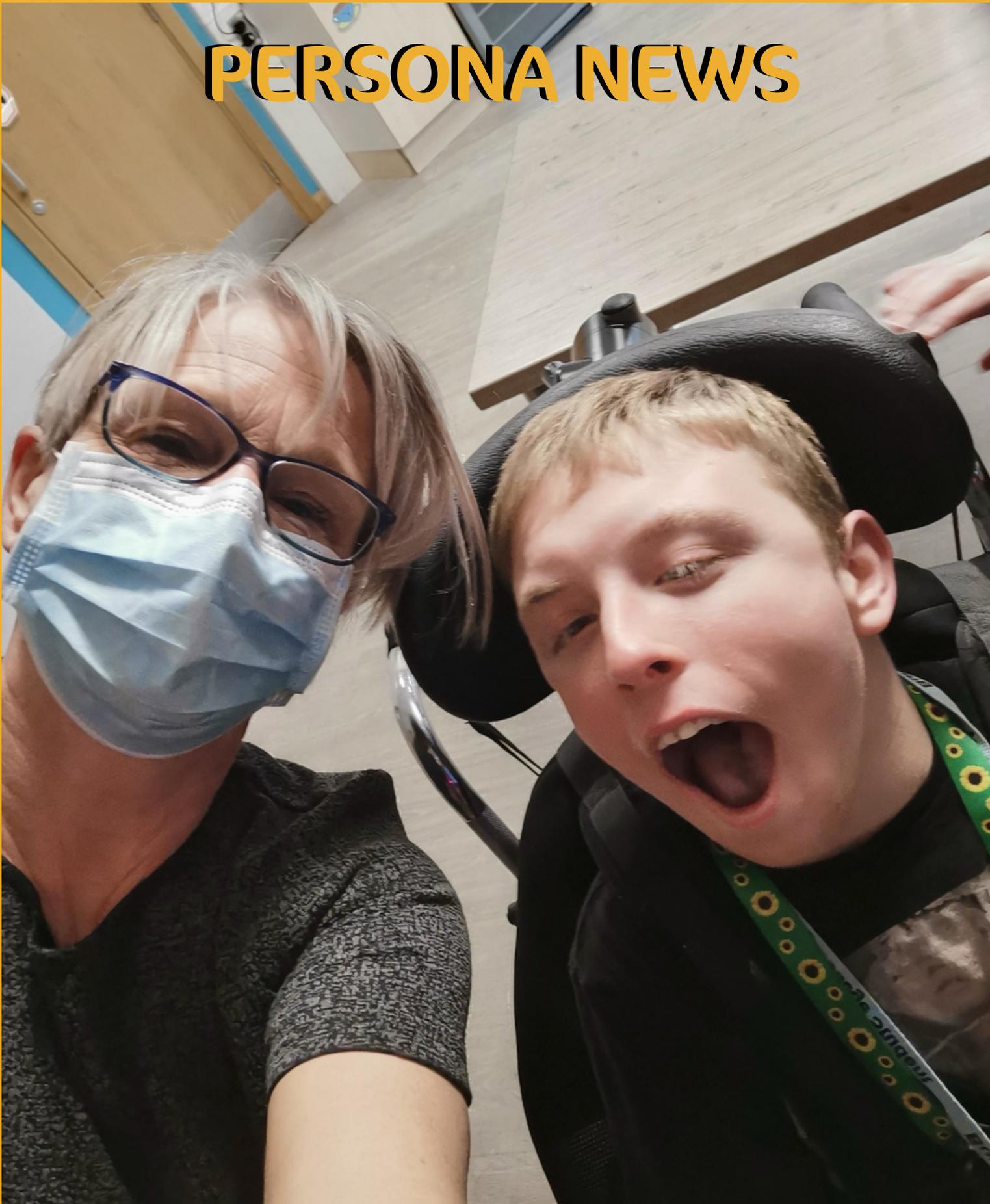


# PERSONA NEWS



Staple Down Here To Make This Into

An Easy Read Style Booklet

We support people  
to live their best life

# Message from Kat

This week I've been reflecting about change and how it affects us. It's a fact of life and something we often can't control - and therein lies the problem – most of us really don't like feeling that we're not in control. So what happened this week to make me think about change? I had a change thrust upon me.

The kids were finishing school for half term and I'd been busy planning how we'd spend the week so that we could enjoy our time together. I was really looking forward to the week ahead with them - and then the text arrived. A text from school to say that my youngest daughter's year group needed to self-isolate due to a positive covid case in their class. All of my plans went out the window. As a self-confessed 'Tigger' - suddenly my bounce was gone. Frankly I could have sat and cried! It felt so unfair on the kids that they would miss out on the fun we had planned. I felt the negative mist descend and my thought processes shift to become bleak.

It would have been so easy to stay there wallowing in the unfairness of it all and letting the anger and frustration gather momentum. Luckily I recognised that what I was feeling was the negative impact of change. Something forced upon me that I never asked for and which I wanted to resist. Being able to recognise what was happening was the key to shifting my mindset.

I allowed myself to indulge for a while in that feeling of anger and frustration and then made the choice to accept the change and move forwards again. In doing this I remembered something from the Art of Brilliance – 'if you expect life to be fair then you're going to be disappointed'. You can't control what life throws at you and sometimes those events may feel grossly unfair – but you can control your response to it. Nothing is gained by choosing to remain angry and frustrated by a change – in fact it hurts you and the people around you. I'm off for a week with my girls so I can either mourn what we can't do, or rip up that list and start a new one of all of the things we can do to make it the best week ever. So choose to accept the change and you'll find the act of acceptance gives you the energy and inspiration to embrace it.

