

June 2023

This update includes:

- A Focus on:

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- Bike Week
 - BNF Healthy Eating Week
 - Men's Health Week including Andy's Man Club
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- June Promotional Campaigns
 - Widening Participation Supported Internships
 - MFT OpenDoor Shout Outs
 - Parkrun for the NHS
 - Rainbow Badge Staff Survey
 - Rewards and Benefits Hub
 - Training and Events
-

Bike Week Cycle for the Century!

5th - 11th June is the 100th annual Bike Week, marking a century of celebrating everyday cycling for everyone. Get involved with Bike Week 100!

Bike Week 100 is all about workplace cycling, and we want to encourage as many workplaces as possible to support their staff to ride during the week, it can be anything from organising an event ride to simply encouraging staff to choose the bike instead of the car.

For more information and resources click [Cycling Week](#)

Celebrate Bike Week with great savings on a new cycle setup through the MFT Bike Scheme

Regardless of your age or fitness level, it's never too late to experience the benefits of regular biking. Vivup have fully stocked up with the latest big brand bikes and safety equipment. With savings of up to 42%* via a salary sacrifice scheme, and the option to spread the cost of your order across the year, there's never been a better time to catch the biking bug in a more manageable way.

To find out more visit the Rewards and Benefits Bike Scheme page [HERE](#)

*Savings are realised through a salary sacrifice arrangement. Excluding End of Agreement fee (if applicable). Figures are a guide only and dependent on personal situation - Terms & Conditions apply.

Or Try an e-cycle for free - [Click here](#) to find out more.

- Located on-site at Wythenshawe hospital, to the rear of the Neil Cliffe Building. The scheme is available to staff at Manchester University NHS Foundation Trust
- Free, fun, skills & confidence sessions, with friendly instructors and all necessary equipment provided
- Free, one-month e-cycle loans, providing a fantastic chance to try an e-cycle. All accessories are also provided, including lights, a lock and helmet should you require one



1- [Click here to download](#)

British Nutrition Foundation's **Healthy Eating Week** 12th -16th June

Healthy Eating Week is all about supporting and promoting healthier lifestyles and this years' theme is Healthy Eating Week - For Everyone!

The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us. With this in mind, for Healthy Eating Week 2023 we're focusing on providing free, evidence-based advice and support for everyone who wants to find their way to eat a healthier diet regardless of these barriers.

It is really easy to get involved in Healthy Eating Week 2023:

- Print and display the Healthy Eating Week [posters](#)
- Get some **inspiration and tips** on how to:
 - [Save money on food](#)
 - [Focus on fibre](#)
 - [Get at least 5 a day](#)
 - [Vary your protein](#)
 - [Stay hydrated](#)
 - [Reduce your food waste](#)
- **Treat yourself and/or your team** to a selection of healthy fruit and vegetable in the office, the ingredients to create a [fibre packed snack](#) or a [salad bar lunch](#), or set up a simple yet effective [hydration station](#)
- **Test your knowledge** with our [food waste quiz](#) – a great team activity too!
- Browse and share our Healthy Eating Week [recipes](#) for some weekend or dinner inspiration.

Have a look at **Public England's Better Health** - there are lots of tips, facts, resources and recipes to inspire your healthy eating week! [Click here](#) or search 'NHS Better Health'.

Men's Health Week 12th - 18th June

Men's Health and the Intranet

The iPhone was born in 2007. Those born in the same year will turn 16 this year. They've grown up with a high-performance computer in their pocket. What are the implications for men's health?

That's the question we're going to be looking at for this year's Men's Health Week. Clearly there are some health benefits to being able to access health information or deliver and receive health services online but what are the downsides? For example, we'll be developing new information resources on internet-fueled addictions.

Dopamine-delivery device

Dopamine is one of the key chemical messengers in your brain. It creates feelings of pleasure and reward and plays a role in concentration, memory and what we find interesting. In short, dopamine makes us feel good and we like a hit of it from time to time.

The iPhone is a dopamine-delivery device that is always to hand. Every single app you use on it knows this full well and is designed to keep you using it. The potential for addiction is obvious. Even an 'addiction' to a pretty benign app is going to cost us time and the attention we could have devoted to more meaningful things. But what about when it starts costing money, relationships, work... ?

