCSWs. There were presentations on supporting learning and development, resilience and compassion and a career pathway story showing the journey from receptionist to support worker to general practice nurse.

You can watch the recording of the webinar at <https://vimeo.com/444875050>

Here's what the attendees said matters to them about healthcare support worker learning and development.



We are looking to hold further webinars for support workers in all care settings. If you have suggestions for topics you would like to see included, please let us know by e-mailing hcsw@nes.scot.nhs.uk

HCSWs and social media

COVID-19 has changed everyone’s practice, and as all our events and stakeholder networks were cancelled, we had to find a new way to reach HCSWs. Once we developed our COVID-19 Support Workers page on TURAS Learn, we made our first steps into Facebook, with campaigns run during May and July 2020.



If you haven’t seen the latest video featuring ‘the voices of HCSWs’ you can watch on [NES YouTube](#) channel.

You certainly loved this video it has been viewed just over 7,000 times during the two-week campaign and shared widely by support workers tagging each other in posts.

The COVID-19 education resources can be accessed on [Turas Learn](#).

We are currently reviewing the resources and your feedback is welcome and should be directed to hcsw@nes.scot.nhs.uk



Get involved and shape the new website for Support Workers on Turas Learn

Finally, we need to hear what matters to you about learning and developing as a Support Worker. We have begun to move [Support Worker Central](#) and [HCSW Toolkit](#) onto a site in TURAS Learn. It is your website, so please get involved and make it work for you and your colleagues.

Your feedback matters – help shape the new Turas Learn site



Healthcare Support Worker learning and development

Take part in the online survey today

Access survey:

<https://response.questback.com/nhseducationforscotland/hcswturas2020>

Closing date for responses: 16th September 2020.

In the next edition we will explore:

Resources to support HCSW learning and development and forthcoming events and webinars.



Please encourage colleagues to sign up to this newsletter.

Go to <http://eepurl.com/gt3fF9> and complete the short sign up form.



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