*Kat*

## This month's highlights

2 - Message from Kat	13 - Service News
3 - Staff News	16 - Cultural Calendar
7 - Recognition & Compliments	19 - Activity Hub
9 - Wellbeing update	21 - Snapshot
10- Shared Lives Week	23 - Values
12- Learning Disability Week	24 - Spotlight



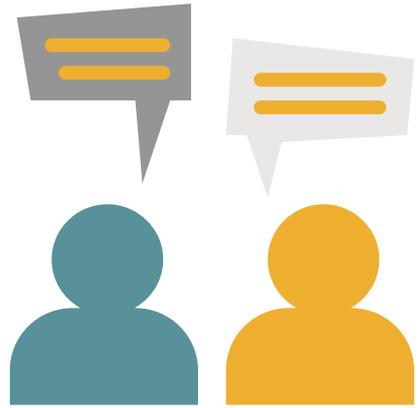
When viewing the newsletter digitally and you see this logo, there is an online link that you can click for direct access

## CHAT WITH KAT

Chat with Kat sessions began last year and they are your opportunity to hear what has happened and what is planned at Persona.

If you've missed the previous Chats with Kat, head over to the intranet for a full run down of what was discussed:

 <https://tinyurl.com/y6neljzv> or find details about the next session and how to access it.



**Chat with Kat is moving to Microsoft Teams and will be on 22nd June at 11.30am**



## ANNOUNCEMENTS

### HELLO AND WELCOME

Megan Warrington - Support Worker  
Olajumoke Afeni - Casual Support Worker  
Emiley Andrews - Casual Support Worker  
Anna Dubiel - Casual Support Worker  
Jade Harrison - Casual Support Worker

### GOODBYE AND GOOD LUCK

Laura Mortimer - Casual Support Worker  
Brogan Denton - Care Assistant  
Deborah Urquhart - Support Worker  
Amanda Grogan - Support Worker

## TASTECARD OFFER

Persona Care & Support have partnered with tastecard to bring you an exclusive offer to help support the local hospitality sector. With 1000's of restaurants all providing 50% off or 2 for 1 let us all "EAT OUT TO SAVE OUT" for just £29.99.

### What is also included?

- 50% AND 2 FOR 1 – off thousands of local independent restaurants
- NATIONAL CHAINS - including Zizzi, Prezzo, Ask Italian, & more
- 30% OFF CINEMAS – Vue, Odeon, The Light, Showcase.

### Want to get involved?

There is no need for any payment details – the cost is simply deducted from your salary in July. Be quick check out the intranet for more information  <https://tinyurl.com/dm4kuu7x>, this offer ends on **18th June 2021.**



## PERSONA SUPPORTS THE GM GOOD EMPLOYMENT CHARTER

We are a proud Supporter of the Greater Manchester Good Employment Charter. Committed to making a difference in our employees' lives by elevating employment standards in the key characteristics covered in the charter: secure work, flexible work, real living wage, excellent people management, workplace engagement and voice, excellent recruitment and progression, and a healthy and productive workplace. #GoodEmployment

Check out the intranet web page here: <https://tinyurl.com/PGMgec>

## SUPPORTER



Get your calendars out as it's save the date time! After a year off the PersonAwards are BACK...but with a difference as we will be combining this with the success of last year's Celebration Day. **Nominations will be going live on 21st June until 18th July.** Keep an eye on the intranet and your work email for more information.

Further details will be announced in July's newsletter. Please keep 1st October free in your calendars as the awards day. And in the meanwhile start thinking about people who deserve to be nominated this year.

Save  
the  
date

PersonAwards <sup>2021</sup>  
Celebrating excellence 1

## PERSONA THEMED QUARTER



## Nutrition and Hydration

Next month will be the start of Nutrition and Hydration Themed Quarter and the call to action for anyone who would like to join the ranks of Persona Champions with Nutrition and Hydration as their speciality. For more information about champions please go to <https://www.personasupport.org/intranet/staff-news/themed-quarter/themed-quarter-champions>

Nutrition and Hydration are so important when it comes to the care of not only yourself but Persona customers. Do you have innovative ways that help you keep your customers hydration and nutrition levels high? If so, why not share that knowledge with all of your colleagues by becoming a champion. Don't delay, talk to your manager today!



**What are you passionate about? Could you be a champion at Persona?**  
Talk to your managers about becoming a champion today!



## Have you logged onto your work email account yet?

Everyone at Persona now has a Persona email address which you can access with Outlook. Prior to this, we emailed staff's personal emails and contacted you by sending out texts. With a dedicated work email address you will never miss any important information, so it is vitally important that everyone gets to grips with accessing and using Outlook emails as their first port of call.

The Communications Team is constantly sending out fresh information that is all designed to help you. There could be a reminder about training, activity ideas to do with your customers, important Persona business updates from Chat with Kat, or information about new additions to the curated Wellbeing Hub. It is your way to keep up to date and informed.

We work hard to make the emails fun and engaging by having easy clickable links to take you direct to the information we think will help you.

We understand that learning something new and technical can be daunting so we have also curated a help page to help you along your way. This is located in the **Staff Info** section of the intranet and is called **Technology Guidance**.

### These are some of the emails we've sent out



**In May we focussed on Learning at Work Week. Learning isn't just for one day or one week, it happens every day. Why not challenge yourself by getting to grips with Outlook and check your work emails today!**



Technology Guidance

Over the past couple of months core teams including managers, support co-ordinators, care coordinators, and some lead support workers at Woodbury, Queensberry Place and Learning Disability Day Service (LDDS) have attended online Care Control Training on care planning, medication monitoring and rostering. From these sessions we've had some great feedback about how Care Control will be beneficial to staff and customers including...

- Being able to add photos when recording a care note, will help to make it even more personal and it can make good use of all the fab photos taken in services.
- You can set up tasks to remind you to do something e.g. log the daily temperature of the medication cupboard.

## So, What's Next?!

In the coming months training will begin with all staff in LDDS, Queensberry, and Woodbury. This will involve...



