

Caring for yourself while you care for others:

A toolkit for nursing ambassadors to look after their own health



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Caring for yourself:

A toolkit for nursing ambassadors to look after their own health

This toolkit was designed especially for ambassadors by the health charity C3 Collaborating for Health. Through its NURSING YOU programme, C3 has spoken with over 450 nurses who have made it clear: it's hard to look after ourselves when we're so focused on caring for our patients. With the arrival of the COVID-19 pandemic, prioritising our own health seems even more out of reach, yet remains vital.

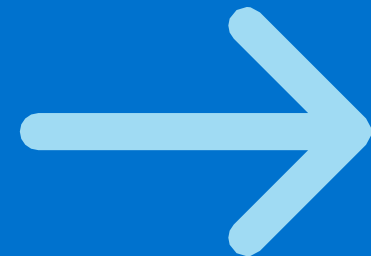
COVID-19 has also amplified the profound inequalities that our black, Asian and minority ethnic (BAME) colleagues and patients face daily. The physical and psychological toll that racism and discrimination exert on a person's health and wellbeing cannot be overstated. Racism is absolutely not tolerated in the NHS. As nurses and ambassadors we have a duty to actively stand against racism, which starts with each one of us and also must include systemic changes. NHS England and NHS Improvement are working to address racism through these [key areas](#).

Thanks to feedback about the toolkit from our ambassadors, and an extensive review led by our ambassador colleagues in the Midlands region, we have incorporated a wider range of relevant apps, websites, and podcasts that recognise the cultural differences and preferences within health and wellbeing. Resources for additional health topics have also been included, such as for menstruation. Through this toolkit we hope you find a resource that will help you put your needs first, and that you can go on to share with your patients and communities.

Remember, there are also multiple support offers available at national level, and more in development. You may want to keep an eye on [The NHS People website](#) and also the [NHS Horizons hosted health and wellbeing webinars](#) including the [#Caring4NHSPeople Online Community](#).

You can follow both on social media [@people_nhs](#) | [@HorizonsNHS](#) and using the hashtags [#Caring4NHSPeople](#) | [#OurNHSPeople](#)

PHYSICAL ACTIVITY & DIET



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PHYSICAL ACTIVITY & DIET

Active 10

Make exercise easy with this free walking tracker app

Type / Price:



Mobile Application –
FREE to download / use

Created by:

NHS

What is it?

The free *Active 10* walking tracker app is a simple way to take away the guesswork of how active you have been.

By using the sensors in your device, the app anonymously records every minute of walking you do, even if those minutes are spread out across the day. Just pop your phone in your pocket and away you go!

It will then show you how much brisk walking you're doing and how you can do more. The app is easy to use and helps you set goals for the day.

[→ GO TO RESOURCE](#)



PHYSICAL ACTIVITY | STRESS

Couch to 5K

A free app that takes you through a nine week programme to get you off the couch and running a 5K

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

“As someone who has never run I would say this app has the potential to change lifestyles. I get a huge sense of well-being after every run.”

What is it?

An app that gives the user step-by-step instructions and coaching to get them walking and running a 5K in just nine weeks. It provides motivation and advice from a choice of five trainers, and also allows the user to track their progress throughout the nine weeks. *Couch to 5K* gives advice and tips throughout the journey, and connects the user to like-minded people through its community forum.

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DIET

MyFitnessPal

A free app that allows you to track your food intake and calories with ease, and record your physical activity

Type / Price:



Mobile Application – **FREE** to download / use offers in-app purchases to access *MyFitnessPal Premium*

What is it?

MyFitnessPal is an app that allows users to log their food and calorie intake, physical activity, number of steps and make goals. The app allows the user to chart their progress in terms of physical activity, weight loss and nutrition.

Reviews:

★★★★★ 4.7 / 5

“I love that you can scan in what you eat, track your progress, your friends can join which means you can develop your own support network.”

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DIET

Easy Meals

A free app that allows you to search for delicious and simple recipes to cook for breakfast, lunch and dinner

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

“The meal ideas are varied but not complicated making them useful every day. I feel encouraged to try a variety so healthy eating isn’t boring.”

What is it?

Easy Meals is app that gives easy calorie counted recipes and meal ideas; saves recipes; offers information on healthier choices and provides a shopping list feature to help the user keep track of what they need by emailing ingredients and saving shopping lists.

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[DIET](#) | [PHYSICAL ACTIVITY](#) | [MENTAL HEALTH](#) | [FERTILITY](#)

The Food Medic

A podcast that offers expert advice from leading professionals on how we can live healthier, happier lives

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Fabulous: some really inspirational topics discussed here.”

What is it?

A free podcast, hosted by Dr Hazel Wallace – medical doctor, personal trainer, blogger and author – where experts in their field are interviewed on evidence-based advice from female hygiene, to diet, to exercising and stress.

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DIET | PHYSICAL ACTIVITY

The Doctor's Kitchen Podcast

A podcast with a specific focus on what you can eat to promote good health

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Great Podcast.”

What is it?

A free podcast, hosted by Dr Rupy Aujla – GP and author – who interviews experts in health, nutrition and well-being on healthy eating to how to prevent disease and illness.

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NURSING YOU

A free app designed by nurses exclusively for nurses to support their well-being and weight management goals

Type / Price:



Mobile Application –
FREE to download / use
email in for the access code

Created by:

MAXIMUS UK &
C3 Collaborating for Health

Reviews:

★★★★☆ 3.5 / 5

What is it?

Designed by nurses, for nurses: *NURSING YOU* is an exclusive app to help nurses care for themselves so they can keep doing what they do best – caring for others. Now in its second year, the *NURSING YOU* app comes from a partnership with MAXIMUS UK. Building on MAXIMUS’ digital well-being platform, *NURSING YOU* enables nurses to reflect on how they make decisions at work and to identify well-being goals, such as how to help maintain a healthier weight or drink more water.

The app includes well-being assessments, tracking functions, and recipes and health tips.

For 2019, C3 and MAXIMUS are adding one-to-one health coaching. This unique 12-week behavioural change programme will better support nurses on their weight-loss journey, as health coaches help decide on goals, track progress and help nurses push through relapses.

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PHYSICAL ACTIVITY | DIET

Vitamin D – NHS Guidance

Free guidance from the NHS on the importance of Vitamin D to help regulate the amount of calcium and phosphate in the body

What is it?

Free guidance from the NHS on the importance of Vitamin D including sources of Vitamin D and advice on supplements.

Type / Price:



Website –
FREE to use

Created by:

NHS

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PHYSICAL ACTIVITY | DIET

The Eatwell Guide

The Eatwell Guide from Public Health England helps you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group

What is it?

The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.

Type / Price:



Website –
FREE to use

Created by:

Public Health England

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PHYSICAL ACTIVITY | DIET

Eat Well

The *Eat Well* pages from the NHS cover healthy eating advice for the general population including food & diet, recipes and tips and digestive health

What is it?

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

This website from the NHS covers healthy eating advice for the general population.

Type / Price:



Website –
FREE to use

Created by:

NHS

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PHYSICAL ACTIVITY | DIET

We Are Undefeatable

***We Are Undefeatable* is a movement supporting people with a range of long-term health conditions, developed by 15 leading health and social care charities.**

Type / Price:



Website –
FREE to use

What is it?

