








# Primary Care Enhanced Health and Wellbeing Offer

Service/Resource	Description	How to Sign Up
 <p>Shiny Mind health and wellbeing app Offered through Lincolnshire Training Hub</p>	<p>The ShinyMind App is a uniquely interactive tool designed specifically for NHS staff that improves wellbeing, resilience and teamwork.</p> <p>It's proven to help reduce the stress and anxiety of everyday life, leaving people feel happier and more productive. The app's foundation is built on a blend of science and research carried out by leadership psychotherapists into what makes people feel better, their teams work better and ultimately sees organisations perform better.</p> <p>The app is fully funded by Lincolnshire Training Hub and is available for all Primary Care staff.</p>	<p>To sign up for the app, please contact <a href="mailto:ruth.pollock@nhs.net">ruth.pollock@nhs.net</a></p>
 <p>Shiny Mind Live interactive webinars Offered through Lincolnshire Training Hub</p>	<p>Monthly interactive webinars open to all Shiny Mind app users on the following topics: Managing your Mindset, Managing our thoughts and feelings, Responsibility, Relationships, Inner Voice, Conflict, Facing fears, Assertiveness, Voice, Confidence, Forgiveness, Judgement</p> <p>The webinars are designed to empower and inspire users to develop confident, resilient mindsets to live healthier, happier lives.</p>	<p>Webinars to be offered to all Shiny Mind users from July 2022</p>
 <p><b>The Wellbeing GP</b> Workplace Wellbeing Solutions</p> <p>Shapes Toolkit/The Wellness GP interactive wellbeing webinars Offered through Lincolnshire Training Hub</p>	<p>Lincolnshire Training Hub is offering each PCN in Lincolnshire the choice of one live interactive webinar from either the Shapes Toolkit or The Wellness GP to boost resilience and wellbeing amongst PCN staff.</p> <p>These events can be delivered either online or face to face (e.g. at PCN away days).</p> <p>Example webinars: <b>Shapes Toolkit:</b> Wellbeing, Productivity, Thriving through change and uncertainty <b>The Wellness GP:</b> PPE for the Mind, Happily Mindful, Recharge your Battery, Time Management, Find the Balance in your Work/Life, Balance, Stress Superhero, Relight your Fire</p>	<p>For further information and to book, please contact <a href="mailto:ruth.pollock@nhs.net">ruth.pollock@nhs.net</a></p>



# Primary Care Enhanced Health and Wellbeing Offer (continued)

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 <p>Living Life to the Full programme Offered through Lincolnshire LMC</p>	<p>Living Life to the Full teaches a range of life skills that are based on the tried and trusted CBT approach, aiming to improve wellbeing and resilience as you go through the journey of life.</p> <p>Each course offers free modules including worksheets to print off and use and linked books to read. It covers lots of self-help topics from 'understanding your feelings' and 'doing things to help you feel better', to stopping smoking, getting better sleep, to relationships and dealing with grief and much more.</p>	<p>To sign up, please go to <a href="https://code.llttf4.com/">https://code.llttf4.com/</a></p>
 <p>Take 30 helpline Offered through Lincolnshire LMC</p>	<p>This service is aimed at providing confidential peer support for busy GPs, Practice Managers, Nurses &amp; all other practice staff members as they work through everyday challenges.</p> <p>The service is available free of charge for all Lincolnshire General Practice Staff between 10am &amp; 4pm for initial contact, Monday to Friday.</p>	<p>To access or find out more about this free service, contact the LMC: Email: <a href="mailto:info@lincs1mc.co.uk">info@lincs1mc.co.uk</a> Tel: 01522 576659</p>
 <p>Impact Lincs coaching and mentoring service Offered through Lincolnshire LMC</p>	<p>Our trained mentors can support you to make positive steps forward in your career and personal life. Mentoring sessions can take place at a time &amp; place to suit you.</p> <p>This service is available free of charge for Lincolnshire GPs, Nurses &amp; Practice Managers.</p>	<p>To access or find out more about this free service, contact the LMC: Email: <a href="mailto:info@lincs1mc.co.uk">info@lincs1mc.co.uk</a> Tel: 01522 576659</p>
 <p>Staff Wellbeing Service Offered by The Staff Wellbeing Hub Lincolnshire</p>	<p>The Staff Wellbeing Service provides individual psychological therapy for anxiety, depression, stress-related and physical health difficulties. The Hub can act as triage process for those in need but is also available as a space to offload, wobble or even just chat in judgement free, safe space.</p> <p>Your difficulties do not need to be work-related in order to be seen within the service.</p> <p>You can also contact the Staff Wellbeing Service if you have identified domestic abuse and would like support.</p>	<p>Monday to Friday 9am-5pm. Email: <a href="mailto:lpft.staffwell-being@nhs.net">lpft.staffwell-being@nhs.net</a> Tel: 01522 518609</p>
<p>Looking After You Offered by NHS England</p>	<p>Confidential coaching and support for the primary care workforce, including coaching about wellbeing, coaching for you and your team and coaching about you and your career. Experienced coaches can help you as an individual, support you to manage your team and reflect on your career goals and ambitions.</p>	<p>For more details and to book, go to: <a href="http://www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/">www.england.nhs.uk/supporting-our-nhs-people/support-now/looking-after-you-confidential-coaching-and-support-for-the-primary-care-workforce/</a></p>
 Champion Health	<p>Employee wellbeing platform with personalised wellbeing action plans including online workouts, mindfulness sessions, nutrition plans and more. Due to launch September 2022.</p>	<p>TBC</p>

Email: [contact@lincolnshiretraininghub.nhs.uk](mailto:contact@lincolnshiretraininghub.nhs.uk)

Website: [www.lincolnshiretraininghub.nhs.uk](http://www.lincolnshiretraininghub.nhs.uk)

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