

Staff Wellbeing WEEK 2023

MONDAY 31st October – Sunday 5th November
Live MS Teams/Face to Face Sessions

MONDAY 30th

Stop Smoking and Alcohol Brief Intervention Skills
10:00-10:30 Hours
Via Microsoft Teams

Therapets - between
10:00 – 14:00 Hours
University Hospital Wishaw, Sanctuary

Sleep is the New Botox!
11:00-11:30 Hours
Via Microsoft Teams

Reiki Therapeutic Session between
11:00 – 13:20 Hours
University Hospital Wishaw, Quite Room of Sanctuary

The Talking Rooms “Stress & Self Care Wellinar”
11:30-12:30 Hours
Via Microsoft Teams

Let’s Talk About Menopause
12:00 – 13:00 Hours
Via Microsoft Teams

What Do North Lanarkshire Council’s Tackling Poverty Team Do
12:30 – 13:00 Hours
Via Microsoft Teams

Spaces for Listening
13:00 – 14:00 Hours
Via Microsoft Teams

Winter Wellness – Embracing the Winter
15:00 – 16:00 Hours

TUESDAY 31st

Role of Realistic Medicine in Staff Wellbeing
10:30 – 11:15 Hours
Via Microsoft Teams

Personal Resilience Through Self Compassion
11:00 – 12:00 Hours
Via Microsoft Teams

Building Brain Resilience
11:00-12:00 Hours
Via Microsoft Teams

Mindfulness
12:00 – 12:30 Hours
Via Microsoft Teams

Organisational Interventions to Support Staff Wellbeing: Case Studies from NHS Webinar
12:30-13:30 Hours
Via Microsoft Teams

Therapets – between
12:30 – 14:00 Hours
At University Hospital Monklands, Wards

Crochet and Chat
12:30 – 14:00 Hours
University Hospital Wishaw, Lecture Theatre

“I’d Like To Say.....”
15:00 – 16:00 Hours
Via Microsoft Teams

Supporting the Work Life Balance
15:30-16:00 Hours
Via Microsoft Teams

WEDNESDAY 1ST

What Do North Lanarkshire Council’s Tackling Poverty Team Do
10:00 – 10:30 Hours
Via Microsoft Teams

National Wellbeing Hub
11:30-12:30 Hours
Via Microsoft Teams

Home Energy Scotland
13:00 – 14:00 Hours
Via Microsoft Teams

Stop Smoking and Alcohol Brief Intervention Skills
14:30-15:00 Hours
Via Microsoft Teams

Window of Tolerance
15:00-16:00 Hours
Via Microsoft Teams

Crochet and Chat
12:30 – 14:00 Hours
University Hospital Monklands, Lecture Theatre

Spaces For Listening
16:00 – 17:00 Hours
Via Microsoft Teams

To register, please complete the booking form via this link:
Registration For Staff Wellbeing Week scan the QR code:



Staff Wellbeing WEEK 2023

MONDAY 31st October – Sunday 5th November

Live MS Teams/Face to Face Sessions

THURSDAY 2ND

Connection and Belonging
and Why it Matters
09:30 – 11:15 Hours
Via Microsoft Teams

Supporting the Work Life
Balance
10:00-10:30 Hours
Via Microsoft Teams

Crochet and Chat
12:30 – 14:00 Hours
University Hospital
Hairmyres, Board Room,

Coaching for Wellbeing
13:00-14:00 Hours
University Hospital
Hairmyres, Lecture Theatre

Connection and Belonging
and Why it Matters
13:00 – 14:45 Hours
Via Microsoft Teams

Improvement Team;
Improves Team by
Improving Wellbeing
15:00 – 16:00 Hours
Via Microsoft Teams

Mindfulness
16:00 – 16:30 Hours
Via Microsoft Teams

Spaces For Listening
20:00 – 21:00 Hours
Via Microsoft Teams

FRIDAY 3RD

Personal Resilience Through
Self Compassion
10:00 – 11:00 Hours
Via Microsoft Teams

MacMillan Cancer Support
10:30 – 12:30 Hours
Information Stand
University Hospital Wishaw,
Foyer

Compassion and its Fatigue
11:00-12:00 Hours
Via Microsoft Teams

Coaching for Wellbeing
13:00-14:00 Hours
University Hospital
Hairmyres, Post Graduate
Room

Stop Smoking and Alcohol
Brief Intervention Skills
13:00-13:30 Hours
Via Microsoft Teams

