



**European Union**  
European Structural  
and Investment Funds



**Education & Skills  
Funding Agency**

# E-Bulletin

May 2020 Vol.5



## IT AIN'T (JUST) WHAT YOU DO.....IT'S THE WAY THAT YOU DO IT!.....

No we're not looking at 80's pop songs this week, in spite of the fact that lockdown has made us more nostalgic for those seemingly carefree days! The well being of staff and learners seems even more important at the moment, and the focus of this weeks newsletter highlights support available to HLC partner staff and learners. We are all trying to adapt to working virtually, juggling work commitments, whilst supporting children, family and friends. All of the examples below can help with staff and/or learner mental health, and we hope you find these useful. The first two articles focus on support for staff, with specialist advice and support from CHCP and Mind. The last article shows the whole family support the ESDF/CLLD funded Cat Zero project offers.



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## WELLBEING SUPPORT

### SPRINGBOARD YEI PARTNER CHCP...

It's easy to lose all structure during lock down. Structure we have got accustomed to since childhood has changed or gone; and all of a sudden at that ! In some ways this offers novel relief. A change in the status quo. Forcing us to simplify and re-evaluate what's important and what we really need, whilst giving us permission and a good excuse to let go of what isn't. However, as this goes on it's easy to start to also lose connection with things that are important which we just weren't conscious of. Things that have been good for us, since we were kids. Things that are a vital part of and source of good mental health, things that give us a sense of Pleasure, Achievement, and Closeness. These are the categories that, working as a Cognitive Behavioural Therapist (CBT) with people who have low mood, are key to bear in mind whilst our life is tipped on its head.

Getting a sense of **Pleasure**, **Achievement** or **Closeness** is harder than ever for many people during social restriction, which intuitively makes each of them more important. Now more than ever it's important that you take stock of what you have going on in your life, and reflect on whether you are having enough nourishing activities within it, or whether you've slipped into an unhelpful cycle of behaviour; stress leading to avoidance, avoidance leading to stress... and so on. Make a list of things you'd like to be doing day-in, day-out, using these as headings - Pleasure (things that give you a sense of joy, calm or excitement), Achievement (things that make you feel proud) and Closeness (things that make you feel connected to the people that matter in your life, even if they be strangers!). Then when you start to pick the ones you'd like to maintain or integrate into your lockdown life, and contract with yourself when and for how long you will do them, you have embarked upon a form of Behavioural Therapy used within CBT (get you!).



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Although it's not just what you do, it's how you do it. So, when engaging with your chosen Activity, two more A's are important: **Attention** and **Attitude**. Where is your attention when you are doing the activity? Are you being Mindful? Mindfulness refers to us being connected to the present moment, with us being firmly planted in our own body, experiencing what is using all of our senses. Undertaking activities mindfully is crucial for getting the most of them, as too often we operate in Auto Pilot; going through the motions. So if you plan to do something fun, a task you've been putting off, or properly connecting with someone you may have missed, try to be fully present...

...and when you fail to be fully present don't beat yourself up about it! It's nearly impossible to do it 100% of the time. Because having the Attitude that you must do something perfectly is unhelpful, unrealistic, unsustainable and unhelpful (again). Be aware of the Attitude you hold towards yourself and your life whilst on lockdown. Are you putting yourself under too much pressure to be achieving? Whether you're struggling to fully focus full attention on zoom meetings, or feeling as though you should have had more fun on your family facetime catch up, setting unrealistic expectations will always leave your reality wanting. So don't get caught up in the shoulds and shouldn'ts when structuring in these important activities, just go with what is without judgement. You're doing the best you can, in what increasingly seems to be a parallel Universe. Be self-compassionate. It's best for everyone involved.

We will be recording a staff support session delivered by Adam for you all, and we will share as soon as we can. Adam has already delivered this to HLC staff, and it's had a very positive impact on our staff well being.

Adam McGowan is a CBT therapist for CHCP and works on HLC's ESF/YEI project, Hull residents can access the service using [www.LetsTalkHull.co.uk](http://www.LetsTalkHull.co.uk) (where people can self-refer online), telephone 01482 247111 (24/7 booking service for assessments), or email [pws-letstalk.hull@nhs.net](mailto:pws-letstalk.hull@nhs.net)



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## BBO PARTNER - MIND... SUPPORTING PEOPLE...

Mind are keen to support people through these unprecedented times, and are now ready to start delivering some live virtual training for any employees who are interested. The training will be free but it would help them if you are able to donate whatever you feel is appropriate. This will help them to continue supporting vulnerable people through this Covid-19 pandemic when their usual fundraising opportunities have been reduced. This is a great chance to access something to support the wellbeing of your staff.

The first two sessions they can deliver are:

- **An Introduction to Mindfulness and Meditation** - this is delivered over four x 30 minute sessions so would fit nicely into a lunch break for employees.
- **Working from home and your wellbeing** - this is an interactive 60 minute session with tips and tricks to stay well. Although the emphasis is on being at home it is suitable for those who are also having to go into their workplace through necessity.

For any virtual sessions employees will just need access to a laptop, tablet or phone to get the most out of these short sessions.

They will also be offering these sessions out to the community for individuals to book, please signpost individuals to their website to access the training as an individual. If you wish to book some sessions then please contact them directly at the email address or mobile number below.

Email: [jmoore@heymind.org.uk](mailto:jmoore@heymind.org.uk)  
Website: [www.heymind.org.uk](http://www.heymind.org.uk)  
Contact Number: 01482 240200 / 07792924316



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## CLLD PARTNER - CATZERO FAMILIES PROJECT...

The CatZero Families Project aims to support families and individuals in families. The project is currently working with six families through ESF's Community Led Local Development programme.

Having adopted a remote working policy the CatZero team are now providing a range of support services directly to each family to help them stay safe and well. The team provide reassurance, allaying fears of those too scared to step outside for food and other essentials.

They're promoting social distancing and infection control. They're encouraging the families to keep active, including sending them links to fitness videos that can be done at home with no equipment. Promoting exercise as a good distraction and a proven way to help with symptoms of depression and anxiety.

They have supported families that are running low on food and money, by sending out food bank vouchers, checking that food banks are still open and operating. For those families living further away from a food bank to easily get there, they're making arrangements for food pick-ups too.

The team are supporting the families with young ones, not in school who have been sent work to complete at home. They've sent links to puzzles and games that can entertain and help prevent boredom and conflict in the household too.

The CatZero message that being resourceful, adaptable and overcoming challenges such as these is good for personal development and mental wellbeing.



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