

EXCEPTIONAL STAFF AWARD

These awards have been set up to recognise the amazing way employees have reacted to the current Coronavirus response.

Anyone can nominate a Creative Support employee. Each week the winner will receive a £50 voucher and the runner-up a £20 voucher.

[Download a nomination form here](#)



Staff Guidance - Travelling Safely

As restrictions around travel change, you may be wishing to look at ways to minimise your risk while still travelling. A guide has been put together of things you may wish to consider.

[Travelling Safely Guide](#)

Health and Wellbeing Conversation

Talk to your manager about completing a [Wellbeing Check-in](#)

This template has been designed to help you to share how you're feeling, identify what support you may need, and discuss roles and responsibilities during these challenging times.



Rewards

Are you looking to save money on your food shopping, travel and more. Why not sign up to [Charityworkerdiscounts](#)

They provide amazing discounts and deals on top brands for charity workers.

Five Ways to Wellbeing

It might not always feel possible to take care of yourself with all the challenges we are facing at the moment. But even by doing small things for ourselves we can make a big difference to our wellbeing.



Connect

Evidence shows that feeling close to and valued by other people is a fundamental human need and one that contributes to our functioning in the world. Make sure you try to stay connected to friends and family.



Take Notice

Be curious. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Learn

Continued learning through life enhances self-esteem and encourages social interaction. Why not try something new, or rediscover an old interest?

If you are interested in your personal development at work, Creative Academy offers a range of [e-learning courses](#) online.



Be Active

Physical activity can improve your mood, raise your energy levels and boost your confidence.

Start small by trying a short walk or joining an online class

Be kind to yourself, even if you are doing only a little more than you normally would, it is a step in the right direction.

Everyday things count, such as gardening and housework.

Clear your head - Physical activity helps concentration and dealing with unwanted worries.

www.nhs.uk/live-well/exercise/



Give

Carrying out acts of kindness increases our own happiness and sense of wellbeing.

We have seen so many acts of kindness from staff throughout the pandemic, including raising money, delivering care packages, sewing face masks and checking in on venerable people.

Knitting for the Community

Val Lott, Welfare Rights and Appointee Officer, has been busy during lockdown knitting tiny beanie hats for the neonatal intensive care unit at St Mary's Hospital in Manchester. Val first noticed a call-out for the hats from a local knitting group, Knitwits and went along to a meeting. Then lockdown happened and the meetings were put on hold. Val decided to set herself the challenge of knitting 100 hats to take to the group once the meetings reconvene - so far she's knitted 123!

"Knitting has been a great way to keep busy. I live on my own and have been unable to visit my mum due to the current restrictions. I enjoy the challenge of thinking up different themes for the hats which have included animals and sweets. It is very relaxing and it's also my way of giving back to the community."

