



Scan the QR code to explore what support is available or visit: www.lpft.nhs.uk/LincsStayingWell


Workshops planned on dates throughout 2023 to support staff health and wellbeing

- Burnout
- Moral injury
- Sleep
- Boost your wellbeing
- Boost your confidence and self-esteem

No need to book, just attend through the MS Teams link on the day



Burnout Workshop 09:30-11:00

Dates for 2023:	Facilitators:	MST Link:
Thursday 12 th January	Scarlett Webster and Emily Ditton LPFT	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 335 457 592 626 Passcode: vLneKu Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,237332633# United Kingdom, London Phone Conference ID: 237 332 633# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
Thursday 16th February	Scarlett Webster and Emily Ditton LPFT	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 343 902 861 409 Passcode: YfcY2U Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,848044481# United Kingdom, London Phone Conference ID: 848 044 481# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information</p>

		<p>Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
<p>Tuesday 7th March</p>	<p>Scarlett Webster and Claire Dunnill LPFT</p>	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 381 057 827 227 Passcode: AT79ww Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,707875705# United Kingdom, London Phone Conference ID: 707 875 705# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
<p>Thursday 20th April</p>	<p>Di Caldwell and Emily Ditton LPFT</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 370 025 383 201 Passcode: fMNHvd Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,971723799# United Kingdom, London Phone Conference ID: 971 723 799# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn More Help Meeting options Legal</p>

Tuesday 2nd May

Scarlett Webster and Claire
Dunnill
LPFT

Microsoft Teams meeting
Join on your computer or mobile app
[Click here to join the meeting](#)
Meeting ID: 397 210 762 707
Passcode: ZG9qhh
[Download Teams](#) | [Join on the web](#)
Or call in (audio only)
[+44 20 3321 5208..936826665#](#) United Kingdom, London
Phone Conference ID: 936 826 665#
[Find a local number](#) | [Reset PIN](#)



If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management.
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Thursday 8th June

Di Caldwell and Emily Ditton
LPFT

Microsoft Teams meeting
Join on your computer, mobile app or room device
[Click here to join the meeting](#)
Meeting ID: 351 049 354 94
Passcode: cbwMzL
[Download Teams](#) | [Join on the web](#)
Or call in (audio only)
[+44 20 3321 5208..175035133#](#) United Kingdom, London
Phone Conference ID: 175 035 133#
[Find a local number](#) | [Reset PIN](#)



If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management.
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Moral Injury 09:30 – 11:00

Dates for 2023	Facilitators	MST Link
<p>Tuesday 17th January</p>	<p>Scarlett Webster and Claire Dunnill LPFT</p>	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 391 250 092 59 Passcode: 7Nlm8N Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,282573061# United Kingdom, London Phone Conference ID: 282 573 061# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
<p>Tuesday 21st February</p>	<p>Scarlett Webster and Claire Dunnill LPFT</p>	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 399 725 022 221 Passcode: cuEkRz Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,562505793# United Kingdom, London Phone Conference ID: 562 505 793# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information</p>

		<p>Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
<p>Thursday 23rd March</p>	<p>Di Caldwell and Emily Ditton LPFT</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 342 326 260 491 Passcode: 7xQvo9 Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,44949708# United Kingdom, London Phone Conference ID: 449 497 08# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn More Help Meeting options Legal</p>
<p>Tuesday 4th April</p>	<p>Scarlett Webster and Claire Dunnill LPFT</p>	<p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 380 771 494 99 Passcode: XzcERu Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,711859748# United Kingdom, London Phone Conference ID: 711 859 748# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>

Thursday 18th May

Di Caldwell and Emily Ditton
LPFT

Microsoft Teams meeting
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[Click here to join the meeting](#)

Meeting ID: 352 957 427 299

Passcode: jdP8U7

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Or call in (audio only)

[+44 20 3321 5208,168823337#](#) United Kingdom, London

Phone Conference ID: 168 823 337#

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Tuesday 20th June

Scarlett Webster and Claire
Dunnill
LPFT

Microsoft Teams meeting

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[Click here to join the meeting](#)

Meeting ID: 372 046 694 892

Passcode: GTBqpu

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Or call in (audio only)

[+44 20 3321 5208,641604066#](#) United Kingdom, London

Phone Conference ID: 641 604 066#


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Sleep 09:30-11:30 (2-part workshop)

