

All Together – a special edition for Mental Health Awareness Week

18th to 24th May 2020



Cornwall Hospice Care
Caring for our community

Mount Edgcombe Hospice

St. Julia's Hospice

Registered Charity No. 1113140

It's ok not to be ok

How are you feeling? It's alright to ask people this question and it's alright to talk about our mental health. This year brings an added focus to Mental Health Awareness Week as we all try and cope with the effects of the current pandemic. It's touched all our lives and we're all trying to get through it as best we can.

We are in a time of fear, of stress, of worry and of uncertainty. These are emotions that are hard to deal with at the best of times, but now they're heightened by Coronavirus and it's really important to know it's alright not to be alright and that help and advice is at hand.

There's a lot of information available and I appreciate it's sometimes hard to know what's useful and what isn't. With this in mind we've been searching out carefully chosen sites and posters that we hope will help.



I really like this poster that I found on the Cornwall Council page set up as part of their Mental Health Awareness Week promotion. You can visit the page here:

<https://www.cornwall.gov.uk/howareyou>

There are many more sources of information and in this special edition of All Together we aim to point you in the direction of some that may suit you or answer your questions.

We're here to help too. How?

We are one team and though that may be difficult to remember when you are furloughed or working remotely from home, it's important that we all keep talking.

Take care,

Gina – Clinical Director



What's the government saying?

The government website is offering a lot of useful advice, some of it reflecting the 10 principles above, and all aimed at us as we live through this pandemic. There's lots of ideas to consider including the importance of a daily routine, rest and exercise. You can visit the site here;

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

It's about compassion

Chris Starnes writes; "for me it's about compassion, it is often how we react to people's behaviour and how we can support them at times of crisis, loss, anxiety and feeling low in mood. We need to remember we can all feel vulnerable and feel lonely at times and we have a lot of uncertain times ahead, so let's support each other.

Having good mental health helps us relax more, achieve more and enjoy our lives more.

I really like this eye catching contact poster that is a good one to share."



Caring for your health

Our charity cares about you and your health and that's why all staff are able to access care support through our specialist provider WPA

<https://www.wpa.org.uk/businesses>

The plan offers a range of support, including counselling and the following sheet outlines the details for you. As WPA are new providers, you should have received a welcome pack by now, but if you haven't or want to query anything, you can contact our Account Manager Dave Stickland at dave.stickland@hcp-plc.org.uk. You can also contact Sue, Anna or Lisa in our HR department.



Corporate Cash Plan

A fresh approach to healthcare



Please refer to 'A Guide to Your Group Scheme' and your Benefit Schedule for terms and conditions, including details of the benefits and what is and is not covered.

All benefits shown are per person per Group Scheme year, unless otherwise indicated. Please check your Certificate of Registration which will confirm your available benefits. Cornwall Hospice Care are responsible for confirming eligibility of membership for the Group Scheme.

Cash Reimbursement Benefits	Annual Benefit
General Dental Treatment – Routine dental treatment (check-ups, scale and polish, x-rays, fillings and hygienist)	£65
Optical Treatment – Eye tests and prescription glasses, contact lenses and prescription sunglasses	£65
Therapy – Physiotherapy, osteopathy, acupuncture, chiropractic care, homeopathy and other therapies	£200
Specialist Consultations including Diagnostic Tests – Out-patient private consultation(s) with a specialist, x-rays, blood tests and ultrasound scans	£250
GP Charges – Private GP consultation(s), diagnostic tests, vaccinations and prescription charges	£50
Hospital Stay – £20 per day/night for admissions to an NHS hospital as an NHS in-patient or day-patient	£400
New Baby – Upon the birth or adoption of a baby (a 10 month qualifying period applies)	£200
Employee Assistance Programme (EAP) – Call 0333 014 4419	
EAP Helplines – Specialist 24/7 telephone support included for employees and their family member(s)	Included
Face to Face Counselling – Confidential 24/7 counselling over the phone on personal issues and, where clinically appropriate, onward referral to face to face counselling services	Six sessions
Remote GP Services – Call 0333 014 4421	
Remote GP Services – 24/7 access to a private GP helpline, video consultations, private prescriptions and Specialist referral	Included

How to make a claim for a Cash Benefit

All claims must be submitted within six months of the eligible treatment date.

Step 1

Log in to your secure area at wpa.org.uk/secure to initiate a claim or contact us on 01823 625267.

Step 2

In some cases you may be prompted to complete and return a personalised Claim Form to us, along with original invoices and proof of payment. If this information is not requested, your claim will be processed in line with the Group Scheme terms within a few days.

Making the most of your membership

Discounts available for WPA customers at recognised outlets such as:

- ✓ Gym memberships
- ✓ Health screening and assessments
- ✓ Optical discount voucher
- ✓ Spa discount

To find out more and for any applicable terms and conditions please visit wpa.org.uk/secure

For more information contact your local Healthcare Partner

Dave Stickland

Director of Devon Healthcare Ltd, an Appointed Representative of WPA Healthcare Practice Plc

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This flyer is effective for use until 30/04/2021

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Mindfulness

There are a variety of different approaches that can help support an individual's mental health and well-being, for example a stroll in the countryside or a simple relaxation technique, such as a breathing or stretching exercise. It's often best to discover what works for you as an individual.

Many people have reported that practicing mindfulness has a positive effect in maintaining well-being. Mindfulness is an approach that can help support the improvement of our emotional and physical well-being, and some people find it beneficial for reducing stress and anxiety.

Mindfulness is about creating a feeling of calm brought about by being aware of your body, mind, and feelings in the present moment. If we naturally pay attention to the here and now with no judgement, we are less likely to be focussed on past regrets or worries about the future.

The NHS has a dedicated website page for mindfulness with some great links to relaxation videos, audio guides, hints and tips, mindfulness breathing exercises and lots more. You can visit the site here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

In addition to this, the link below gives some further information from the charity MIND which you may find of interest. It provides advice on building emotional resilience, which is important when maintaining a stable mental health and well-being. Investing in yourself is so important and invaluable.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience/>

There are also useful relaxation and mindfulness techniques on our own website on our self-help page here; <https://www.cornwallhospicecare.co.uk/our-care/therapy-team/self-help-resources/>

On a final note, please remember ...

Immediate, confidential support is just a phone call away 24 hours a day, 365 days a year:

Samaritans: 116 123

NHS Mental Health Support Helpline: 0800 038 5300



