



Nightingale Hospital
North West

NHS Nightingale Hospital North West

Standby Staff Check-in July 2020

Our hospital is not about this
building, our hospital is about
the **people** in it!



Prof. Tony Redmond
Medical Director

Returning from your Nightingale experience



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We have encouraged you in the Debriefs to reflect on your time at the Nightingale, the skills and abilities you developed, and what you have learnt about yourself and others.

We know that as you return to your home and work spaces, the people around will not have had the same experiences as you, and this can prove to be challenging at times.

- » Remember to be proud of your time and contributions while at the Nightingale. You have shown you are one of the ‘best of humanity’ who has stepped forward during this uncertain time – this takes an extraordinary person!
- » Pay attention to how this experience may have changed you or your practice – and how you can build on this moving forward.
- » AND don't forget you have a fabulous network of Nightingale colleagues around you.

Remember to look after yourself



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- » **Create time to reflect** & process your experiences, either alone or with others - peer support from your Nightingale family
- » **Get into good habits:** sleeping, eating, exercise, socialising
- » **Talk to your partner, family or friends** about how you are doing and what you are noticing
- » **Professional help** is out there: please use it

When to ask for help

Consider asking for help if any of the following apply:

- » If you are experiencing **high levels of distress**.
- » If you are **unable to focus** at work, home, or are unable to perform daily activities.
- » If you have **significantly increased your use of alcohol** and/or substances.
- » If **those around you are very worried** about you.
- » If you are worried about your ability to **keep yourself safe**.

Your support contacts and links are on the next page >>>>

Ongoing Support



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Its great that you are paying attention to how you look after yourself.

If you feel like you may need some additional support then you can:

- » Check the online resources on the [Nightingale Staff Hub page](https://nhsnightingalepeople.co.uk/nw/wellbeing/) – this will stay live and updated as long as the hospital is in standby, and you can use the QR code or check: <https://nhsnightingalepeople.co.uk/nw/wellbeing/>
- » **Email for advice and signposting:** sheni.ravji-smith@nhs.net or jackie.pratt1@nhs.net



Build your resilience
Looking after yourself



Active support
Keeping well



Respond to need
Support and intervention