Being undefeatable is understanding that how you feel can change from day-to-day, that everybody’s situation is unique, and that moving more when you can is just as important as accepting when you can’t. We believe that every achievement, no matter how small it might seem to someone else, is worth celebrating.

The campaign website brings together partners who reach people living with: arthritis, some long-term limiting mobility conditions, Alzheimer’s, asthma, back pain, cancer, chronic obstructive pulmonary disease/lung condition, dementia, heart disease, stroke, hypertension (or other heart related condition), long-term depression or anxiety, MS, Parkinson’s, type 1 diabetes and type 2 diabetes.

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PHYSICAL ACTIVITY | DIET

Join the movement

Tips, advice and guidance on how to keep or get active in and around your home. Join the Movement and share how you're getting active during this time

Type / Price:



Website –
FREE to use

What is it?

Join the Movement is our brand-new campaign, funded by The National Lottery, giving you the advice and tools you need to help you do this while the country deals with the coronavirus outbreak.

Created by:

Sport England

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PHYSICAL ACTIVITY | DIET

This Girl Can

***This Girl Can* celebrates active women focussing on physical activity for women and girls**

Type / Price:



Website –
FREE to use

Created by:

Sport England

What is it?

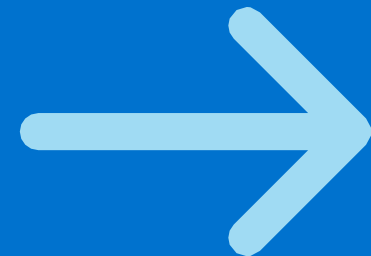
Research shows that many women are put off taking part in physical activity due to a fear of judgement – this might be about the way they look when they exercise, that they’re not good enough to join in or they should be spending more time on their families, studies or other priorities.

This Girl Can website seeks to tell real stories of women who get active or play sport in the way that’s right for them using images that show what activity really looks like.

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MENTAL HEALTH, SLEEP & SELF-CARE



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[STRESS](#) | [SLEEP](#) | [SELF-CARE](#)

Calm

An app that offers guided meditations, sleep stories, breathing programmes and stretching exercises

Type / Price:



Mobile Application – **FREE** to download / use offers in app-purchases for monthly and annual subscription

Reviews:

★★★★★ 4.7 / 5

“Calm gives you a toolbox with multiple different tools that you can use in various situations. I love it and highly recommend it to anyone.”

What is it?

Calm is an app that aims to reduce stress levels and improve quality of sleep through a range of inbuilt services. These services include: guided meditations; sleep stories; breathing programs; stretching exercises; and relaxing music.

The app features a daily 10 minute programme of Daily Calm; a 7 and 21 day mindfulness programme for beginners and advanced users and allows the user to track their progress by recording their mindfulness (meditation) minutes.

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SLEEP

Sleep Life

A podcast designed to help you unlock your sleeping potential

Type / Price:



Podcast –
FREE to access

Created by:

OneYou (PHE)

Reviews:

★★★★★ 5 / 5

“Great Podcast.”

What is it?

A free podcast that provides advice on how sleep interacts with daily life such as relationships and nutrition, and provides tips and tricks on how to get a better night’s sleep.

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STRESS

Thrive: Mental Well-being

An evidence-based app to prevent and manage stress, anxiety and related conditions

Type / Price:



Mobile Application –
FREE to download / use

Reviews:

★★★★★ 5 / 5

“I appreciate this app so much. I’ve always had anxiety when my daily responsibilities have overwhelmed me. But the breathing exercises and ‘retraining my brain’ with positive thoughts has been life changing. Thank you.”

What is it?

Developed in the UK by specialists with many years of clinical experience, the app uses easy-to-learn, clinically proven techniques to help live a happier, more relaxed, stress-free life.

The app helps to monitor mood and teaches relaxation techniques such as meditation and deep muscle relaxation that – with practice – have shown to help people cope better with stressful situations. It also has a ‘thought trainer’ programme based on cognitive behavioural therapy to help manage negative thoughts.

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Headspace: Meditation and Sleep

An app offering mindfulness and meditation techniques with the aim of improving focus and decreasing stress and anxiety

Type / Price:



Mobile Application – **FREE** to download ; offers in app-purchases for subscription

Created by:

Researchers at University College London using evidence and theory from the field of behavioural science

Reviews:

★★★★★ 4.8 / 5

What is it?

Headspace is an app that provides a completely free ‘basics’ course to teach the fundamental techniques of meditation and mindfulness, with the aim of reducing stress.

“This app has 100% helped me to manage my mental health for the better and has encouraged me to appreciate life. Cannot praise this app enough. Absolute lifechanger.”

After completing the ‘basics’ course, users have the chance to gain access to the full *Headspace* meditation library by subscribing (monthly / annually). The app offers guided meditations on topics such as focus, exercise, sleep and ‘everyday headspace’ to help tackle all aspects of daily life.

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MENTAL HEALTH



CIPD (Chartered Institute of Personnel and Development)

Resources developed to support those experiencing stress and mental ill health issues and sets out practical steps that employers can take to create a mentally healthy workplace

Type / Price:



Resources to download

What is it?

Factsheet:

Mental health in the work place

Gives an overview of mental health issues in the workplace. It provides guidance on supporting employees' mental health at work, including spotting early signs of mental health issues, training line managers, and promoting a good work-life balance. The factsheet emphasises the importance of making adjustments at work and offers guidance on providing specialist clinical and professional advice for employees who need it.

Guide:

People managers' guide to mental health

Produced in collaboration with MIND. This guide is designed to support anyone involved in managing people, from line managers in large organisations to owner-managers of small firms. It includes practical guidance such as checklists and templates for facilitating conversations about mental health that are easily adaptable for different workplace environments and relationships.

Poster:

Let's talk mental health

Poster available to download and print. It is designed to help raise awareness of the ways in which colleagues can support each other's mental health at work.

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MENTAL HEALTH

Mental Health at Work

A set of resources that offer a starting point in looking out for healthcare workers' mental health

Type / Price:



2 Websites +
2 PDF resources

Created by:

OneYou (PHE)

What is it?

Toolkit:

Four free resources – two websites and two PDF documents:

Creating healthy workplaces: a toolkit for the NHS

How are you feeling, NHS?

How to be mentally healthy at work

Everything you need to know about sickness absence: mental health

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MENTAL HEALTH

Feeling Good: positive mindset

An app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT)

Type / Price:



Mobile Application – **FREE** to download; offers in app-purchases for additional audio track

Created by:

Positive Rewards Ltd.
(Approved by NHS Digital)

Reviews:

★★★★★ 4.5 / 5

What is it?

Feeling Good is an app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT). The audio tracks on the app combine deep relaxation with resilience techniques to promote focus and mental clarity. Themes covered by the tracks include: mindfulness; body relaxation; and confidence boosting.

“Highly recommended: This app is amazing and has really helped me turn negative thoughts into positives.”

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STRESS | MENTAL HEALTH

Time and Space

Short videos created for nursing staff providing mindfulness techniques to practice as part of a daily routine

Type / Price:

Videos – **FREE** to watch

Created by:

RCN Nursing in Justice and Forensic Health Care Forum

Reviews:

“Every nurse needs this.”

What is it?

Six, seven-minute videos created for nurses to coach them on mindfulness techniques that they can practice at multiple points during the day. Each video is linked to a stage of the working day.

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MENTAL HEALTH | SELF-CARE

InnerHour – Live Happier

An app that facilitates self-care, giving you the tools to combat depression, anxiety, stress and more

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★★ 4.5 / 5

“This has helped me so much to calm me down and get through things.”

