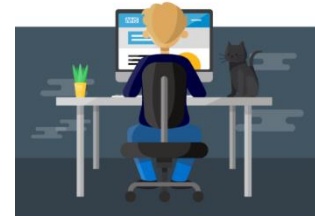




Have you joined a Virtual NHS Home Workers Staff Common Room?



Are you juggling responsibilities like caring for children whilst doing your job from home?

Do you have feelings of guilt or other difficult emotions about your work?

Are you feeling isolated and missing seeing your team every day?

Are you struggling to have a good night's rest?

If you have experienced any of these feelings, the NHS Home Workers Staff Common Room could be a great way for you to talk to others in the same position.

NHS Common Rooms are a safe, confidential and supportive space where people like you can come together online to:

- Reflect
- Share
- Stay Well

NHS Home Workers Staff Common Rooms are open for NHS staff working at home, regardless of role, position or organisation. They are one hour long, hosted by an experienced and approved practitioner.

Discussion is guided by the participants providing the perfect opportunity to share your experiences and learn from others about how they coped with the challenges of working from home.

You can sign up anonymously and share as much or as little as you like, sometimes it is nice to just listen to others and know people are going through the same things as you.

Any queries, please email Events and Engagement Manager michelle.davies9@nhs.net.

Ground Rules, Hint and Tips

- It is important not to identify places of work.
- You can identify yourself using your real name or a pseudonym.
- Chat (messaging) function is available.
- You don't have to speak if you don't want to.



If anything is raised during the session that causes you concern please contact [NHS Practitioner Health](#) or telephone 0300 0303 300/111 (out of hours) or email prac.health@nhs.net.



Here's some feedback already received



It was a very small and safe group and I felt incredibly well supported - despite the session being virtual. Thank you so much to Jocelyn and Kim



Opportunity to reflect on where I am at, helpful to hear from others



Supportive, helpful, lovely engaging people with me in common room. Brilliant idea and concept. Safe space to talk and exchange ideas



It gave me the space to discuss how I was feeling emotionally, and I felt listened to non-judgmentally



It was helpful to receive advice from other members on what they do to provide a good work life balance and discuss their experiences. Giving advice to other who appreciated also made me feel good.

The National and Local Offer in Context



The NHS Home Workers Staff Common Room has been developed by the national People's Team in partnership with NHS Practitioner Health. They are part of a range of wellbeing support offers to care for and protect our NHS people, whether at the front line or in supporting services.

Alongside the specific 'NHS Common Room Offer', there is also a range of other online/virtual groups that staff can access, for example a staff support line and wellbeing apps. Please visit [Our NHS People](#) and [NHS Practitioner Health](#) for more information.

All our people, whether **substantively employed or agency workers** continue to have access to a range of support (#OurNHSPeople Wellbeing Support).

We encourage NHS teams to continue to take advantage of these services. They can be used in addition to the support available from your own NHS organisations. If you would like to give us any feedback or how we could improve our offer, please email nhsi.wellbeing19@nhs.net.