### "Getting to know Care Control" Sessions

These will be face to face sessions run by Clair MacKinnon, who is managing the Care Control project and Helen Lavers will attend some sessions. During these sessions Clair will come out to your base and sit down with you and your team to talk you through how Care Control works. You'll have the opportunity to sit and play around with the system on a tablet or mobile device and ask any questions you've got about the system and how certain things you do now, might work in a Care Control world! It is hoped that these will go ahead in June for Queensberry and Woodbury and in July for LDDS.

### E-Learning

You will then do the Care Control online training. You'll do this on the Care Control equivalent to the Learning Hub, which is called Care Control Academy. There are different units for different staff roles, but for the majority this will include 4 units which take between 10 and 30 minutes to complete. Like our Learning Hub, the units include videos showing and talking you through how to use the system and there are then a couple of multiple-choice questions at the end.

### "If you can press a button"

Rachel has been working at Peachment Place for four months and had to get a handle on Care Control. *"I like the system, it works very well. It's easy to access all the notes and you don't have a big file you have to keep flicking through"*. Check out her video testimonial on the Care Control Intranet page.



Got a question about Care Control that you want to talk to Clair about one on one?

**Join the daily Care Control Huddles**

 <https://tinyurl.com/CCHuddle>

How do you deal with change and difficulty? What's the difference between resilience and toughing it out? Check out this bitesized book about Resilience

 <https://tinyurl.com/LWResilience>



Living by the Values is embodied by our colleagues on a daily basis. Head over to [persona.wrkit.com](https://persona.wrkit.com) to give your appreciation to your colleagues for living the values.

### Ellen Bulcock

Respectful

Ellen you are new to our service, but just want to say what an asset you are, nothing is too much trouble. You have settled in and already feel like a very valued member of our team at Elmhurst. Well done and thank you for supporting our service

### Tina Green

Enthusiastic

I was ultra impressed with your enthusiasm for your new role at Persona. It shone through more than I can tell you. You made my job easy of inducting new staff very easy and I wish I could induct you all over again. Please don't stop being you.

### Jenni Wood

Jenni the planning and transition work you did with the people we support to move in and transform their forever homes has been excellent work. The customers involved settled extremely well and faster than I could have imagined. You always demonstrate Persona values in your work but on this occasion you went the extra mile. Much appreciated.

### Laura Cowgill

Adaptable

Laura you always make work a wonderful place to be! The customers all clearly love you and so do the staff. You are organised, driven and passionate and are always busy with a new project to bring further joy to the group. You always live the motto of helping people live their best lives. You support the team when we need it most and always make time for all the customers. You are fab! Thank you for being you.

### Zoe Brady

Caring

Zoe you're always there to give me advice and support when I need it. A friendly chat is sometimes all a person needs to make a difference to their day and you certainly give that. Thank you.

### Joel Noblett

Honest

Just wanted to say thanks for being honest about a particular situation and the wider impact that is now happening

It was with some apprehension that I moved to Peachment Place and was pleasantly surprised to find it suited me perfectly. Despite the restrictions imposed by the lockdown, the team have been so helpful. Thanks Catherine, Natalie, Gabby and Leanne.

Long may you reign.  
Doris

**Peachment  
Place**

**Elmhurst  
Short Stay**

To Alice and all the carers at Elmhurst. Thank you for looking after John . Your care and understanding is very much appreciated. See you again soon.

With thanks Jacqueline & John

I have resided at Spurr House since December. Every member of your team I hold in very high esteem, with their every warmth and dedication they give you. Especially given the fact with what's happening in the world, we all have issues. I would like, if I may give a big 👍 to one of your carers Maggie. Nothing is too much for her and from the start to the end of her shift she never stops. Many thanks for giving me the opportunity to praise her.

Kind regards Steve

**Spurr House  
Short Stay**

**Pinfold Lane  
Day Service**

I would like to say a huge thank you to all concerned relating to my dad John – his visits to your centre have given him a new lease of life. Covid has had a dramatic impact on him, so being able to get out twice a week has been a true lifeline for him. My mum who has also been in ill health during the pandemic, having had a heart attack. She has also benefited hugely from dad being able to attend the centre as it has given her a well needed rest. He tells my sister and myself about his weekly visits when we take him out at the weekend, always telling us that he totally loves it there, and has made lots of friends, loves his time working in the garden and feeding the fish, not to mention his lovely lunches. He also always mentions how hard 'the girls' work, never stopping for a minute. Thanks also to the lady who called me the other day to ask me to speak to dad to confirm to him that my mum had his wallet and bank card safe at home. It's lovely to know that you make these kinds of calls with the sole intention of putting his mind at rest.

Long may his visits continue.

Yours sincerely, Ms Shephard



Whether you've got aches and pains or a chest infection, if you're living with digestive problems or a long term condition, if you're stressed, anxious or having trouble sleeping, when you look for ideas to help you feel better it always seems to be the same advice.

## How to Stay Well:

- ✓ eat well
- ✓ get enough sleep
- ✓ drink more water
- ✓ maintain a healthy weight
- ✓ exercise - preferably outside
- ✓ drink less alcohol
- ✓ don't smoke

Some of these are self explanatory, but it can all feel a bit overwhelming. Have a look at the **Be Your Best - Food & Drink** page and information about **Be Your Best - Vitamins & Supplements** on the hub.

There are **Tips on improving your sleep from Able Futures**, **Be Your Best Sleep** ideas and lots of different ways to relax in the **Physical Wellbeing** and **Mental Wellbeing** sections.

Our **Better Health** page links to the NHS campaign, with tips on eating well, losing weight, quitting smoking and getting active.

Take a look at the **Physical Wellbeing** and **Inspiration for Wellbeing** sections of the hub for different ideas to keep fit, or at the **Movement** page for ideas to fit more of it into your daily life.

