

Yorkshire and the Humber Clinical Network - Senior PWP Network – 30 June 2020

Sharing Top Tips: What are you doing to support PWPs? What are you doing to look after yourselves?

- We have a virtual coffee break, on MS Teams, at 12:30 and all are welcome to join us.
- We have insisted that PWPs and trainees all take annual leave and as a Senior PWP I have led by example.
- I get up an hour early to do some exercise.
- Annual leave is really important. We have four trainee PWPs but otherwise no full time PWPs.
Top Tip: Andy Wright – annual leave is about managing wellbeing.
- I have just had a week off and have gone from feeling like I might cry all the time to feeling much better able to manage! Please take your leave - it is so important!
- During week 1 and 3 of lockdown I did feel quite isolated so formed a work WhatsApp group (we already had a work social WhatsApp group) which was joined by people who wouldn't generally belong to the social group. However, we have now progressed to a weekly MS Teams call at 4.30pm on Wednesday.
- We have allowed additional time in our supervision calls to discuss wellbeing.
- We have a "buddy system" where you are buddied up with one other person who you can ring anytime for a 5-10 minute call as and when but we are also encouraged to put it in our diaries.
- Routine is really important
- Getting more sleep
Top Tip: Andy Wright recommended getting an eye sleep mask, if you wake up in the middle of the night, to help you go back to sleep especially as it is light so early during the summer months.
- The IAPT Wellbeing Champions are now organising online quizzes and "IAPT Cribs" competitions.
- It is compulsory to have supervisory contact at least once a week.
- We are looking at people's diaries and the number of assessments they have to ensure an even spread of work and enable them to do other things ie. training.
- We ensure that wellbeing is covered in all supervisory calls.
- Again we did a similar thing to Jane - extended case management supervision by ten mins to make sure we can discuss wellbeing
- We do a similar thing on Teams with a daily lunch break meeting set up - so we sit and each lunch together virtually and people can choose when to attend.
- We are using MS Teams to video call PWPs and trainees out of the blue to check on their wellbeing. We are also encouraging PWPs and trainees to tell us if they have jobs they are struggling to get done.
- **Top Tip:** Andrew Wright is going to look at doing an MS Teams live meeting at the start of each day to do basic muscular and skeletal exercises together.
- We have had some suggestions from our occupational health department- if people don't have desks- use an ironing board to change positions, which has been helpful
- I bought a laptop riser from Amazon so that I am now looking straight at my screen rather than looking down at it. I also have an external keyboard and mouse.
https://www.amazon.co.uk/Kensington-Portable-Ergonomic-Cooling-SmartFit/dp/B0007YB8NM/ref=asc_df_B0007YB8NM/?tag=googshopuk-21&linkCode=df0&hvadid=309862974210&hvpos=&hvnetw=g&hvrnd=2557676743927518771&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdvcmld=&hvlocint=&hvlocphy=9046353&hvtargid=pla-435525393248&psc=1&th=1&psc=1
- A monitor to use with my laptop has really helped me with my posture whilst working from home.
- Put your laptop on some books to lift it up! It reduces the looming over the video call and relieves the neck issue. Pinch the mouse and keyboard too - we have pilfered our office clean!

- Sit upstairs and put a stair gate at the top to stop the small children coming up and interrupting sensitive conversations!
- The great thing about having a second monitor is that you can then extend your screen so you have the person you're speaking to on your laptop and the clinical notes on the screen, so perfect for case management supervision :)
- Google “deskercise” for details of stretches and exercise you can do at your desk – eg. <https://www.healthline.com/health/deskercise>
- Look at YouTube for five minute wellbeing tasks to do with the team.
- Open a window and get some fresh air.