Leading for Wellbeing - Registered Manager webinar
Wednesday 4 November 2020 – Resource Handout

Skills for Care support for registered managers

Go to the registered manager dedicated webpage to find details of our advice line, Facebook and WhatsApp groups and to view a series of COVID-19 recorded webinars.

Skills for Care Resources

- **Time to manage guide and webinar:** watch the webinar and download the resource and templates here.

- **Effective supervision guide and bite size supervision resources**: your workforce is your most valuable resource and supervision plays a key role in supporting them to deliver high-quality care and support. Download our guidance and bite size resources here.

- **Building Resilience**: this webpage shares our resources that help team leaders and managers to build staff resilience at an individual level, at a team level and at an organisation level. Find out more here.

- **Lone worker guide:** our online guide provides information about what works well for employers that employ staff who regularly work alone. It has top tips for best practice, including mental health and wellbeing. Download here.

Other resources

Short guide to managing stress and anxiety in uncertain times
The Greater Manchester resilience hub have developed a 6-page practical, plain English guide to managing stress, anxiety and worry in uncertain times. It includes things you might notice, ways to look after yourself, information about stress, anxiety and worry and tips to help. Download here.

Guide to wellbeing buddy systems
Set up a simple 'buddy' system for informal support to involve other team members in wellbeing, as well as the manager. Download the Greater Manchester resilience hub 3 page guide here.

Supporting the social care diverse workforce
COVID-19 is having a huge impact on the mental wellbeing of people from ethnic minority communities. Click here to watch a webinar on how COVID-19 is impacting on staff and what organisations should and can do to help their staff. The panel of experts discuss the history and impact of everyday discrimination, social inequalities and the effect these complex challenges and stresses can have on staff mental health and wellbeing.

Mind Wellness Action Plans
A WAP can help employees to develop approaches to support their mental wellbeing. By regularly reviewing the agreed, practical steps in the WAP, you can support your team member to adapt it to reflect their experiences or new approaches they find helpful. Allowing the team member to take ownership of the process and of the WAP itself, you will be empowering them to feel more in control.
Download free guides and templates to develop a wellness action plan (WAP).

Psychological First Aid (PFA)
This short online course explores the psychological impact of the COVID-19 pandemic and what you can do to help people cope, as well as the principles of giving psychological first aid in emergencies. This free course has been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners. Find out more here.

Samaritans helpline
Samaritans have introduced a confidential emotional support line for social care staff that is free to access. You can speak to a trained Samaritans volunteer who can help with confidential listening and signposting to specific support you might find helpful.
Call: 0300 131 7000
07:00 – 23:00 / 7 days a week

If you're looking for **advice** or **specialist support** on a particular issue for staff, the Samaritans have a list of useful helplines on a range of issues which can be found on their website here.

Bereavement & Trauma Line – Hospice UK
Hospice UK Bereavement & Trauma assistance is available from anywhere in the by specialist counsellors and support workers to support all social care staff. You do not need a referral.
Call: 0300 303 4434
08:00 – 20:00 / 7 days a week

Care Workforce App
Wellbeing guidance, resources and support can be found on the Care Workforce COVID-19 app Care Workforce App