Get immediate, personalised wellbeing advice from the NHS approved One You tool on the **How are You?** page.



If you're living with a long term condition and find it hard to get motivated keeping active, or you're worried and don't know where to start, visit **We Are Undefeatable**, which has inspiring stories and practical advice from fifteen support organisations including Versus Arthritis, Diabetes UK and Asthma UK.

Have a look at our new page **Living with a Long Term Condition** - and if you'd like to share something you've found that helps you and might help someone else too, please email [info@personasupport.org](mailto:info@personasupport.org) and we'll add it.



We know it's not easy for everyone to get to Ruth's weekly **#WellbeingWednesdays** sessions, which you will know from the staff workshops can include either stretching, breathing exercises or meditations. So there are now six available on the hub for you to access whenever you need them. You'll find them on the **Wellbeing Sessions On Demand** page.

# Shared Lives Week

15th - 19th June



*"Shared Lives carers empower people to reach their goals by supporting people in the way they want to be supported"*

-Mo Arthur Registered Manager of Shared Lives

*Long Term*



*Day Support*

*Respite*

We're recruiting Shared Lives carers now & the role can be as flexible as you need it to be.

## Want to know more?

Visit us at [personasupport.org/bury-shared-lives](https://personasupport.org/bury-shared-lives)  
or call 0161 253 7211

for more information on the scheme & on being a carer.



## Chayim's new skills Shine Through

Chayim started working at Shine Through in February 2018 and for the first year he had a personal assistant (PA) to help him carry out his tasks, which include data entry, filing and mechanical and electrical assembly.

Gary, who owns Shine Through, says "He couldn't hold a screwdriver when he started with us; now he can handle a range of manual and powered tools and he's developed the fine motor skills needed for handling small components and the intricate assembly of small parts. Just today, I trained him on a new and delicate part of the assembly process which he picked up very quickly with 100% competence, there was no way on earth this would have happened two years ago."

Chayim adds "When I started, I barely knew how to hold a drill and it took me an hour to put one foot onto the hotplates, now I can do four in an hour. I also file the post in month order, with the oldest at the bottom and newest at the top. When I started two and a half years ago I went with a PA now I go on my own, I enjoy the repetitious work and the treats I get during the day."

"Chayim listens to instructions and is much more aware of the environment around him. I am very proud of his progress and hope this will continue, with bigger and better things ahead", Gary says.

## **Learning Disability Week is 14th - 20th June 2021.**

We would like to take this opportunity to talk about the new and exciting development at Escape. Escape came to Bury town centre in 2018 and since then it has grown and become more popular as an essential service for young people with learning disabilities transitioning from school life to adult life. The goal of the team at Escape is to grow their customers' confidence and independence. For Julie Pierce the mission for Escape comes from personal motive and that passion has been a driving force for why she loves her job

*"...putting something there so that I'm making a difference to young people coming out of school and college. But not just young people, I think it's about supporting the parents because half the parents will tell you, even now, they feel like they are falling off a cliff when they reach 18."*

Giving full time working parents a safe space for their children to go is not only allowing customers to live their best life, but also their parents. This is why we are pleased to announce the arrival of Escape 2 (formally ReStart) at the Bury Leisure Centre.

*"When you've got a passion, something that is so meaningful to you, you take what's thrown at you. Not saying everyday is a good day, but because the drive is there to get this up and running, I love it and I'm glad I've had an opportunity to do it."*

Having two locations close to each other gives the people we support the benefit of accessing community and leisure facilities with a wider group of people in a safe and supportive environment. This allows our younger people to have the opportunity to try new experiences and activities and develop a wider network of friendships, whilst having fun along the way.



## Rebecca's 100 laps for See Ability



Rebecca is a Supported Living customer you may remember from back in 2019, when we celebrated her achieving her dream and getting a job with See Ability. See Ability is a 220 year old charity which helps people with sight loss and multiple disabilities and Rebecca is their Eye Care Champion for the North West. Now in 2021 Rebecca is still smashing her goals! Inspired by Captain Sir Tom Moore she is taking on the 100 challenge by doing laps of her local park to raise money for See Ability. Her target was a humble £160. She has raised, with 2 days to go (at time of writing), £625! Well done Rebecca for smashing your target, we are all very proud of you!

## Transitioning to Queensberry

*Here is one staff member's account of how the transition from Pitt Street to Queensberry went.*

When staff were first told about Supported Living customers moving to Queensberry it was quite a shock. It was for me, but after it sunk in that Pitt Street would be closing, everyone was soon filled with excitement. I felt customers would get more one to one support & be able to gain more independence. Once plans were in place for the move, staff prepared the customers, from packing to choosing paint, buying household goods and getting the removal van sorted.

On the day of the move, I stayed at Pitt Street to help with the last bits of packing as other staff went to unpack at Queensberry Place. I felt the move was hectic but went really well and customers were soon settled into their new flats. With a couple of the customers, I

felt like they seemed to have lived there all their lives! Now several months on, everyone seems happy & content. They enjoy more independence with Bury town centre being on their doorstep, a park across the road, and at evenings & weekends everyone gets together in the communal lounge or outside for drinks, food, crafts, movie afternoons & chit chat. It's a lovely atmosphere I feel, for staff and customers.

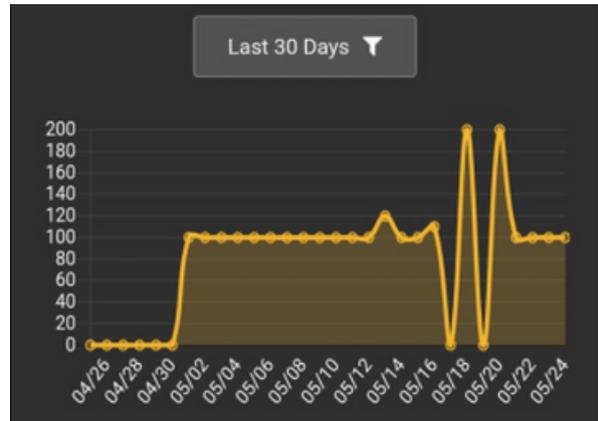


## Squat a thon at Ramsbottom



Along with Rebecca, the Ramsbottom team have also been raising funds for charity. They have been raising money for Shelter by doing 100 Squats each day throughout May.