What is it?

InnerHour is an app that helps to create a space for self-care by providing the user with tools and techniques – utilising cognitive behavioural therapy – to help manage stress, anxiety and depression.

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MENTAL HEALTH | SELF-CARE

Reflectly

A personal journal app that enables you to deal with negative thoughts, learn self-care and happiness

Type / Price:



Mobile Application –
FREE to download / use
offers in app-purchases

Reviews:

★★★★☆ 4.3 / 5

What is it?

Reflectly is an app that uses positive psychology, mindfulness and cognitive behavioural therapy and allows the user to create stories in a personal journal and reflect on each day.

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MENTAL HEALTH AT WORK

Taking Care of Yourself

Small, simple steps you can take and look after your mental health at work



Type / Price:



Available online –
Wellness Action Plan
FREE to download

What is it?

An online resource outlining evidence-based steps to well-being; tips and information on how to look after mental health at work and a free *Wellness Action Plan – a guide for employees* (available to download), which includes an electronic interactive template and information on how to approach the subject of employee well-being with managers.

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Feel Better, Live More

A podcast that provides easy health life-hacks and expert advice to give you tools to manage stress, sleep, eating habits and more

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Fantastic.”

“Podcast I listen to most.”

What is it?

A free podcast, hosted by Dr Rangan Chatterjee – a GP, author and TV Presenter – who interviews experts and provides easy, lifestyle and health hacks; from mental health, to gut health, to stress, to mindfulness.

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MENTAL HEALTH

Happy Place

A free podcast that promotes ways to find joy in every-day life

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Utterly inspiring, motivating, life changing.”

What is it?

A free podcast, hosted by Fearn Cotton, who interviews famous people on the tools they use to promote their own well-being and positive mental health.

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MENTAL HEALTH, SLEEP & SELF-CARE

Liberate meditation

***Liberate Meditation* offers culturally sensitive and diverse meditations and talks that have been curated for the BAME community**

Type / Price:



Mobile Application –
Liberate has partnered with the NHS to offer you a **FREE** subscription until December 2020

What is it?

Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community. Listen to dozens of guided meditations to ease anxiety, find gratitude, heal internalised racism and micro-aggressions and celebrate Blackness.

Created by:

Zen Compass, Inc.

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MENTAL HEALTH, SLEEP & SELF-CARE

The Black, African and Asian Therapy Network

This website provides a list of free counselling specifically set up to serve the BME community

What is it?

The UK's largest independent organisation to specialise in working psychologically, informed by an understanding of intersectionality, with people who identify as Black, African, South Asian and Caribbean. The primary focus and area of expertise is to support people from these heritages.

BAATN
The Black, African and Asian Therapy Network

Type / Price:



Website –
FREE to use

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MENTAL HEALTH, SLEEP & SELF-CARE

COVID-19: Psychological Impact, Wellbeing and Mental Health

Short 3-week course exploring the impact of the coronavirus pandemic on wellbeing and mental health at an individual, group and societal level

What is it?

Improve your understanding of the psychological impact of COVID-19.

The coronavirus pandemic is placing unprecedented mental strain on people around the world. You may be caring for someone vulnerable, struggling with finances, at risk yourself, or even grieving a loved one. All our lives have been affected.

On this course, you'll identify the factors specific to COVID-19 that impact our wellbeing and mental health – at an individual, group and societal level.

Type / Price:



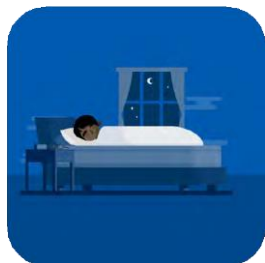
Course –
FREE to access

Created by:

Maudsley Learning

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PHYSICAL ACTIVITY & DIET	MENTAL HEALTH, SLEEP & SELF-CARE	SUPPORTING NURSES' HEALTH AT WORK	SMOKING	ALCOHOL	MENSTRUAL HEALTH	MENOPAUSE
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MENTAL HEALTH, SLEEP & SELF-CARE

A guide to good sleep

A guide to good sleep for clinicians and healthcare professionals

Type / Price:



Website –
FREE to use

Created by:

NHS People

What is it?

COVID-19 has changed the way we all live and work. For those working in healthcare, especially those on the frontline, this stressful period may present a real challenge to both mental health and to sleep. Sleep is a cornerstone of our health and so protecting it is important. This brief guide aims to help that.

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MENTAL HEALTH, SLEEP & SELF-CARE

SilverCloud

SilverCloud is a leading digital mental health company. Their programmes are used globally by over 300 healthcare providers, health plans and employers

Type / Price:



Mobile Application –
FREE access for NHS staff
using code **NHS2020**

What is it?

Programmes offered include:
space from COVID-19,
space for resilience and
space from stress.

Created by:

SilverCloud

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MENTAL HEALTH, SLEEP & SELF-CARE

#StayAlive

The *Stay Alive* app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis

Type / Price:



Mobile Application –
FREE to access

Created by:

Grassroots Suicide Prevention

What is it?

You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

The app includes:

- A safety plan with customisable reasons for living
- A LifeBox where you can store photos and memories that are important to you
- Strategies for staying safe and tips on how to stay grounded when you're feeling overwhelmed
- Guided-breathing exercises and an interactive Wellness Plan

The app also links you directly to local and national crisis resources, with space to add in your own as well.

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MENTAL HEALTH, SLEEP & SELF-CARE

Daylight

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation

Type / Price:



Mobile Application – Big Health is offering **FREE** access to Daylight for all NHS staff until 31 December, active now.

What is it?

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Created by:

Big Health

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MENTAL HEALTH, SLEEP & SELF-CARE

Unmind

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing

Type / Price:



Mobile Application –
They are offering **FREE** access to NHS staff until the end of December 2020, active now.

What is it?

Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

Created by:

Unmind

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MENTAL HEALTH, SLEEP & SELF-CARE

Sikh Mental Health and Wellbeing Organisation

Sikh Forgiveness work within the Sikh (&BME) community to identify and deal with mental health struggles.

Type / Price:



Sikh Faith /
Community group

Contact details:

info@sikhforgiveness.com

What is it?

We understand that within the Sikh (&BME) community there is a lack of understanding of mental health difficulties and our aim is to re-educate, break down and connect the language barriers to openly communicate what we all live with which can be poor mental health.

We acknowledge that younger Sikhs in the UK may face the complexities of life living between two cultures.

We are the change! And a Platform for voices to be heard.

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MENTAL HEALTH, SLEEP & SELF-CARE

NHSE and NHSI Muslim Staff Network

The need for change - the Muslim network make up a significant group of the NHS workforce, with an estimated 3.3% of staff members being from a Muslim background.

Type / Price:



Muslim Faith / Community group

Contact details:

england.muslim1@nhs.net

What is it?

Representation – to represent Muslim staff in the NHS and provide a collective voice for Muslim colleague, including raising awareness of the Islamic faith and raising issues with senior management, in order to allow Muslim staff in the NHS to work in an inclusive environment.

Networking and progression – to provide a forum for Muslim professionals in the NHS.

Inequalities – to support the NHS and other key stakeholders in tackling health inequalities in the Muslim community.

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MENTAL HEALTH, SLEEP & SELF-CARE

The Muslim Network - Health Collaboration



Supporting health promotion and delivery in Muslim communities.