Two dates for your diary

- **Men and online harms** - the Forum's webinar with Dr Marcus Maloney from the University of Coventry. Marcus leads a discussion on 'Boys, men, and 'toxic' communities': Tuesday 13th June @ 2pm on Zoom
- **Dr Hilary Jones** - the Forum's website editor Jim Pollard interviews the GP in the Royal Voluntary Service's Virtual Village Hall: Thursday 15th June @ 11am on Zoom

[Click here for further information](#)

Andy's Man Club #ITSOKAYTOTALK

#ANDYSMANCLUB

**SUICIDE IS THE BIGGEST
KILLER OF MEN UNDER 45
1 MAN EVERY 2 HOURS**

**ALL OUR GROUPS
MEET MONDAY 7PM**

**TO FIND YOUR NEAREST
GROUP VISIT OUR WEBSITE
WWW.ANDYSMANCLUB.CO.UK**

**JOIN THE
CONVERSATION**

f andysmanclub

@ andysmanclubuk

@andysmanclubuk

info@andysmanclub.co.uk

#ANDYSMANCLUB

#ITSOKAYTOTALK

We are a peer to peer support group for men. Come have a brew and a chat!

2 - [Click here to download](#)

***ANDYSMANCLUB** are a men's suicide prevention charity, offering free-to-attend weekly peer-to-peer support groups across the United Kingdom and online, wanting to end the stigma surrounding men's mental health and help men through the power of conversation.*

THE FIRST RULE ABOUT ANDYSMANCLUB IS IT'S OKAY TO TALK AT ANDYSMANCLUB.

Please watch this [video](#) of Andy's story

Click [HERE](#) to find your nearest group

June Promotional Campaigns

- **Volunteers' Week** 1st - 7th June

The NHS is supported by around 2 million volunteers every year and most NHS organisations celebrate their contribution during National Volunteers' Week.

[Volunteers' Week](#)

- **National Carers Week** 5th - 11th June

Raising awareness of caring by highlighting the challenges that carers face and recognise the contribution they make.

[Carers Week](#)

- **World Blood Donor Day** 14th June

Raising awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.

[Give Blood](#)

- **National Clean Air Day** 15th June

A chance for the whole country to come together and improve air quality through collective action.

[Clean Air Day](#)

- **Autistic Pride Day** 18th June

Recognising the importance of pride for autistic people and its role in bringing about positive changes in the broader society.

[Autistic Pride Day](#)

- **Learning Disability Week** 19th - 25th June

This year's theme is to show the world the incredible things that people with a learning disability achieve, smashing misconceptions about what people can do and shining a light on the stigma many still face every day.

[Mencap](#)

Supported Internships

Widening Participation 

 Manchester University
NHS Foundation Trust

Supported Internships

Support local young people with learning difficulties and disabilities to gain paid employment!

A supported internship is an employment-based course which gives students aged 16-24 with disabilities and learning difficulties the opportunity to develop employability skills in a real workplace surrounded by other working people.



How does this work at MFT?

MFT have interns based at Oxford Road, Wythenshawe, Trafford and North Manchester General, and are supported by the Widening Participation team who deliver the programme in partnership with The Manchester College, Trafford College, North Ridge High School and Pure Innovations.

During term time interns spend four days a week with MFT. **Throughout the year each intern will complete three placements for ten weeks working alongside colleagues and managers supported by a job coach. Placements are half a day for four days a week (either morning or afternoon depending on classroom timetable).** The intern will also attend daily on-site classroom sessions.

If you are interested in hearing more about how you can get involved in offering a placement to young people in your department please contact the Widening Participation team who can connect you with the relevant programme lead for each site: employability@mft.nhs.uk

3 - [Click to download](#)

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Give a **Shout Out** to recognise someone today



The poster features the NHS logo and Manchester University NHS Foundation Trust branding. It includes a QR code with a smartphone icon and the text 'Scan me'. A vertical column of icons on the left represents various categories: Vision and Values, Goals and Performance, Equity and Wellbeing, Team Work, Learning and Innovation, and Support and Compassion. The background has a faint graphic of people silhouettes.

MFT OPEN DOOR NHS
Manchester University
NHS Foundation Trust

What are shout outs?
Shout Outs are a quick, simple way to show your appreciation to your colleagues.

How do I give a Shout Out?
1. Scan the QR code below using your smartphone or type mftopendoor.hive.hr/myhive into your browser.
2. Enter your details and log in. Have your assignment number ready!
3. Select the category for your Shout Out. Choose your deserving colleague (search using their full name). Enter your message and press send.