The team were dedicated to their task and got some twitter support from Shelter. Well done guys a great team effort!



## Turton Tower visit

Tom, Sandra and Steven were really lucky with the weather when they went to visit Turton Tower last month. The tea and cake stop looks delicious!



## Sing a long at Elmhurst



The Hamilton Project was set up to share the legacy of Bury born Victoria Wood and is funded by Bury Council and the Victoria Wood Foundation. Elmhurst was delighted to welcome them for a free singalong in May, for an hour between 3-4pm.

Having negotiated the visitor's protocols for Covid-19, Beth Allen and Carol Jason were introduced to everyone.

We started off with Morecombe & Wise, "Bring Me Sunshine" (complete with Makaton signage), went retro with a rendition of The Monkees "Daydream Believer" and nearly took the roof off with "Always Look on the Bright Side of Life", before the combined ukuleles led us to George Formby's "Leaning on a Lamppost".

One of our customers, Geoff, joined Beth and Carol for a solo spot during "Leaning on a Lamppost" and then told us a lovely story of how he had, as a young motorcycle enthusiast, spotted a gleaming new bike in the window of a shop, then on Deansgate in Manchester. On closer inspection he found that this lovely bike had already been sold to "Mr G. Formby, Esq". It was a touching addition to the afternoon.

Adaptability is one of Persona's key values and Robbie, one of our carers, certainly proved his star quality! We think he may have missed his vocation as he provided vocal assistance to Beth and Carol on a few numbers, but will be indelibly marked on Elmhurst's memory with his vocal contribution (complete with tie) as 'Barry' in the Tale of Barry & Freda, known best as "Let's Do It". How lovely to hear so many people laughing together.

That hour was such a tonic for all of us. What better way to spend that time than to see customers singing, animated, laughing, smiling? Wonderful.

We will definitely be using this resource again and if any other services would like a similar afternoon, the charity can be contacted at [diana@thehamiltonproject.co.uk](mailto:diana@thehamiltonproject.co.uk)

by Karen Wood, Elmhurst Activity Coordinator



## We cannot walk alone

**refugee**  
/ˈrefjuːdʒiː/ noun

*'owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country'*

**Article 1, 1951 Convention Relating to the Status of Refugees**

Refugee week was founded in 1998 and over the years has grown into a global celebration of the contributions, creativity and resilience of refugees. This year's theme is 'We cannot walk alone'; a reference to Martin Luther King's speech 'I have a dream'.

*The challenges of the past year have exposed the deep inequalities between us, including in housing, income and access to healthcare. But the crisis has also shown how interconnected we are – that the wellbeing of each of us depends on the welfare, safety and hard work of others.*

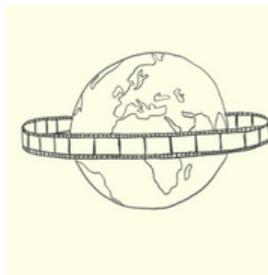
*We are part of a shared 'us'. (<https://refugeeweek.org.uk/>)*

### SIMPLE ACTS

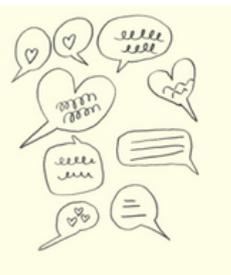
Small steps can create change through expanding your knowledge. Refugee Week has 8 Simple Acts that you can do. For more information about these please visit <https://refugeeweek.org.uk/simple-acts/>



1. Sing a song



2. Watch a film



3. Have a chat



4. Read a book



6. Play a game



7. Walk together



8. Join the movement

### Simple Acts No. 5: We Cannot Walk Alone Poster Activity

As part of the Simple Acts during Refugee Week we have created a poster activity on the next page. Print it off or design your own to decorate and colour in, to display your support for Refugee Week. Don't forget to send in pictures of your creations to [info@personasupport.org](mailto:info@personasupport.org) so we can share your creativity and support on social media.