Date	Facilitators	MST Link
Wednesday 12 th and 26 th April	Lisa Johns and Scarlett Webster LPFT	<p style="text-align: right;">Part 1: 12th April</p> <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 319 167 465 654 Passcode: 7Cvrqm Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,372564221# United Kingdom, London Phone Conference ID: 372 564 221# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn More Help Meeting options Legal</p> <hr/> <p style="text-align: right;">Part 2: 26th April</p> <p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 322 158 734 221 Passcode: bDNFF7 Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,956186055# United Kingdom, London Phone Conference ID: 956 186 055# Find a local number Reset PIN</p>



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Thursday 15th and 29th
June

Lisa Johns and Scarlett
Webster
LPFT

Part 1: 15th June

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 389 972 545 21

Passcode: nTMw5P

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

+44 20 3321 5208,,710718741# United Kingdom, London

Phone Conference ID: 710 718 741#

[Find a local number](#) | [Reset PIN](#)



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Part 2: 29th June

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 335 310 350 817

Passcode: AKdh9i

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

+44 20 3321 5208,,302286481# United Kingdom, London

Phone Conference ID: 302 286 481#

[Find a local number](#) | [Reset PIN](#)



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Boost Your Wellbeing - 09:30-11:30

Dates	Facilitators	Microsoft Teams Link
Tuesday 14 th March	Beth Hutton LPFT	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 319 131 793 892 Passcode: NVEejw Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,336978754# United Kingdom, London Phone Conference ID: 336 978 754# Find a local number Reset PIN
Tuesday 9 th May	Beth Hutton LPFT	Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 341 207 916 357

		<p>Passcode: rf96TU Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,648701690# United Kingdom, London Phone Conference ID: 648 701 690# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn More Help Meeting options Legal</p>
<p>Thursday 13th July</p>	<p>Beth Hutton LPFT</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 373 010 570 474 Passcode: 88mVW5 Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,182190909# United Kingdom, London Phone Conference ID: 182 190 909# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn More Help Meeting options Legal</p>

Becoming More Assertive – 9:30-11:30 (2 Part Workshop)

Dates	Facilitators	Microsoft Teams Link
<p>Monday 6th February and Monday 20th February</p>	<p>Heidi Thompson and Tracey Rutt LPFT</p>	<p style="text-align: right;">Part 1: Monday 6th February</p> <p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 317 213 907 263 Passcode: irx6EP Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,578468474# United Kingdom, London Phone Conference ID: 578 468 474# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p> <hr/> <p style="text-align: right;">Part 2: Monday 20th February</p> <p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 353 760 909 168 Passcode: 3y3cNP Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,203381941# United Kingdom, London Phone Conference ID: 203 381 941# Find a local number Reset PIN</p> 

		<p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p>
<p>Monday 3rd April and Monday 17th April</p>	<p>Heidi Thompson and Tracey Rutt LPFT</p>	<p style="text-align: right;">Part 1: Monday 3rd April</p> <p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 366 581 708 435 Passcode: PquzBP Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,517054851# United Kingdom, London Phone Conference ID: 517 054 851# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management. Learn more Help Meeting options Legal</p> <hr/> <p style="text-align: right;">Part 2: Monday 17th April</p> <p>Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Meeting ID: 353 337 684 920 Passcode: V3towa Download Teams Join on the web Or call in (audio only) +44 20 3321 5208,,821620337# United Kingdom, London Phone Conference ID: 821 620 337# Find a local number Reset PIN</p>  <p>If you are planning to use Teams for clinical purposes, it is important to review usage with your local Information Governance and Clinical Safety teams to determine and adhere to best practice around patient data management.</p>

**Monday 12th June and
Monday 26th June**

Heidi Thompson and
Tracey Rutt
LPFT

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Part 1: Monday 12th June

Microsoft Teams meeting

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Meeting ID: 313 838 500 181

Passcode: FhEHZK

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[+44 20 3321 5208,,436016340#](#) United Kingdom, London

Phone Conference ID: 436 016 340#

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Part 2: Monday 26th June

Microsoft Teams meeting

Join on your computer or mobile app

[Click here to join the meeting](#)

Meeting ID: 389 120 240 062

Passcode: E45pPq

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

[+44 20 3321 5208,,662251048#](#) United Kingdom, London

Phone Conference ID: 662 251 048#

[Find a local number](#) | [Reset PIN](#)



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