SATURDAY 4TH

Sleep is the New Botox!
11:00-11:30 Hours
Via Microsoft Teams

Weigh to Go – Nutrition &
Physical Activity Session
12:00 – 13:00 Hours
Via Microsoft Teams

SUNDAY 5TH

Building Brain Resilience
11:00-12:00 Hours
Via Microsoft Teams

To register, please complete the booking form via this link:
Registration For Staff Wellbeing Week scan the QR code:



MONDAY 30th October 2023

- **Session Title: Stop Smoking and Alcohol Brief Intervention**
- **Session Lead: Tracy-Ann Kidd and Lorna Shearer, Health Improvement Seniors**
- **Time: 10:00 – 10:30 Hours**
- **Session Information:**
 - **No Smoking Guidance** around hospital site entrances – Engage, Educate, Encourage (lastly) enforcement around the 15 metre rule. Also what happens when someone comes to the Stop Smoking Service (signposting) and general training information.
 - **Alcohol brief intervention** training for staff, how to support someone at work displaying symptoms and signposting information to agencies that can help.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: Therapets**
- **Session Lead: Lorna, Canine Concern and Max Huttner**
- **Time: 10:00 – 14:00 Hours:
(16 x 15 minute slots, 16 people per slot)**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Session, University Hospital Wishaw, Sanctuary**

MONDAY 30th October 2023

- **Session Title: Sleep is the New Botox!**
- **Session Lead: Dr Terri Hunter Organisational Development Manager**
- **Time: 11:00 – 11:30 Hours**
- **Session Information:**
 - Why sleep is important for brain and body and what happens when we don't have enough.
 - How to improve sleep quantity and quality
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: Reiki Therapeutic Session**
- **Session Lead: Senior Charge Nurse**
- **Time: 11:00 – 13:20 Hours**
(seven 20 minute slots, one person per slot)
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Sessions, University Hospital Wishaw, Quiet Room of the Sanctuary**

MONDAY 30th October 2023

- **Session Title: The Talking Rooms “Stress & Self Care Wellinar”**
- **Session Lead: Cate Smith and Sharon Rigley, The Talking Rooms**
- **Time: 11:30 – 12:30 Hours**
- **Session Information: The session will provide you with helpful information regarding the importance of your long-term health and wellbeing**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: Let's Talk About Menopause**
- **Session Lead: Michelle Brooks, Practice Educator, Neonatal Unit, University Hospital Wishaw**
- **Time: 11:30 – 12:30 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: What Do North Lanarkshire Council's Tackling Poverty Team Do**
- **Session Lead: Mandy McRorie and Fiona Corbet, North Lanarkshire Council Tackling Poverty Team**
- **Time: 12:30 – 13:00 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: Spaces For Listening**
- **Session Lead: Paul Graham and Lorraine Allan**
- **Time: 13:00 – 14:00 Hours (Session limited to six places)**
- **Session Information:**
 - **A space to share our thoughts and feelings, an opportunity to share and to listen.**
 - **The session will consist of 3 rounds where we can share for 2 minutes what is on our mind, our reflections on what we have heard and on what we want to take away. We request that anyone taking part maintains confidentiality during and after the session and joins from a quiet space where others can't hear.**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