Type / Price:



Muslim Faith /
Community group

Contact details:

What is it?

The Muslim Network Health Collaboration represents a collaboration of voluntary Networks across the health space to provide health staff with a strong, unified voice so that issues facing them are heard at a senior level. The Collaboration also has a significant focus on improving the health and wellbeing of the Muslim communities we live in by focusing on awareness of various health issues and faith sensitive policy setting.

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MENTAL HEALTH, SLEEP & SELF-CARE

NHSE and NHSI Christian Staff Network

Our NHS England and Improvement Christian network exists to support all colleagues of any belief system in the workplace and make the NHS an increasingly inclusive workspace.

Type / Price:



Christian Faith /
Community group

Contact details:

christiannetwork@nhs.net

What is it?

The network consists of a federation of local Christian staff groups which meet to strengthen and support each other as workplace colleagues by providing a Christian perspective to staff policies and practice. We also collaborate with other staff networks.

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COMMUNITY GROUPS

Filipino Nurses Association UK

The Association is a voice for Filipino Nurses; provides a support and advocacy network; encourages personal and professional development.

Type:



Community group

Contact details:

The Association was founded on the 2nd July 2020 in the midst of the COVID-19 pandemic to provide a forum for Filipino nurses in the UK to network and discuss issues of collective interest that have an effect on all of us, including signposting individual members to the right place if they have specific issues that need to be addressed.

FNA-UK is committed to equality, diversity, tolerance and inclusivity. We welcome every Filipino nurse in the UK from the different regions of England, Wales, Scotland and Northern Ireland of whatever gender, religion, faith and sexual orientation. We have members working in the NHS, social and private care sectors, research, academia and as private nurse entrepreneurs.

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MENTAL HEALTH, SLEEP & SELF-CARE



Samaritans

Whatever you're facing, a Samaritan will face it with you.

Type / Price:



Non-faith based support

Contact details:

Call free 116 123
jo@samaritans.org

What is it?

We're here, day or night, for anyone who's struggling to cope, who needs someone to listen without judgement or pressure.

Samaritans is not only for the moment of crisis, we're taking action to prevent the crisis.

We give people ways to cope and the skills to be there for others. And we encourage, promote and celebrate those moments of connection between people that can save lives.

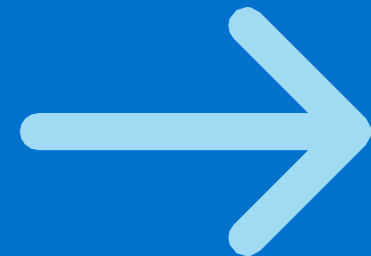
We offer listening and support to people and communities in times of need.

In prisons, schools, hospitals and on the rail network, Samaritans are working with people who are going through a difficult time and training others to do the same.

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SUPPORTING NURSES' HEALTH | CHANGING WORK ENVIRONMENTS

NURSING YOU

Resources to help nurses implement changes in their work environments to better support nurses' health

Type / Price:

 Online programme – **FREE** to download

Created by:

C3 Collaborating for Health through funding from the Burdett Trust for Nursing (2019)

What is it?

Designed by nurses for nurses, C3's NURSING YOU programme has spoken with over 450 nurses about how to engage nurses in becoming healthy lives champions. It includes 7 steps to implementing NURSING YOU at nurses' organisations and changing work environments to better support nurses' health, including a fact sheet about nurses' health, template letters for managers, Twitter kit, flyers and an access to food at work survey.

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SUPPORTING NURSES' HEALTH | CHANGING WORK ENVIRONMENTS

NHS BME Staff Group via Yammer

Our staff network believes that, in order for every individual to reach their full potential, there must be no fear of discrimination or prejudice and a belief that career opportunities or experience of work is not predetermined by ethnicity, nationality or colour.

Type / Price:



BME Support Network

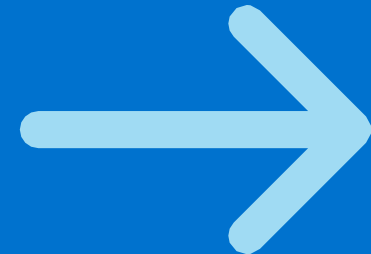
What is it?

Membership is open to staff from Black, Asian and Minority Ethnic (BAME) heritage, and those with a positive interest in driving forward race equality within NHS England as an individual employer. We recognise that current data indicates differential experience and outcomes for BAME staff compared to those who are White, White Irish and White Other. However, with the shift in England's demographics and to be inclusive we are using the widest terminology of BAME for membership of the network.

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SMOKING

NHS Smokefree

A free app to assist you in stopping smoking with a four-week programme of daily motivation and support

Type / Price:



Mobile Application –
FREE to download / use

Created by:

Public Health England

Reviews:

★★★★★ 4.5 / 5

“This great app helped to motivate me and kept me going when I needed a bit of extra support!”

What is it?

Smoke Free is app that provides a four-week programme that includes practical support, motivation and advice to help stop smoking. Features include daily support messages; badges to reward progress; a savings calculator and tips to help quit smoking.

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SMOKING

Ash.

Fact sheet from action on smoking and health

Type / Price:



Website –
FREE to use

Created by:

Action on smoking and health

What is it?

This fact sheet includes the latest data and evidence on tobacco use by ethnic minorities in England, Wales, Great Britain and the UK (differences due to the population covered by each data source).

It includes:

- Smoking prevalence by ethnicity and nationality
- Smokeless tobacco
- Shisha
- The health impacts of tobacco use among ethnic minorities

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SMOKING

Evidence into practice: Supporting Black and Minority Ethnic (BME) populations

This briefing is intended to act as a guide for local authorities, NHS organisations and others working with smokers to support them to consider the needs of BME smokers

What is it?

It provides an overview of current differences in smoking rates between different populations, barriers to accessing quit support or engaging with quit messaging and insights into use of different tobacco products by different populations. It provides case studies to support practice and areas to consider as organisations are developing local approaches.

Type / Price:



Website –
FREE to use

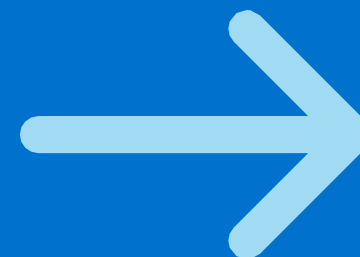
Created by:

Action on smoking and health

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ALCOHOL

Drink Free Days

A free app to help you track and reduce your daily alcohol consumption by nominating Drink Free Days

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.5 / 5

“I find this a really good way of reminding myself not to drink! It is non judgemental and low key – just a private little nudge.”

What is it?

Drink Free Days is an app that records and tracks alcohol consumption. It also allows the user to nominate Drink Free Days in order to reduce their weekly alcohol consumption. The app provides daily motivation and advice to reduce alcohol consumption, delivers reminders, and provides information on the impact of alcohol on the wallet and the waistband.

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ALCOHOL

Alcohol Change UK

A website that provides free resources on cutting down alcohol consumption

Type / Price:



Website

Created by:

OneYou (PHE)

Reviews:

★★★★☆ 3.5 / 5

"It is a good App and I really like the fact I can see when I am walking briskly."

What is it?

Content includes practical tips on how to cut down; a link to a unit calculator; a comprehensive list of no/ low-alcohol options – with reviews; and an interactive *alcohol body map*.