What happens after I've made my Shout Out?
The receiver will get an email from Open Door saying 'Congratulations: Your co-worker has recognised you.' They will then be able to click a link to view their Shout Out.

Recognise your colleagues today!
A thank you can make all the difference.

4 - [Click here to download](#)

MFT OpenDoor is the perfect way to tell your amazing colleagues just how great they are.

A little recognition, appreciation or a simple thank you goes a long way and can make all the difference.

Make someone's day with a Shout Out so they feel valued and appreciated for the work they do and the difference they are making here at MFT.

**OpenDoor is powered by a company called HiveHR – this is separate from our own Hive EPR programme. For support, please e-mail opendoor.support@mft.nhs.uk*

Go on, **Give a Shout Out** today

NHS England Looking after your team's health and wellbeing guide

This interactive guide has been developed to support teams to improve their health and wellbeing, through a culture-change approach. It is for all teams working in healthcare.

"It empowers people to ask questions, take action and to feel valued." Feedback from a pilot site.

Being healthy and well is different, for different people, at different times and we know that one size doesn't fit all. This guide empowers staff to enable their team to come together to shape their health and wellbeing journey.

Teams will be guided through a series of sections that will help you to explore and improve your team health and wellbeing, at a pace that is right for you. Packed with activities, helpful hints and an inspiration library, the guide will support you to shape a local plan for a thriving and resilient team.

For further information about the NHS H&W Framework please email Gareth.beck@mft.nhs.uk

To access the guide please click [NHS England » Looking after your team's health and wellbeing guide](#)

NHS

Looking after your team's health and wellbeing guide

Support a resilient and thriving team by enhancing your local health and wellbeing culture.

This interactive guide has been designed to take you on a journey to grow and build a healthy wellbeing culture for your team.

The guide is presented in sections for you and your team to explore and navigate as a flexible, continual and collaborative journey, each of which links to the NHS Health and Wellbeing Framework.

Created for all teams working in health and care, inclusive of all team forms and functions, across healthcare, primary care, social care and voluntary sectors.

Scan below to access now!



Visit: www.england.nhs.uk/publication/looking-after-your-teams-health-and-wellbeing-guide/

Parkrun for the NHS celebrating the NHS's 75th anniversary

The NHS in England is delighted to have teamed up with parkrun UK and the NHS in Wales, Scotland and Northern Ireland to mark the NHS's 75th anniversary this July.

NHS staff and volunteers, as well as local communities, will be encouraged to 'parkrun for the NHS' at parkrun events on Saturday 8 July or junior parkrun events on Sunday 9 July.

'Parkrun for the NHS' is an opportunity for parkruns and their local communities to acknowledge the huge contribution that the NHS makes to the health of the nation and celebrate all the staff and volunteers, past and present, who have made the NHS what it is.

[Click here to learn more.](#)

Rainbow Badge Staff Survey



The poster features a blue header with the NHS logo and Manchester University NHS Foundation Trust name. On the left is the NHS Rainbow Badge logo. The main title is 'Please fill in our Rainbow Badge Staff Survey'. Below this is a paragraph explaining the survey's purpose. A checkmark icon is next to a paragraph asking for participation. A deadline is stated, followed by a URL and a QR code. At the bottom, there are illustrations of healthcare workers: a female doctor on the left and two male staff members on the right, one in a blue uniform and one in a white uniform, both holding clipboards.

NHS
Manchester University
NHS Foundation Trust

**Please fill in our Rainbow
Badge Staff Survey**

We want to hear about your views and experiences working at Manchester University NHS Foundation Trust, so we can create a better and more inclusive healthcare setting for all LGBTQ+ colleagues and patients.

Whether or not you are part of the LGBTQ+ community, please fill out this quick and anonymous 5 minute survey to share your experiences.

Please complete the survey by 21st July 2023 by following the link below or by scanning the QR code.

<https://www.smartsurvey.co.uk/s/5MOBCY/>

6 - [Click here to download.](#)

Have your say in the Rainbow Badge Staff Survey and help to create a better and more inclusive healthcare setting for all LGBTQ+ colleagues and patients!

Have you visited the [Rewards and Benefits Hub](#) recently?