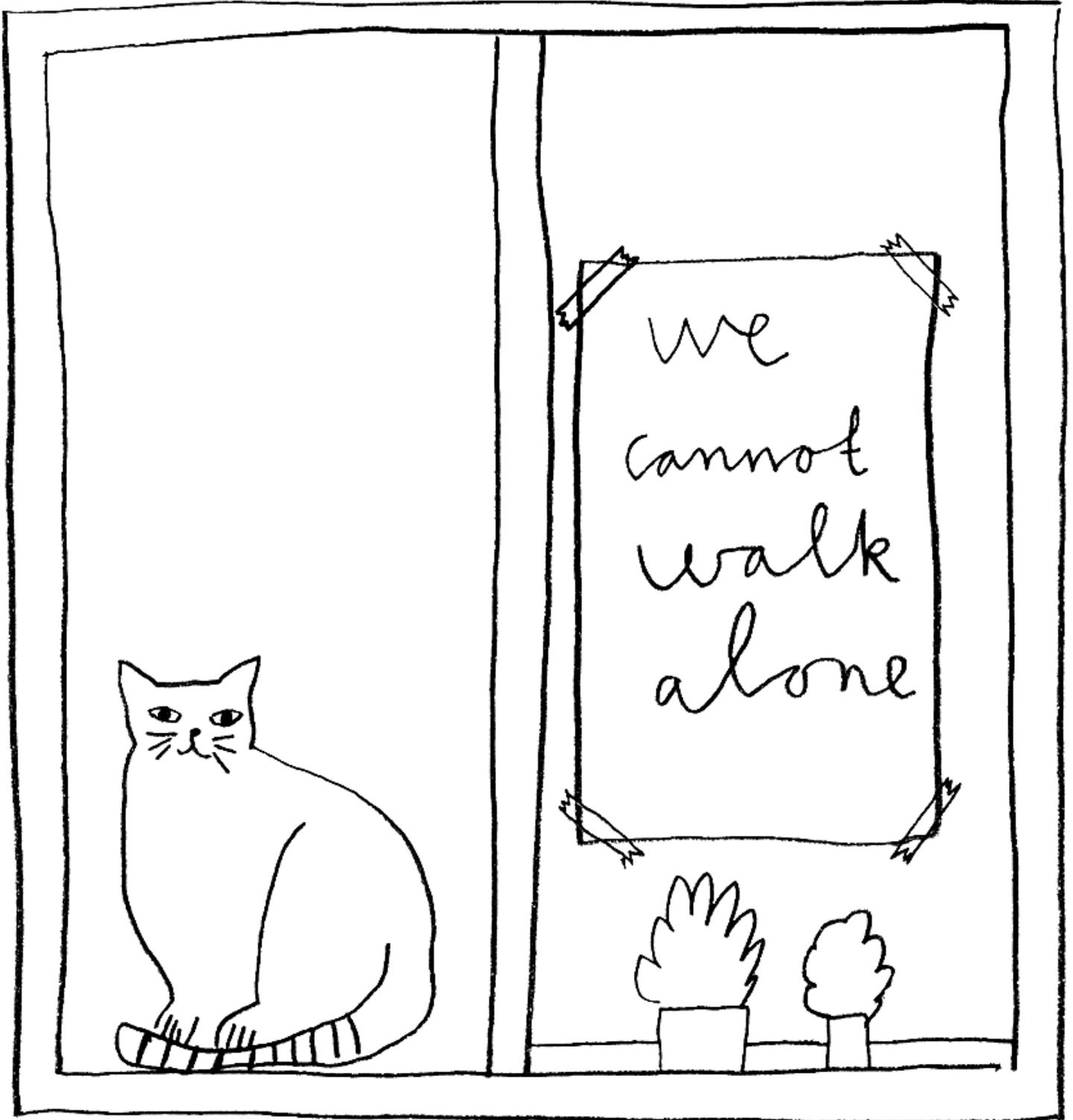


We would love to have your feedback about the Cultural Calendar.

**What would you like us to look at in July?** Email [info@personasupport.org](mailto:info@personasupport.org) with your suggestions.

# Refugee Week 2021

## We Cannot Walk Alone



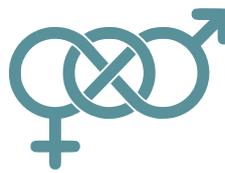


The Equality Act is a piece of law introduced in 2010 to combine and clarify multiple pieces of previous law and make equality laws stronger. It protects people who may experience discrimination based on certain characteristics. These people might be treated in an unequal manner compared with others.

But what characteristics are protected by the Equality Act?

## What are the protected characteristics?

- Age
- Disability
- Gender Reassignment
- Marriage and Civil Partnership
- Pregnancy and Maternity
- Race
- Religion
- Sex
- Sexuality



## You are protected from a number of different things under the Equality Act:

### Direct Discrimination



This is when you're treated less favourably because of a protected characteristic; for example, if your local gym refuses to give you a membership because of your age.

### Indirect Discrimination



This is when goods or a service, has a policy, practice or criteria which discriminates against a person because of a protected characteristic like their age. For example, if you can only pay for an item in instalments if you are working, this would disadvantage retired people.

### Harassment



This is when other people's behaviour makes you feel intimidated, humiliated, or degraded or creates a hostile environment. For example, if a nurse repeatedly makes offensive jokes about your age. This also applies to comments or jokes made about someone you are with, such as a partner.

### Victimisation



This is when you are treated unfairly as a result of making a complaint about discrimination or giving evidence when someone else makes a complaint.

**Equality is one of the elements that make up the GM Good Employment Charter. The Employee Forum is looking for your feedback on how Persona can protect equality.**

