

Achieve Q Awards



The sense of collective purpose to make things work has never been more apparent than it is today.

That's why we want to continue to recognise the unique contribution our staff make to the safety and wellbeing of the people we support through our Achieve Q Awards.

We are doubling the number of Achieve Q panels held due to Covid-19, to ensure we continue to recognise and thank our staff. The next panel will be taking place at the start of September, so if you know someone that should be recognised for the exceptional work that they do, then why not [nominate them today](#).

Deadline for nominations is the last Friday of the month

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From 24th July face coverings were made compulsory in all shops and on public transport.

An information pack is available with advice for care givers of people who are exempt from wearing a mask and may need support communicating this to the public. Click [here](#) to download.

Valued
Views
2020

Service User
Satisfaction Survey

Do you work with service users? If so, encourage and support them to have their say on the care we provide.

The survey can be filled out online [here](#). There is also an easy read version available and paper versions are being sent out to all services.

The survey can remain anonymous but by entering their personal details service users will be in with a chance of winning a £100 Love2shop vouchers.

For copies of this survey please contact:

marketing@creativesupport.co.uk

Dealing with Change

Change in our lives can be something we try to bring about ourselves, or it can be something we never intended. It can have both positive and negative effects on our lives.

Since the beginning of the Covid-19 crisis we have had to deal with a lot of change. Each stage of the pandemic has changed the way we live, work and socialise.

While it's normal to feel frustrated and unsettled by all the uncertainty, managing negative life events effectively can help you to restore your life balance, reduce their negative impact on your wellbeing and help you to stay happy and healthy.

We must remember to be kind to ourselves. Below are some tips to help manage these life events:

Acknowledge - Give yourself time to reflect and plan - how are you feeling? What do you need to do, who can help and how can you reach out to them?

Control - You may not be able to control everything but writing down your worries may help. You can make a written plan and to-do list. Getting your thoughts on paper helps you to focus.

Communication - Talk to others and access support. Change can cause struggle, and there are plenty of resources you can use to help. And many of your friends have likely been in the same boat.

Challenge - Learn from your past experiences. Make sure to learn from the present as it becomes the past.

A [help pack](#) is available with information on grants, money advice and mental health and wellbeing support. This includes details about [Health Assured](#), our Employee Assistance Programme, who offer support 24/7, 365 days a year.

Keep it Simple

Create time for yourself - Try and build in time for rest and relaxation

Prioritise - Plan your day and week. Try to put jobs/activities in order of importance to you.

Eat well - Eating healthy can help maintain your energy levels. Avoid overindulging and skipping meals and keep well hydrated.

Get plenty of sleep - Improving your daytime habits and taking time to relax and unwind before bed can help you to sleep better at night.

Get moving - Exercise can be a natural and effective stress reliever.

Black Lives Matter - Action Plan

Following the murder of George Floyd in America, we are seeing the whole world wake up to the systematic and structural racism that continues in our society. In the UK, the coronavirus pandemic has also made the huge inequalities for BAME communities even more visible.

As a charitable organisation, an employer, a support provider, and simply as individuals, we stand in absolute solidarity with our BAME communities and those calling for change.



This year we are releasing a special edition Black History Month Creative Life. We would like to

invite staff and service users nationwide to contribute. We are looking for your experiences, photos and memories, art and thoughts around Black History Month. If you would like to be involved email: marketing@creativesupport.co.uk

While there is an urgent need for change, it is vital that our actions are well informed. In the coming months we will be sharing detailed information and calls to action. In the mean time we have set out a brief plan which you can view on the staff area of the [website](#).

In July Skills for Care launched a survey, seeking views and experiences of black, Asian and ethnic minority staff to support the third sector to make meaningful change. Once they have collated the results, they are planning to run a series of free webinars examining the core issues identified in the survey. Find out more [here](#).