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ALCOHOL

Drink Less

A free app that aims to help people reduce their alcohol consumption

Type / Price:



Mobile Application –
FREE to download / use

Created by:

Researchers at
University College London

Reviews:

★★★★★ 4.1 / 5

What is it?

Drink Less is an app that allows the user to keep track of how much they drink, set goals to drink less, get feedback on whether what they are doing is working and access some unique and fun ways of changing their attitude towards alcohol.

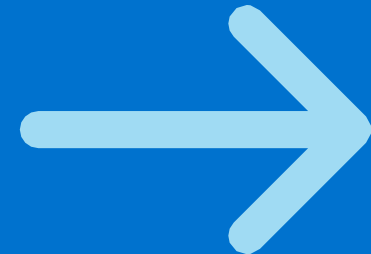
Created by Researchers at University College London using evidence and theory from the field of behavioural science.

“Wish I’d found this app a long time ago. I knew I was a heavy drinker but to see how much I actually drink and the thousands of calories I consume a week in black and white has really been a major eye opener.”

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MENSTRUAL HEALTH

Bloody Good Period

Charity about getting sanitary pads to people who need them

Type / Price:



Charity, website, blog
FREE to access

What is it?

Bloody Good Period is a charity who give period products to those who can't afford them and provide menstrual education to those less likely to access it. They also help everybody talk about periods.

Bloody Good Period also seeks to eradicate the shame and stigma surrounding menstruation, simply by encouraging the conversation around periods. Everyone should have access to the information they need. No-one should feel ashamed because of a biological process.

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MENSTRUAL HEALTH

PERIOD.

For menstruators and their friends to learn all about the biology and culture of the menstrual cycle

Type / Price:



Podcast –
FREE to access

Created by:

Dr Kate Clancy,
University of Illinois

Reviews:

★★★★★ 4.9 / 5

What is it?

A series of podcasts lead by Dr. Kate Clancy, an anthropologist and period enthusiast, as she explores anything and everything to do with the menstrual cycle. Not afraid to get into everything menstrual, including the bloody bits for example “Where the tampon goes”, about the Canadian Muslim experience with menstruation, and “Menstrual hygiene, whatever that means.”

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MENSTRUAL HEALTH

Safe n Happy Periods

An organisation based in India about creating awareness around shame-free and pain-free menstruation

Type / Price:



Website –
FREE to access

What is it?

This is an organisation based in India which focuses on creating awareness around shame-free and pain-free menstruation through the lifetime journey of menstruation. *Safe n Happy Periods* links with schools and colleges with volunteers from across the world.

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MENSTRUAL HEALTH

Busting Period Taboos

Two women who've made it their mission to smash period taboos and make it easier for girls to manage their menstrual health

Type / Price:



Podcast –
FREE to access

Created by:

BBC News, World Service,
The Conversation

What is it?

Two women from different countries discuss their first period experiences.

Aditi Gupta was banned from sitting on the family sofa or touching certain foods. As an adult she decided to help break the taboo, and created the Menstrupedia comic book, a global resource for parents and teachers to talk about periods comfortably with their girls.

Lucy Odiwa's first period arrived just as she was called on to answer a question in class. As she stood up her classmates began to snigger at the stain on her skirt. Now a successful businesswoman, she has developed a low-cost reusable sanitary towel.

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MENSTRUAL HEALTH

Clue

Period and cycle tracker

Type / Price:



Mobile Application –

FREE

(with in app purchases)

Created by:

BioWink GmbH

Reviews:

★★★★★ 4.7 / 5

What is it?

App that allows tracking to get period, PMS, and fertile window predictions. Can see all tracked data in the calendar function. Analysis predications become more accurate with increased tracking.

“This is such a great app. I remember to fill it in about 99% of the time which is quite miraculous for me and must say something about its simplicity and usefulness. It takes just a couple of minutes at most so is an unintrusive habit. I have what feels to be a quite irregular cycle and it’s been useful to track what actually happens in a clear and simple way.”

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MENSTRUAL HEALTH

Period Tracker

Period and cycle tracker

Type / Price:



Mobile Application –

FREE

(with in app purchases)

Created by:

GP APPS

Reviews:

★★★★★ 4.8 / 5

What is it?

App that allows period input by simply pressing a button at the start of period every month. Log period dates to calculate and predict the start date of next period. View period history and track future periods dates.

“I’ve used this app for years and it tracks my cycle perfectly. Knows the exact day I’m going to start, predicts it either spot on or I begin my cycle a day or two before/after. But usually it’s spot on. Like today the app says ‘0 days left’ - meaning I’m supposed to begin my cycle today - and sure enough, this morning in bed before sunrise my cramps woke me.”

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MENSTRUAL HEALTH

Intimina

Website and blog promoting alternative to pads and tampons that is eco-friendly

INTIMINA™

Type / Price:



Blog –
FREE
(product discount with subscription)

Created by:

Intimina

What is it?

Blogs and website demonstrating that there is much more to menstruation than pads and tampons. Learn the inside story on everything menstruation and modern methods for more comfortable and eco-friendly periods.

→ [GO TO RESOURCE](#)



MENSTRUATION

RCGP Menstrual Wellbeing Toolkit

Toolkit for primary care for problems with menstrual dysfunction

What is it?

Easy to use, logical, evidence-based resource for GPs and other primary care clinicians when diagnosing, supporting and managing the concerns of women with problems caused by menstrual dysfunction.

Type / Price:



Online resource –
FREE to use

Developed by:

the Royal College of General Practitioners

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MENSTRUAL HEALTH

Endometriosis: diagnosis and management

Information for the general public on these NICE Guidelines

Type / Price:



Online resource –
FREE to use

Created by:

OneYou (PHE)

Reviews:

★★★★☆ 3.5 / 5

What is it?

These guidelines cover diagnosing and managing endometriosis.

It aims to raise awareness of the symptoms of endometriosis and to provide clear advice on what action to take when women with signs and symptoms first present in healthcare settings.

It also provides advice on the range of treatments available. There is a section for the general public which has links to podcasts along with useful websites.

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MENSTRUAL HEALTH

Menstrual Hygiene Day

Resources about menstruation

Type / Price:



Website –
FREE to use

What is it?

A website dedicated to campaigning about *Menstrual Hygiene Day* (May 28) and providing education about menstruation. Includes a library of resources with fact sheets, educational materials for adults and children, webinars and technical guides. Some materials are available in languages other than English.

Created by:

Wash United

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MENSTRUAL HEALTH

Wen.

List of organisations providing free period products to healthcare workers and communities

Type / Price:



Online resource –
FREE to use

Created by:

Wen

What is it?

Directory of organisations offering a COVID-19 period support initiative in the UK, updated on a weekly basis.

Includes initiatives for frontline and healthcare workers.

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MENSTRUAL HEALTH

Red Box Project

Free period products for healthcare workers

Type / Price:



Online resource –
FREE to use

Created by:

The Red Box Project

What is it?

For COVID-19, this organisation has established a project delivering #FreePeriodProducts to NHS hospitals and care settings.

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MENSTRUAL HEALTH

A Dialogue on Menstrual Taboo

This paper compiles information on the menstrual taboo and various practices regarding it

Type / Price:



Website –
FREE to use

Created by:

Indian journal of
community health

What is it?