## What you need

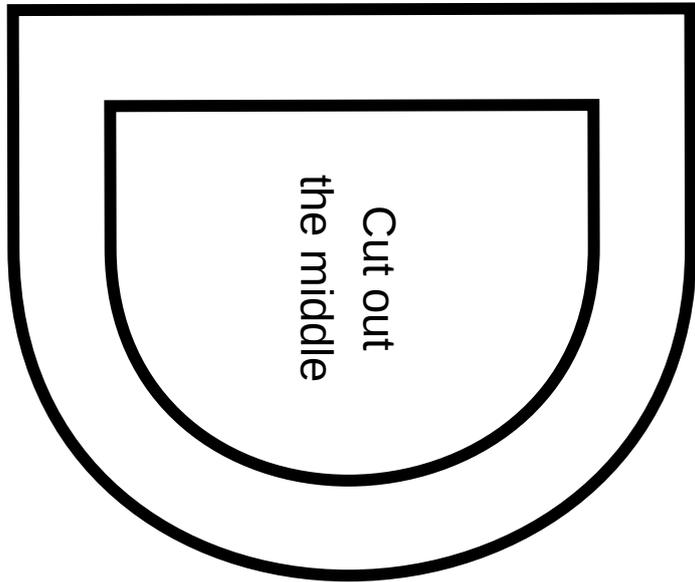
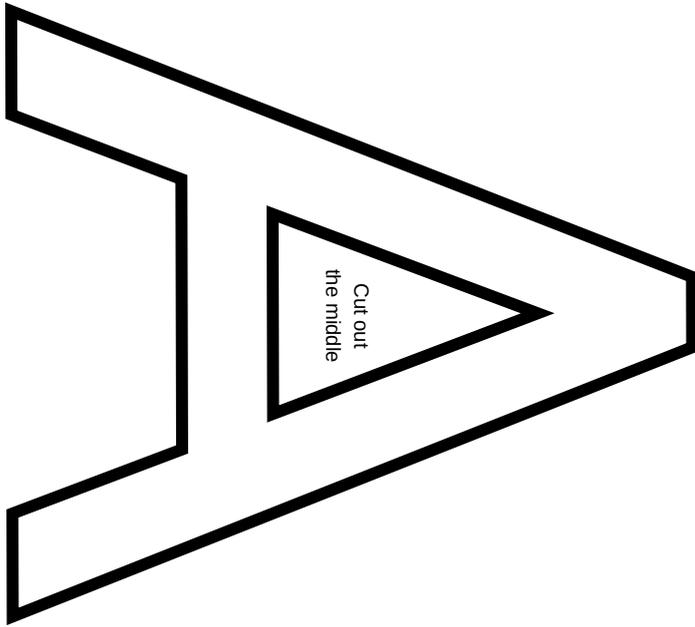
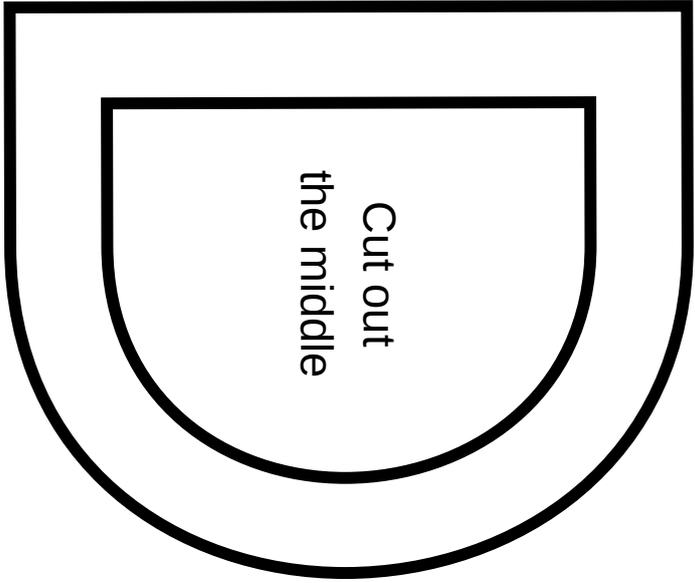
- The attached 'Dad' template
- Coloured card
- PVA Glue
- Brushes
- Scissors
- Coloured Glitter
- Pen

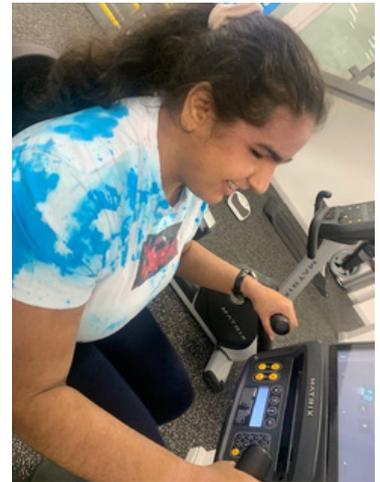


## Method

1. Using your brush, spread the PVA glue on the inside of the front of the letters D,A and D, making sure you stay within the lines!
2. Take your glitter and sprinkle it over your glued letters, you can use as many colours as you like.
3. When the glue is dry, cut out the letters using your scissors, don't forget to cut out the inside of the letters.
4. Using your brush again, glue the back of the letters with the PVA glue and place them down onto the card, leave some space at the top for your message.
5. With your pen write your personal message.











Embracing our values is something we all take a personal responsibility to achieve day in, day out. One of the most challenging aspects of this can be living all of the values in equal balance.

We'll have our favourites – the ones that come naturally to us – and it can be easy to convince ourselves that living those to the max is enough. The real key to living the values in practice is being able to maintain a balance between a number of them at the same time.

For example, being caring but at the same time being honest with someone. How often do you say things that make someone feel really cared about, but you end up not being completely honest with them for fear of hurting their feelings? Or maybe you are so focussed on being adaptable, for example changing your working times to fit in with your team, that you forget to be honest about the impact that's really having on you at home?

If we don't maintain a balance between the values, we tend to compromise one for the other and ultimately that can cause a difficulty for us or the people around us.

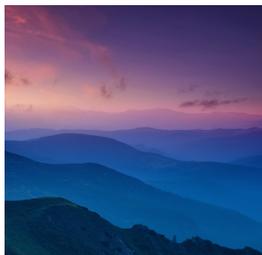
Values challenge: Think about the values in different combinations and see if you can balance them

Catch up on all of Kat's Values articles here:

<https://www.personasupport.org/our-values/>



## Wellbeing Hub



Hi, I'm Fiona, one of the Comms Officers and this is a rare moment in the spotlight for me, as I usually try to avoid it! I'd like to talk to you about the Wellbeing Hub, what it is, how it works and why it exists. That's me above, with a few of my favourite wellbeing outlets.

Wellbeing is a passion of mine; I live with physical and mental health issues which I am always trying to find solutions for, to improve my wellbeing. I was really excited to be asked to set up a hub on the intranet in 2019 as part of Persona's wellbeing offer, so that anyone looking for answers for themselves would have somewhere to start.



I am responsible for the content, unless I get input from other staff members or I'm asked to share something specific like the PAM Assist Employee Assistance Programme. What happens is that I identify a gap, go and find the content, get permission from whoever owns it and add it to the hub, updating information when it needs doing. Then I share it in the newsletter and the monthly wellbeing update emails and texts.

