

Children's Services Staff Support Offer for Well-being During Covid-19 Pandemic

The Coronavirus crisis will be affecting us in many different ways including physically, emotionally, socially, and psychologically. We may all process what is happening in different ways; for many this time will feel unsettling, distressing and may understandably evoke lots of anxiety. Others may feel they are strangely calm and find they're struggling to believe and accept what is happening. All of these are normal feelings and responses to a very challenging and unprecedented situation. The new measures and extremes of social distancing can bring lots of worry for ourselves and the families we work with. We are mindful of the importance of our emotional and psychological well-being now, more than ever and would like to remind the teams of how the psychology team and the training team can help.

What the Training Team can offer:

- **Coaching.** We are offering an opportunity for staff to have 1:1 work related coaching via skype or Microsoft Teams online systems. Coaching is an opportunity for you to have a helpful conversation with a qualified coach which promotes new thinking, raises self-awareness and results in positive action being taken. It is particularly helpful to all staff who are engaging with individuals and teams to help solve problems and think together about creative solutions **To book a session please email Trainingsocialcare@ealing.gov.uk**
- **Training and learning.** The Social Care training team are working with our trainers to provide online solutions to training and development in the form of Webinars, Podcasts and other virtual resources over the coming weeks, these will be advertised via the Advanced Practitioners newsletter.
- **ASYE.** James Blewett will be continuing to provide sessions for those who on the ASYE programme and will be contacting you individual to organise this.

What the Brighter Futures Clinical Psychologists can offer:

- **Being part of daily Pod/ Team check ins** to stay connected to the team and identify where additional support may be needed for workers and/or families.
- **Joining management check ins**, where possible, to identify where support may be required. Providing support to DTMs around self-care and how they can contain and hold workers at this time.
- **Attending Group Supervision** to think about on-going work with and support for children and families.
- **Daily lunch time Mindfulness sessions for all workers.** The sessions will allow some space to notice and acknowledge the range of thoughts and feelings that we are experiencing. Each session will include a brief description of what mindfulness is, followed by ten-minute guided practice. The sessions are for anyone, regardless of experience of practicing mindfulness, and will emphasise how we can use mindfulness as a self-practice, in acknowledging the stressful context. This will be a voluntary offer, but everyone will be invited to join. An invite will be sent by the Training Team.
- **Psychological consultation and support to the team**, social workers, family support workers and managers. We will also be encouraging more flexibility around what workers bring for consultation. Consultations can be used as usual where there are concerns about emotional wellbeing, and a need of psychological understanding or mentalization, however, consultations can also be used to think about how we support families who are processing what is happening in different ways and who are facing the multiple challenges of self-isolation and social distancing.
- **Staff telephone support.** As we have mentioned above, there may a range of responses to the current situation, all of which are normal reactions to challenging and stressful situations. We would like to offer psychology support to workers who are experiencing a range of feelings and responses to the situation and to think about how we manage these. This is *not* therapy or counselling; it is informal psychological support and no record of the discussion will be kept. This is a confidential space; however we have a duty

of care and if something is shared which makes us concerned for a person's safety or the safety of others, we would need to share this and together with your DTM, think about the support you may need. **To access this support please contact the psychologist in your team directly (MAST; Rebecca Jones, Gursharan Lotey, Mel Jarvis, Charmaine Elliot, Connect Teams; Jenna Ball, Nedah Basit, Damla Irez, LCT and 20Plus; Kim Wyatt-Brooks)** If you do not have a dedicated psychologist in your team please contact **Alicia Fairhurst, Lead Clinical Psychologist for Brighter Futures**

FairhurstA@ealing.gov.uk

- **Psychology Weekly Resource Mail.** Every Monday, we will send resources out to the teams around managing the emotional, psychological and social impact of Covid19, with self-help and self-care tips and ideas.

Please remember that you also continue to have access to Workplace Options and their 24 hour employee helpline Tel: 0800 243 458

Email: assistance@workplaceoptions.com