With Summer just around the corner, why not look at the [Holiday Discounts and Offers page](#) for discounts on travel insurance and many holiday discounts with Blue Light and Health Service Discounts.

Some great live events and festivals are also available with free and discounted tickets, including Flashback Festival and Parklife!

You can find out more about [Tickets for Good](#) on the [You and Your Family](#) page.

'What's On' Guide for June

Employee Health and Wellbeing Services
We look after each other

What's On – June 2023


 Manchester University
NHS Foundation Trust

New EHW Events	Healthy Eating Week	EHW Training and Events <small>*book via Learning Hub</small>	GMICP Events	Bike Week
<p>Back Care Workshop This event will be hosted by an EHW physiotherapist in Outpatients gym, Wythenshawe. 2nd June, 14:45-16:15. The Back Care Workshop provides an intro into common back pathologies, education on back care, myth busting as well as an exercise session.</p> <p>Mindfulness Workshop Develop your mindfulness skills and take part in short meditations: 3rd July 10.30am-12pm</p> <p>Compassion Focused Approach - An evidence base for building resilience This self care course builds our abilities to use our bodies to support our minds: 21st June 1.00-2.00pm</p> <p>Book via Learning Hub</p>	<p>Raise awareness about the importance of healthy eating all over the UK. The BNF Healthy Eating Week will take place from 13th to 17th June 2023, taking all the UK on its 'Find your healthier you' journey!</p> <p>Public England's Better Health has lots of tips, facts, resources and recipes to inspire your healthy eating journey! Click here or search 'NHS Better Health'.</p>	<p>Understanding Stress 5th June Or 11th July 12.30-3.30pm</p> <p>REACT Mental Health Conversations training 1st June 10am-12pm Or 5th July 1-3pm</p> <p>CBT Thinking Resiliently 26th June 9.30am-12.30pm Or 17th July 12.30-3.30pm</p> <p>Suicide Awareness and Prevention 29th June 10-11am</p> <p>Support Staff after a Critical Incident at Work 11th July 1-3pm</p> <p>Managing Anxiety 14th June 12.30-3.30pm</p> <p>Mental Health and the Workplace 9th June, 10am-1pm</p> <p>Mental Health First Aid Training 13th & 22nd June 8.30am-4.40pm Or 6th & 11th July 8.30am-4.40pm</p> <p>EHW Leadership Course 7th June 9am-4pm Or 22nd June 9am-4pm</p> <p>Wellbeing Conversations 14th June 10am-1pm Or 3rd July 1-4pm</p> <p>Health & Wellbeing Champion Training 13th June, 1.00 pm - 2.30pm Or 19th July 9-10.30am</p> <p>Email HW_Programmes@mft.nhs.uk for more info & to book</p>	<p>Join these free Webinars open to all GM NHS staff:</p> <p>Greater Manchester Integrated Care Partnership</p> <p>Topic: Mindfulness Practice: drop-in session Date: Wed, 7th Or 14th June</p> <p>Topic: Psychology of Burnout Date: Thu, 8th June</p> <p>Topic: Menopause Awareness for Peer Support Date: Wed, 21st June</p> <p>Topic: Looking After Yourself & Your Teams Date: Tue, 27th June</p> <p>Topic: Physical Activity Champion Training Date: Wed, 28th June</p> <p>For more information and how to book: Click here or search for 'GM Working Together Eventbrite'</p>	<p>International Bike Week 5th – 11th June is the 100th annual Bike Week. Bike Week 100 is all about workplace cycling, to encourage as many staff as possible to ride during the week, it can be anything from organising an event ride to simply encouraging staff to choose the bike instead of the car.</p> <p>Try an e-cycle for free, the scheme is available to staff at MFT. Click here to find out more.</p>
	RMCH Schwartz Rounds RMCH: 22nd June, Seminar rooms A&B 5th floor RMCH 20th July, Seminar rooms A&B 5th floor RMCH All staff welcome			Promotional Event Menopause Awareness Sessions <ul style="list-style-type: none"> • 9th June, 10-11am • 25th July, 9- 10am Book via the Learning Hub Coming Soon: Menopause Peer to Peer Support Sessions

Leadership & Culture • Values & Behaviours • Equality, Diversity & Inclusion • Communication
 COVID 19 Response & Recovery • MFT Strategic Projects • Clinical Services Strategy

7 - [Click to download pdf](#)

EHW Services Training and Events

EHW Services Training

For more information on each course and to book on, click the relevant link.