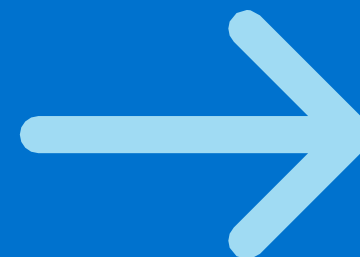
Throughout history, menstruation has been linked to a range of perspectives and attitudes towards women and female health. Social and cultural differences in beliefs about menstruation continue to have significant implications for the health and wellbeing of women and girls.

Understanding menstruation and its role in reproductive and general health is an important aspect of female wellbeing. Where menstruation is taboo or poorly understood, it can limit social and economic opportunities for women and girls as well as presenting risks to their physical and mental health.

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MENOPAUSE

Women's Health Concern

Three PDF fact sheets

Type / Price:



PDF resources to download

What is it?

Three PDF factsheets: *the menopause*; *menopause and insomnia* and; *menopausal hair loss*, which aim to explain just what these changes are, and what you can do to make things easier.

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MENOPAUSE

Manage my menopause

Bespoke menopausal advice from experts in post reproductive health

Type / Price:



PDF resources to download

What is it?

Free online resources:

Manage my Menopause questionnaire contains a number of sections, data is then used to tailor specific lifestyle advice. If a donation is made it allows the user to download an advice document as a PDF. There is an additional option for the user to calculate their QRISK, QFracture and Frax scores.

Manage my Menopause handbook highlights the changes and how they impact on long-term health and suggests small lifestyle changes.

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MENOPAUSE

Menopause Support

To improve menopause GP education and raise awareness within the workplace to support women experiencing symptoms

Type / Price:



PDF resources to download

What is it?

Free PDF documents available to download:

menopause symptoms checker;

ten things your doctor should

know about menopause;

getting the most out of your doctors' appointment;

understanding menopause for men

Poster

#MakeMenopauseMatter poster to download and print to raise awareness in the workplace

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MENOPAUSE

MenoPro

An app to facilitate symptom control of menopause between doctors and women who work together

Type / Price:



Mobile Application –
FREE to download / use

Created by:

NAMS

Reviews:

★★★★★ 3.5 / 5

“Walks you through steps for a treatment plan tailored to your patient.”

What is it?

MenoPro is an app for menopausal symptom management, designed to facilitate personalised treatment of symptom decisions between doctors and women going through the menopause, based on the patient’s preferences, medical history and risk factors. The app has two modes, one for clinicians and one for women, to facilitate shared decision making.

MenoPro has several unique features, including the ability to calculate 10-year risk of heart disease and stroke, which is important in deciding whether a treatment option is safe for you. It also has links to online tools that assess the user’s risk of breast cancer and osteoporosis and fracture. *MenoPro* was developed in collaboration with NAMS (the North American Menopause Society) and includes links to NAMS education materials, including a downloadable

MenoNote on behavioral and lifestyle modifications to reduce hot flushes, and information pages on the pros and cons of hormone versus nonhormone therapy options, a discussion of pill versus patch therapy, and information on treatment options for vaginal dryness and pain with sexual activities, with links to tables with information about different medications. These pages can be printed out or directly accessed from a phone or tablet.

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MENOPAUSE

mySystems

An app for women experiencing symptoms of perimenopause and menopause who want to track their symptoms and join the mySystems community

Type / Price:



Mobile Application –
FREE to download;
offers in app purchases

Reviews:

★★★★★ 3.6/5

“Easy to use to track symptoms and print a report to share with my doctor. Makes having an awkward conversation a little easier.”

What is it?

The *mySystems* perimenopause tracking app allows the user to track their symptoms of perimenopause and menopause, learn how to better manage symptoms, get more out of visits to the doctor and find support in community discussion groups.

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MENOPAUSE

Guidance on menopause and the workplace

Free guidance for women and managers/employers on menopause and the workplace

What is it?

Free guidance from the Faculty of Occupational Medicine for women and managers/employers on menopause and the workplace.

Type / Price:



Website –
FREE to use

Created by:

The Faculty of Occupational Medicine

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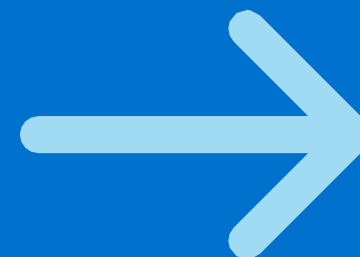
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CARING RESPONSIBILITIES

Jointly

An app that has been created for carers by carers, to link carers together

Type / Price:



Mobile Application –
FREE to download; one
off payment of £2.00
to set up a network

What is it?

Jointly is an app that provides the user with a resource to communicate with other carers, support others and be supported, keep organised with their tasks list and calendar, and keep track of the current medication for the person they are caring for.

Created by:

Carers UK

Reviews:

★ ★ ★ ★ ★ 2.2/5

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CARING RESPONSIBILITIES

Carers UK Forum

An online forum where you can ask questions and access support and advice

Type / Price:



Online forum,
FREE

What is it?

A website that provides an online forum to access support and advice on caring for different conditions, tips and practical advice, fun and games and current campaigns.

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CARING RESPONSIBILITIES



Cityparents

Cityparents' programme offers expertise and support to help you balance work with family life

Type / Price:



Mobile Application – Cityparents have offered their online programme of support and resources to NHS employees **FREE** until the end of 2020.

What is it?

The programme consists of a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcasts.

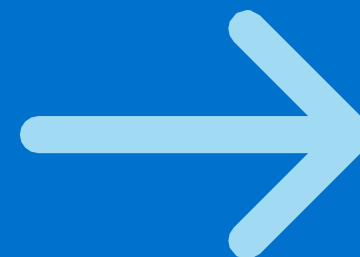
Created by:

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FINANCE

Cavell Nurses' Trust

Cavell Nurses' Trust is a charity that provides practical and financial support for UK nurses, midwives and healthcare assistants

Type / Price:



Free verbal advice and support via telephone, grant applications for financial support available online.

What is it?

Cavell Nurses' Trust offers practical advice and financial support through grants to UK nurses, midwives and healthcare assistants who are suffering financial hardship, often due to illness, disability, older age or domestic abuse.

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FINANCE

Money Health Check

The Money Advice Service – free online financial health checker tool

Type / Price:



Online Tool –
FREE

What is it?

Free Money Health Check - to find out areas to focus on and practical way to improve a financial situation. Produces bespoke advice plans with simple tasks.

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FINANCE

LampLight Support Service

The LampLight Support Service offers a telephone support service to nurses who are dealing with financial hardship

Type / Price:



Telephone service;
Free advice.

What is it?

The *LampLight Support Service* work in partnership with the Royal College of Nursing (RCN) to provide a telephone service to support and provide advice to healthcare assistants, nurses and midwives who are adapting to change or dealing with pressures adversely affecting their financial situation.

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FINANCE

Money to the Masses

A podcast with useful information on how to save, make or spend money wisely

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Compulsive listening.”

What is it?

A free podcast, hosted by Damien Fahy, that provides advice on where to and how to spend money, and what to do in the event of companies going bust.

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FINANCIAL SUPPORT

NHS People Financial Wellbeing Guide

This guide for employers gives an insight into the context, challenges and resources supporting financial wellbeing

Type / Price:



Website –
FREE to use

What is it?

Evidence based content that covers research, resilience, diversity, resources and financial wellbeing during Covid-19.

Created by:

NHS People

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FINANCIAL SUPPORT

Stop Loan Sharks

Providing specialist support, help and advice for victims of loan sharks during this difficult time

What is it?