MONDAY 30th October 2023

- **Session Title: Winter Wellness – Embracing the Winter**
- **Session Lead: Lorraine Allan**
- **Time: 15:00 – 16:00 Hours**
- **Session Information:**
 - The purpose of the presentation is to get you curious about how you can embrace the winter months and give you an opportunity to consider what might be the best way for you to embrace the winter, in work and at home.
 - An opportunity to explore how you can live rather than survive the winter.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Role of Realistic Medicine in Staff Wellbeing**
- **Session Lead: Dr Babu Mukhopadhyay**
- **Time: 10:30 – 11:15 Hours**
- **Session Information: The session will inform on the ethos of shared decision within realistic medicine and value based health and care. By doing this it can impact positively for individuals by empowering patients and reducing sole responsibilities for staff.**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Personal Resilience Through Self Compassion**
- **Session Lead: Madeleine O'Brien from Madeleine O'Brian Consultancy**
- **Time: 11:00 – 12:00 Hours (Session Limited to 24 Places)**
- **Session Information:** This short taster session will provide you with valuable space, time to connect with yourself and others as well as offering insights on how to further strengthen your personal resilience, including developing your ability for self-compassion.
- An evidence based and interactive approach, including self-reflection/assessment, practice using some helpful techniques/tools will be the style adopted.
- **Pre reflection/work.** You are encouraged to complete the following self-assessment exercise and have it to hand during the session. It can be accessed as follows: <https://self-compassion.org/self-compassion-test/>
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Building Brain Resilience**
- **Session Lead: Dr Terri Hunter, Organisational Development Manager**
- **Time: 11:00 – 12:00 Hours**
- **Session Information:**
 - Building blocks of Resilience
 - Brain Stressors and impact
 - Tips & Techniques to flex the Resilience muscle
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Mindfulness**
- **Session Lead: Dr Linda Kohn, Clinical Psychologist**
- **Time: 12:00 – 12:30 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Organisational Interventions to Support Staff Wellbeing: Case Studies for NHS**
- **Session Lead: Kevin Teoh, Programme Director for Organisational Psychology at Birkbeck and author of:**
[https://www.som.org.uk/sites/som.org.uk/files/Organisational Interventions to Support Staff Wellbeing in the NHS.pdf](https://www.som.org.uk/sites/som.org.uk/files/Organisational_Interventions_to_Support_Staff_Wellbeing_in_the_NHS.pdf)
- **Time: 12:30 – 13:30 Hours**
Session Information: Webinar aim`ed at People Managers/ Service Managers - (30 minutes Presentation and 30 minutes Questions and Answers)
- Case Studies Report (March 2023) [Click here](#)
- July 2023 Report on Burnout [Click here](#)
- **Target Audience: People Managers/Service Managers**
- **Session Format: Live Microsoft Teams Session**

TUESDAY 31st October 2023

- **Session Title: Therapets**
- **Session Lead: Canine Concerns and Clare Collins, HPHS**
- **Time: 12:30 – 14:00 Hours**
- **Target Audience: Ward Staff and Patients at University Hospital Monklands**
- **Session Information: Drop-in session at Wards in University Hospital Monklands**
- **Session Format: Face to Face Sessions**

TUESDAY 31st October 2023

- **Session Title: Crochet and Chat**
- **Session Lead: Angela Johnstone, VASLAN**
- **Time: 12:30 – 14:00 Hours**
- **Session Information:** Informal learn to crochet, pick up new skills, patterns and get crochet/knitting advice from Lucia's Fig Tree
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Drop-in Session, University Hospital Wishaw, Lecture Theatre**

TUESDAY 31st October 2023

- **Session Title: “I’d Like To Say.....”**
- **Session Lead: Patricia Johnston and Lorraine Allan**
- **Time: 15:00 – 16:00 Hours**
- **Session Information:** Looking at the use of words to either build a culture of affirmation, respect, dignity and shared values or contribute to a toxic culture where staff aren’t valued, heard or respected.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Team Session**

TUESDAY 31st October 2023

- **Session Title: Supporting the Work Life Balance**
- **Session Lead: Human Resources**
- **Time: 15:30 – 16:00 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: What Do North Lanarkshire Council's Tackling Poverty Team Do**
- **Session Lead: Mandy McRorie and Fiona Corbet, North Lanarkshire Council, Tackling Poverty Team**
- **Time: 10:00 – 10:30 Hours**
- **Target Audience: All Health & Social Care staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: National Wellbeing Hub**
- **Session Lead: Kirsten Woolley and Victoria Freeland**
- **Time: 11:30 – 12:30 Hours**
- **Target Audience: All Health & Social Care staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: Home Energy Scotland**
- **Session Lead: Scott Driver**
- **Time: 13:00 – 14:00 Hours**
- **Target Audience: All Health & Social Care staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: Stop Smoking and Alcohol Brief Intervention**
- **Session Lead: Tracy-Ann Kidd and Lorna Shearer, Health Improvement Seniors**
- **Time: 14:30 – 15:00 Hours**
- **Session Information:**
 - **No Smoking Guidance** around hospital site entrances – Engage, Educate, Encourage (lastly) enforcement around the 15 metre rule. Also what happens when someone comes to the Stop Smoking Service (signposting) and general training information.
 - **Alcohol brief intervention** training for staff, how to support someone at work displaying symptoms and signposting information to agencies that can help.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: Window of Tolerance**
- **Session Leads: Dr Su Ross and Dr Claire Stewart, Consultant Clinical Psychologists**
- **Time: 15:00 – 16:00 Hours**
- **Session Information: Window of Tolerance informed wellbeing overview**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