- [Menopause Awareness Sessions](#) 9th June 10 - 11am or 25th July 9 - 10am
 - [Wellbeing Conversations](#) 14th June 10 - 1pm or 3rd July 1 - 4pm
 - [CBT Thinking Resiliently](#) 26th June 9.30am - 12.30pm or 17th July 12.30 - 3.30pm
 - [Managing Anxiety](#) 14th June 12.30 - 3.30pm or 24th July 12.30 - 3.30pm
 - [Mental Health and the Workplace](#) 9th June 10am - 1pm or 3rd June 1 - 4pm
 - [REACT Mental Health Conversations training](#) 1st June 10am - 12pm or 5th July 1 - 3pm
 - [Suicide Awareness and Prevention](#) 29th June 10 - 11am or 27th July 11.30 - 12.30pm
 - [Support Staff after a Critical Incident at Work](#) 11th July 1 - 3pm
 - [Understanding and Developing Resilience](#) 7th August 12.30 - 3.30pm
 - [Understanding Stress](#) 5th June or 11th July 12.30 - 3.30pm
-

Click through the cards to view more training opportunities

***New Psychological Wellbeing and Mental Health Courses:**

[Compassion Focused Approach - An evidence base for building resilience](#)

This self care course builds our abilities to use our bodies to support our minds: 21st June 1.00 - 2.00pm

[Mindfulness Workshop](#)

Develop your mindfulness skills and take part in short meditations: 3rd July 10.30am - 12.00pm

Health and Wellbeing Champion Training

Join over 360 colleagues from across the Trust and train to become a Health and Wellbeing Champion for your team.

Understand the huge array of support available from the Employee Health and Wellbeing Service, regional and national wellbeing teams.

The 90 minute training is virtual, and can be booked via the [Learning Hub](#).

Find out more about the Champion role [here](#).

Upcoming training dates:

-
- 13th June 1.00pm - 2.30pm
 - 19th July 9am - 10.30am
-

EHW Leadership Course - For managers and leaders

This full day course will help you to create the essential building blocks of a positive health and wellbeing culture for your team. Find out more about the course [here](#).

Next course dates -

-
- 7th June 9am - 4pm
 - 22nd June 9am - 4pm
-

To book or see future dates, [click here](#)

Back Care Workshop - 2nd June 14:45 - 16:15pm

This event will be hosted by an EHW physiotherapist in Outpatients gym, Wythenshawe

The Back Care Workshop provides an intro into common back pathologies, education on back care, myth busting as well as an exercise session.

It is suitable for those who wish to learn more about the prevention of back pain as well as those experiencing ongoing non specific low back pain. It is not designed for people experiencing acute back pain and/or sciatica.

Participants are advised to wear something they feel comfortable moving in. Please wear suitable footwear e.g. trainers and bring a bottle of water. [Click here to book](#)

Mental Health First Aid Training

Learn how to start a supportive conversation with a colleague who may be experiencing emotional distress or a mental health issue and how to signpost them to the appropriate support. To apply and book for the two days training please email EHW.MHFA@mft.nhs.uk.

Upcoming training dates

- 13th & 22nd June 8.30am - 4.30pm
 - 6th & 11th July 8.30am - 4.30pm
 - 17th & 18th August 9.00am - 5.00pm
-

Please gain line manager approval prior to booking. New dates are added regularly.

GM Wellbeing Training

Free training from GM Health and Social Care

Have you accessed the free training delivered by GM Health and Social Care?

Topics include Menopause & Mindfulness, Musculoskeletal Prevention, Money & Wellbeing. Free for all MFT staff to attend.

- [Mindfulness Practice: drop-in session](#) - Wed 7th Or 14th June
 - [Psychology of Burnout](#) - Thu 8th June
 - [Menopause Awareness for Peer Support](#) - Wed 21st June
 - **[Waiting Well Project](#)** - Wed 21st June
 - [Looking After Yourself & Your Teams](#) - Tue 27th June
 - [Physical Activity Champion Training](#) - Wed 28th June
-

Click this [**EVENTBRITE**](#) link for more information

From the Health & Wellbeing Programmes Team

To view all our Health and Wellbeing Programmes and support available, and to find out more about the Employee Health & Wellbeing Service [click here](#).

Please email HW.Programmes@mft.nhs.uk to receive this update each month