The *Stop Loan Sharks* team have developed a range of free education resources.



Type / Price:



Website –
FREE to use

Created by:

The England Illegal Money Lending Team

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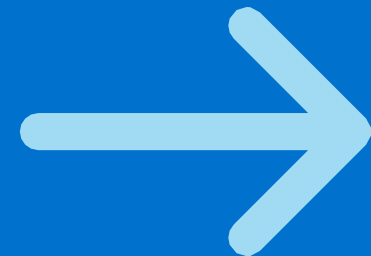
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HYDRATION

Hydration Genius

A free app that allows you to log your water content to calculate the amount of water you need to stay hydrated

Type / Price:



Mobile Application –
FREE to download / use

Reviews:

★★★★☆ 3.5 / 5

“I love this app. I never get enough water during the day but this app makes me try harder. It is easy to use and is very wellorganised.”

What is it?

Hydration Genius is an app that encourages the user to record water intake and – using a simple algorithm – it calculates the exact amount of water needed to stay hydrated throughout the day.

The app provides information on hydration levels and sends daily reminders to encourage the user to drink more water.

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HYDRATION

Waterlogged – Drink More Water

A free app to help you stay healthy and hydrated

Type / Price:



Mobile Application –
FREE to download / use;
offers in-app purchases

Reviews:

★★★★☆ 4.2 / 5

“I use this to track my water intake and it’s very useful as I suffer with bad acne and measuring my water intake motivates me to drink more water.”

What is it?

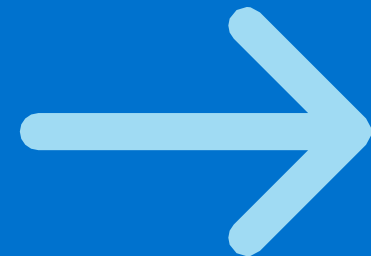
Waterlogged is an app that provides personalised charts and reminders to help you stay on top of hydration.

You can sync the app with your fitbit/apple health, and unlock reminders to help you stay hydrated.

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BEREAVEMENT

Good Grief: Chat and Messaging

An app that provides you with a social network to chat, connect and grieve with others

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★★ 4.4 / 5

“This app is a really good step forward in the grieving process I look forward to using it for a long time and helping other people through healing and repair.”

What is it?

Good Grief - The Social Network for Loss app allows the user to connect with others by putting them in touch with individuals who are grieving over a loved one, creating a community where they can share their thoughts over messages.

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BEREAVEMENT

Grief Support Network

A free social networking app that allows you to connect and support people who are grieving or have grieved

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★★ 4.4 / 5

“This app has hands down best collection of “real” grief support resources.”

What is it?

Grief Support Network is an app that aims to create a global community of ‘Grief Angels’ by connecting people who are grieving. The user can enable a proximity feature to communicate with those grieving close by, connect with others through a grief wall or grief messenger, seek advice on ‘grief attacks’ and grief health.

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BEREAVEMENT

Bereavement and trauma support line for our Filipino colleagues

A confidential and free service, seven days a week between 8am and 8pm

What is it?

There is a team of fully qualified and trained professionals, all of whom are Tagalog speakers, ready to help you at our *NHS Bereavement & Trauma Line for Filipino Staff*. This assistance is available from anywhere in the country and is provided by Hospice UK.

Type / Price:



Helpline –
FREE to use

Created by:

NHS

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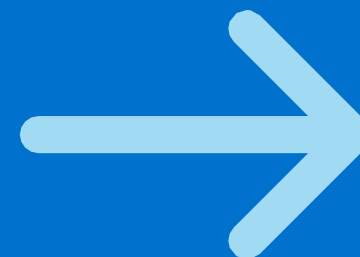
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Public Health
England

HEALTH PROMOTION OF PATIENT GROUPS

All Our Health

A framework for healthcare professionals (including nurses) to prevent illness, protect health and promote patient well-being

Type / Price:

Framework via multiple PDF documents

Created by:

Public Health England (2018)

What is it?

All Our Health is a resource that aims to help healthcare professionals maximise the impact they can have on improving health outcomes for the patients they care for.

All Our Health is the overarching framework, that provides evidence and guidance on a number of different health topics including:

- [MAKING EVERY CONTACT COUNT](#)
- [WORKPLACE HEALTH: APPLYING ALL OUR HEALTH](#)
- [ADULT OBESITY: APPLYING ALL OUR HEALTH](#)
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The Everyday Interactions

A resource that allows health professionals to record and measure the impact they have on the patients they care for

Type / Price:

A Report and Toolkit – **FREE** to download / use

Created by:

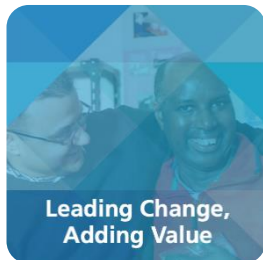
Royal Society of Public Health (2017)

What is it?

The Measuring Impact Toolkit was created by the Royal Society for Public Health to be used as a guide and encourage healthcare professionals, including nurses, midwives and allied healthcare professionals to record their brief interventions with patients surrounding a number of lifestyle risk factors, and measure how they have impacted the health of the public by doing so.

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COMPASSIONATE CARE

Leading Change, Adding Value

A framework for nursing, midwifery and care staff that aligns with the Five Year Forward View with a focus on Compassion in Practice

Type / Price:



A framework and e-learning tool

Created by:

NHS England (2016)

What is it?

A framework for nursing, midwifery and care staff to provide them with information about tackling three workplace domains: health and well-being; care and quality; funding and efficiency to lessen the gap between different healthcare services and health inequalities of their patients.

In addition to the framework, to support the use of LCAV, an e-learning tool has been developed to build capacity of nurses and address health inequalities.

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Regional resources — East of England

We are immensely proud of the phenomenal contribution made every day by our BAME nurses and midwives throughout the East of England.

Our aspiration is to ensure that all our nursing and midwifery colleagues feel supported to prioritise their own physical and mental health and wellbeing. To supplement this national health and wellbeing toolkit, within the East of England Nursing Professional Standards team we have worked with local organisations to identify recommended faith and community groups which may be of specific value to our local nurses and midwives. Although comprehensive, this list is not exhaustive and may be added to if further support organisations are identified.

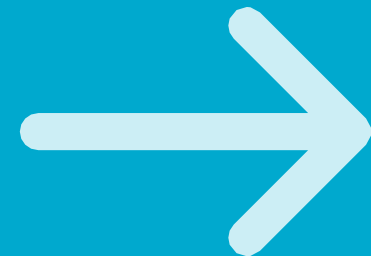
**NHS England and NHS Improvement
East of England**



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FAITH/ COMMUNITY GROUPS

(EAST OF ENGLAND)



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FAITH/COMMUNITY GROUPS

Husaini Islamic Centre - Peterborough

The HIC supports the Muslim Khoja Shia Ithna-Asheri Community in Peterborough.

Type:



Islam Faith / Community group

Contact details:

8 Burton St
Peterborough
PE1 5HD

01733 568592

What is it?