I'd never done any web design before I joined Persona; I am not a techie and what you see is pretty much what you get - it isn't sophisticated and the pages don't recognise who is reading them. Most of the content on the hub takes you to external sites and anyone you might contact is in complete confidence; nothing is fed back to Persona and your activity is not tracked.

We do get a monthly report which gives us an outline of the number of views the most popular pages have had, but not who has viewed them. It looks like this:

### Most Viewed Content

Page Title	Page Views	Time on Page	Time on Page
Persona Wellbeing Hub	85	00:01:33	■
Health & Wellbeing Update	44	00:03:10	■

I love it when someone shares an idea to add to the hub as it's a way for all of us to share our experiences and helpful information we've found, and I don't know about every idea, or great website that's out there. If there's something you'd like to see added, please let me know - and if you want to stay anonymous, that's easy to do.\*

So please, take a look at the hub, I hope you find it helpful. There's lots on there that helps me!

\*To get in touch about adding something to the Wellbeing Hub, or to ask for a suggestion if you can't find what you need, email Fiona at [info@personasupport.org](mailto:info@personasupport.org).

## Wellbeing Hub: How do other people use it?

"It's an amazing resource that we're incredibly lucky to have. A place to find help on issues that you initially thought there wasn't any help for. It's inspiring, empowering and of great comfort at times. I would urge anybody to take some time out and log in and delve!"  
Angela



"I was a little dubious at first, how can tapping (EFT) help with my anxiety? But this is the best thing I have tried that gives me an instant calming feel (I have tried a lot of things, suffering with anxiety since I was 19). Particularly when I am over thinking, or in a bit of a spiral with my thoughts, it is now my 'go to' when I'm having a bad day."  
Sarah

"I was contacted today by someone struggling with their health, and having all those resources in one place made it very easy for me to send them a variety of support options without me having to search around."  
David

**As part of the Persona Wellbeing offer, we also highlight weeks like the one below, where, just for a week you could try something new which might be perfect for you!**

### Aromatherapy Awareness Week 7 - 13 June

*How can a smell make you feel better?*

When we breathe in the molecules of these concentrated plant oils, they make contact with the olfactory nerve cells that communicate with the limbic system - our 'lizard brain'.

Scientists believe that this **causes mood change by altering brain chemistry**; lavender is **relaxing** and rose geranium helps to **balance your moods**. Some molecules will travel to the lungs, being absorbed by the bloodstream for a physical reaction to the essential oil, working in a similar way to rubbing them on your skin\*.

Wintergreen or black pepper, for example, might be **ingredients in a cream for sore muscles** and clove oil is a well known, numbing remedy for **toothache**. Although there is not a lot of research yet to back up aromatherapy, its many fans say it helps their mental and physical health. Whatever you believe, **a smell you enjoy can definitely lift your mood** - how many of us wear perfume or aftershave for this reason?

So why not give aromatherapy a go? It might surprise you!

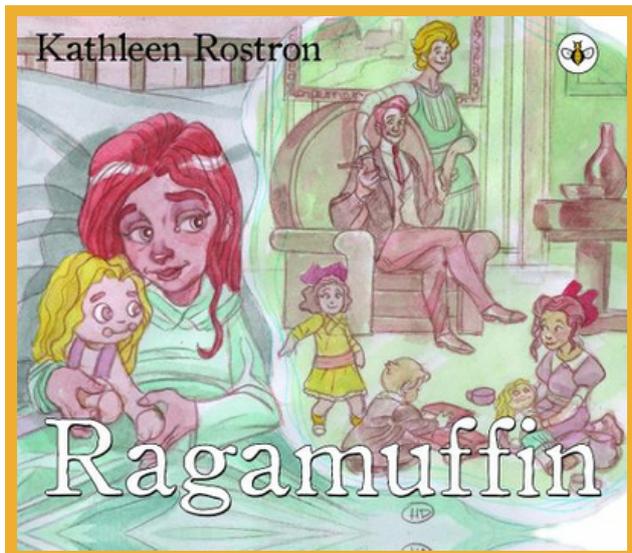


*"...it's really therapeutic and calming - also nice to use at night time as the scent is really conducive to good sleep." -Kat*

\***Don't** put essential oils neat on your skin without the advice of an aromatherapist as they can cause irritation. **Do** research before you buy; make sure the seller is reputable & that you know what you are buying, as many oils are blended or just perfumed, rather than being pure oils.

# BACK PAGE NEWS

*Persona's Hidden Talents - "Everyone has a story to tell that can help others."*



This month we have a truly inspirational story about following your dreams - **Kathleen Rostron, Casual Support Worker for Supported Living, has just published her second book, Ragamuffin.** It follows the story of a young girl in her belief that she will one day be loved and cherished.

Kathleen was inspired to write this book both by traumas in her own life growing up and by her research on orphanages in 1910.

She has wanted to publish a book since her late 20's, but has only been able to afford the illustrations in the last couple of years. Her first book is for young children and is called The Dreamy Bears.

**Kathleen hopes the book will show people that "you can get through anything in your life if you have determination and support from others".** It was also this belief in the value of support which led to Kathleen becoming a support worker.

For her next book, she'd like to write a science fiction novel, which will be her biggest challenge yet.

**Kathleen says "If you truly want to do something in your life, believe in yourself and know it will happen and it will."**

*Kathleen's book is available to buy now & she has some free copies of her book if you would like inspiration to write your own. Email [info@personasupport.org](mailto:info@personasupport.org) and we'll pass your message on.*

If you'd like to share a story, photos, or an idea,  
please email us at [info@personasupport.org](mailto:info@personasupport.org)  
Follow us on social media:



@personacareandsupport



@PersonaBury



@personabury



Persona Care and Support



Persona Care and Support

Visit our website [www.personasupport.org](http://www.personasupport.org)

We support people to #livetheirbestlife