WEDNESDAY 1st November 2023

- **Session Title: Crochet and Chat**
- **Session Lead: Angela Johnstone, VASLAN**
- **Time: 12:30 – 14:00 Hours**
- **Session Information: Informal learn to crochet, pick up new skills, patterns and get crochet/knitting advice from Lucia's Fig Tree**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Drop-in Session, University Hospital Monklands, Lecture Theatre**

WEDNESDAY 1st November 2023

- **Session Title: Spaces for Listening**
- **Session Lead: Paul Graham and Lorraine Allan**
- **Time: 16:00 – 17:00 Hours (Session Limited to Six Places)**
- **Session Information:**
 - A space to share our thoughts and feelings, an opportunity to share and to listen.
 - The session will consist of 3 rounds where we can share for 2 minutes what is on our mind, our reflections on what we have heard and on what we want to take away. We request that anyone taking part maintains confidentiality during and after the session and joins from a quiet space where others can't hear.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

THURSDAY 2nd November 2023

- **Session Title: Connection and Belonging and Why it Matters**
- **Session Lead: Keeley Addison**
- **Time: 09:30 – 11:15 Hours**
- **Session Information:**
 - **Understanding why connection and belonging are important for health and wellbeing, as well as team performance**
 - **Understanding what gets in the way**
 - **Vulnerability and Armour**
 - **Small and impact actions we can take to make a difference**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

THURSDAY 2nd November 2023

- **Session Title: Supporting the Work Life Balance**
- **Session Lead: Human Resources**
- **Time: 10:00 – 10:30 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

THURSDAY 2nd November 2023

- **Session Title: Crochet and Chat**
- **Session Lead: Angela Johnstone, VASLAN**
- **Time: 12:30 – 14:00 Hours**
- **Session Information: Informal learn to crochet, pick up new skills, patterns and get crochet/knitting advice from Lucia's Fig Tree**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Drop-in Session, University Hospital Hairmyres, Board Room**

THURSDAY 2nd November 2023

- **Session Title: Coaching for Wellbeing**
- **Lead: Dr Calvin Lightbody and Dr Karen Jenkins**
- **Time: 13:00 – 14:00 Hours**
- **Session Format: An interactive workshop, combining some power point slides, a wellbeing self-assessment and a live coaching demonstration**
- **Session Information: Objectives for the session:**
 - **Understanding of what professional coaching is and what it can offer**
 - **Appreciation of the impact of high stress workplaces on our own professional performance and personal wellbeing**
 - **Gain insight into the context and consequences of burnout**
 - **Develop some strategies for maintaining your own resilience**
- **Target Audience: Any professional who is working in a high stress, high stakes environment**
- **Session Format: Face to Face Session, University Hospital Hairmyres, Lecture Theatre**

THURSDAY 2nd November 2023

- **Session Title: Connection and Belonging and Why it Matters**
- **Session Lead: Keeley Addison**
- **Time: 13:00 – 14:45 Hours**
- **Session Information:**
 - **Understanding why connection and belonging are important for health and wellbeing, as well as team performance**
 - **Understanding what gets in the way**
 - **Vulnerability and Armour**
 - **Small and impact actions we can take to make a difference**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

THURSDAY 2nd November 2023

- **Session Title: Improvement Team; Improves Team by Improving Wellbeing**
- **Session Lead: Jennifer Baillie and Elise Palmer**
- **Time: 15:00 – 16:00 Hours**
- **Session Information:**
 - **To share key learning from an Improvement Project focused on Improving Psychological Safety within the Quality Improvement Team in NHS Lanarkshire**
 - **Sharing key QI methodology used, tests of change and the impact this had**
- **Target Audience: Any team member/leader/group who is interested in improving wellbeing (specifically focusing on psychological safety) within their team**
- **Session Format: Live Microsoft Teams Session**

THURSDAY 2nd November 2023

Session Title: Mindfulness

Session Lead: Dr Linda Kohn

Time: 16:00 – 16:30 Hours (20 minutes practice and 10 minutes discussion)

Target Audience: All Health & Social Care Staff

Session Format: Live Microsoft Team Session

THURSDAY 2nd November 2023

Session Title: Spaces for Listening

Session Lead: Paul Graham and Lorraine Allen

Time: 20:00 – 21:00 Hours (Session Limited to Six Places)

Session Information:

- A space to share our thoughts and feelings, an opportunity to share and to listen.
- The session will consist of 3 rounds where we can share for 2 minutes what is on our mind, our reflections on what we have heard and on what we want to take away. We request that anyone taking part maintains confidentiality during and after the session and joins from a quiet space where others can't hear.