The activities of the community consist of religious, educational and social activities for all sectors of the community including:

- Salaat-e-Jama'at and Salaat-e-Jum'ua
- Tafseer and Masa'el classes after Maghribain Salaat
- Majalis, Du'a-e-Kumayl and Ziyarat-e-Waritha on Thursdays
- Majalis on Wiladats, Wafaats and other occasions
- Educational seminars and lectures with guest speakers
- Regular study circles
- Madrasah for children on Saturdays
- Qur'an classes for children on weeknights
- Youth camps and clubs during school holidays
- Arabic lessons
- GCSE and A-Level tuition classes
- Senior citizens gatherings and lunches on Wednesdays
- Sports activities organised by Shia Sports
- Yoga, fitness classes and sewing classes
- Health Awareness lectures and medical screening programmes
- Husaini Preschool
- School visits to the centre
- Open days for the wider community to visit the centre

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COMMUNITY GROUPS

Filipino Nurses Association UK

The Association is a voice for Filipino Nurses; provides a support and advocacy network; encourages personal and professional development.

Type:



Community group

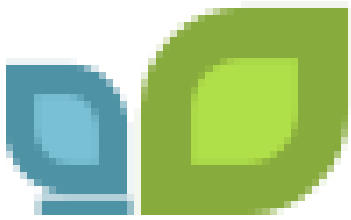
Contact details:

The Association was founded on the 2nd July 2020 in the midst of the COVID-19 pandemic to provide a forum for Filipino nurses in the UK to network and discuss issues of collective interest that have an effect on all of us, including signposting individual members to the right place if they have specific issues that need to be addressed.

FNA-UK is committed to equality, diversity, tolerance and inclusivity. We welcome every Filipino nurse in the UK from the different regions of England, Wales, Scotland and Northern Ireland of whatever gender, religion, faith and sexual orientation. We have members working in the NHS, social and private care sectors, research, academia and as private nurse entrepreneurs.

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FAITH/COMMUNITY GROUPS

South Essex Islamic Trust

SEIT's primary goals has been to create an environment of love and affection between various ethnic groups by providing our community members Islamic Values through education, and social events.

Type / Price:



Islam Faith /
Community group

Contact details:

01268 857367

info@seit.org.uk

What is it?

Our vision is to provide a range of holistic, culturally sensitive services for the communities of Essex, drawing on our Islamic values and heritage, with a view to improving quality of life and enhancing community cohesion.

Our aims are to:

- Focus on the needs of the diverse Muslim community whilst ensuring services are open to all.
- Provide Muslims and non-Muslims with the opportunity to learn and understand Islam, through dialogue, discussion and social interaction.
- Contribute to the social, cultural, spiritual enhancement of the whole community, through policy and strategy development and service.

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FAITH/COMMUNITY GROUPS

Cambridge Gurdwara

The Cambridge Gurdwara acts as a focal point for the Sikh community in Cambridge.

Type / Price:



Sikh Faith / Community group

Contact details:

Arbury Road,
Arbury Court,
Cambridge,
CB4 2JQ

01223 591469

What is it?

Since the opening of the Cambridge Gurdwara in January 2013, the Sangat has maintained a fully functioning Gurdwara, which offers:

- to hold major Sikh community religious events commemorating the Sikh Gurpurbs, and Sikh festivals in the Sikh calendar
- provide education and opportunities for scholarship on the Sikh language and script (Gurmuki), recitation of the Sikh hymns and music (Shabad Gurbani), and studies on its scripture, ethics, customs and traditions
- to provide resources and programmes that support research, education and teaching on Sikh history
- provide resources and a natural meeting point for both the younger Sikh generation and for elderly Sikh citizens to explore their faith and culture, and provide tailored support for their specific needs
- to organize social, sports and cultural events particularly those relevant to the Sikh community and in accordance with the Khalsa traditions of the brotherhood of man and the equality of all
- to establish a community centre which offers support in terms of food, shelter, and companionship to those who need it.

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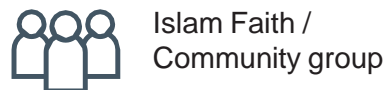
FAITH/COMMUNITY GROUPS

Cambridge Central Mosque



A unique prayer space that fuses traditional and modern architecture, and has green credentials that reflects Islam’s ideals of earth, soul and community care.

Type / Price:



Contact details:

309-313 Mill Rd,
Cambridge
CB1 3DF

What is it?

The Mosque offers a volunteer-based service to provide support to our community and those living in Cambridge who are in need during the COVID-19 outbreak. We are currently able to help with:

- General supply shopping
- Prescription pick-up
- Parcel collection or drop-off
- Phone check-ins / phone buddy system
- Spiritual and moral support, including women’s counselling and questions for our Imams

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FAITH/COMMUNITY GROUPS

Guru Nanak Gurdwara Bedford

GNGB is a Sikh educational charity, and serves Sikhs in Bedford, the people of Bedfordshire and surrounding communities according to the Sikh universal values.

Type / Price:



Sikh Faith / Community group

Contact details:

84 Ford End Road,
Bedford,
MK40 4JK

tel:+44 742 990 5784

gngbedford@live.co.uk

What is it?

Regular programmes are held including Gurbani teachings, Kirtan, Health and Well-being. The gurdwara provides regular education classes for both adults and children. Please contact the gurdwara if you would like to attend.

Gurbani & Gurmat Santhya

Gurmukhi Classes

Kirtan Classes

Well-being & Health Programs

Community Programmes

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FAITH/COMMUNITY GROUPS

Stevenage Bangladeshi and Mosque & Muslim Cultural Centre

Type / Price:



Muslim Faith / Community group

SMCC provides and maintains facilities for the Muslim community of Stevenage and North Hertfordshire to fulfil their religious and cultural obligations.

Contact details:

The Sishes
Vardon Road
Stevenage
SG1 5PZ

01438 350865

smcc786@outlook.com

What is it?

Stevenage Muslim Community Centre is a Registered Charity (1001003). It is registered with the Charity Commission, The regulator for charities in England and Wales. It provides and maintains facilities for Muslim of Stevenage and North Hertfordshire area to fulfil their religious and cultural obligations.

Everyone from any background is welcome to SMCC.

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FAITH/COMMUNITY GROUPS



The Methodist Church in Britain – East Anglian District

Type:



Christian Faith / Community group

The East Anglia District of the Methodist Church is part of a larger Methodist family.

What is it?

The Methodist churches teaches and supports local communities through worship; learning and caring; service, and evangelism. It responds to need by being a good neighbour and to challenge injustice.

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FAITH/COMMUNITY GROUPS

Salvation Army – Anglia

The Salvation Army is a worldwide evangelical Christian church. Our mission is based on our faith in Jesus Christ who wants everyone to experience life in all its fullness.

Type:



Christian Faith /
Community group

Contact details:

2 Barton Way,
Norwich
NR1 1DL

01603 724400

What is it?

Our Christian mission - and therefore our work - is based on a passionate belief that our faith demands expression in action as well as words.

That is why we provide practical help for people in need, defend those who are vulnerable and abused, and fight against injustice. The services we provide are diverse, reflecting the needs of the communities we serve.

We work nationally and in local communities through our 650 churches and community centres throughout the UK and Ireland, to serve those who most need our help. The work we do is varied, from helping victims of modern slavery, to nurseries, community choirs and food banks. Our community work is our strength, all powered through God's love.

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ACKNOWLEDGEMENTS

Caring for yourself while you care for others:

A toolkit for nursing ambassadors to look after their own health

Co-produced with nursing ambassadors, East of England Nursing Professional Standards team and C3 Collaborating for Health. Designed by the South West Academic Health Science Network, one of 15 Academic Health Science Networks (AHSNs) across England.



The **AHSN** Network