Target Audience: All Health & Social Care Staff

Session Format: Live Microsoft Teams Session

FRIDAY 3rd November 2023

- **Session Title: Personal Resilience Through Self Compassion**
- **Session Lead: Madeleine O'Brien from Madeleine O'Brian Consultancy**
- **Time: 10:00 – 11:00 Hours (Session Limited to 24 Places)**
- **Session Information:** This short taster session will provide you with valuable space, time to connect with yourself and others as well as offering insights on how to further strengthen your personal resilience, including developing your ability for self-compassion.
- An evidence based and interactive approach, including self-reflection/assessment, practice using some helpful techniques/tools will be the style adopted.
- **Pre reflection/work.** You are encouraged to complete the following self-assessment exercise and have it to hand during the session. It can be accessed as follows: <https://self-compassion.org/self-compassion-test/>
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

FRIDAY 3rd November 2023

- **Session Title: MacMillan Cancer Support**
- **Lead: Max Huttner, HPHS Health Improvement Senior**
- **Time: 10:30 – 12:30 Hours**
- **Session Information: Information, advice and signposting about cancer and support**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Face to Face Drop-in Session, University Hospital Wishaw Foyer**

FRIDAY 3rd November 2023

- **Session Title: Compassion and its Fatigue**
- **Lead: Dr Terri Hunter, Organisational Development Manager**
- **Time: 11:00 – 12:00 Hours**
- **Session Information:**
 - What is compassion & its fatigue?
 - How does it show up?
 - How do we overcome it?
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

FRIDAY 3rd November 2023

- **Session Title: Coaching for Wellbeing**
- **Lead: Dr Calvin Lightbody and Dr Karen Jenkins**
- **Time: 13:00 – 14:00 Hours (Session Limited to 20 Places)**
- **Session Format: An interactive workshop, combining some power point slides, a wellbeing self-assessment and a live coaching demonstration**
- **Session Information: Objectives for the session:**
 - **Understanding of what professional coaching is and what it can offer**
 - **Appreciation of the impact of high stress workplaces on our own professional performance and personal wellbeing**
 - **Gain insight into the context and consequences of burnout**
 - **Develop some strategies for maintaining your own resilience**
- **Target Audience: Any professional who is working in a high stress, high stakes environment**
- **Session Format: Face to Face Session, University Hospital Hairmyres, Post Graduate Training Room**

FRIDAY 3rd November October 2023

- **Session Title: Stop Smoking and Alcohol Brief Intervention**
- **Session Lead: Tracy-Ann Kidd and Lorna Shearer, Health Improvement Seniors**
- **Time: 13:00 – 13:30 Hours**
- **Session Information:**
 - **No Smoking Guidance** around hospital site entrances – Engage, Educate, Encourage (lastly) enforcement around the 15 metre rule. Also what happens when someone comes to the Stop Smoking Service (signposting) and general training information.
 - **Alcohol brief intervention** training for staff, how to support someone at work displaying symptoms and signposting information to agencies that can help.
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

SATURDAY 4th November 2023

- **Session Title: Sleep is the New Botox!**
- **Session Lead: Dr Terri Hunter Organisational Development Manager**
- **Time: 11:00 – 11:30 Hours**
- **Session Information:**
 - **Why sleep is important for brain and body and what happens when we don't have enough.**
 - **How to improve sleep quantity and quality**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

SATURDAY 4th November2023

- **Session Title: Weigh to Go – Nutrition & Physical Activity Session**
- **Session Lead: Fatima Gougouz**
- **Time: 12:00 – 13:00 Hours**
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

SUNDAY 5th November 2023

- **Session Title: Building Brain Resilience**
- **Session Lead: Dr Terri Hunter, Organisational Development Manager**
- **Time: 11:00 – 12:00 Hours**
- **Session Information:**
 - Building blocks of Resilience
 - Brain Stressors and impact
 - Tips & Techniques to flex the Resilience muscle
- **Target Audience: All Health & Social Care Staff**
- **Session Format: Live Microsoft Teams Session**

