

NEWSLETTER

Winter 2023

The Jen Group

This issue:

Maternity Equity Conversations
qualitative evaluation report and film

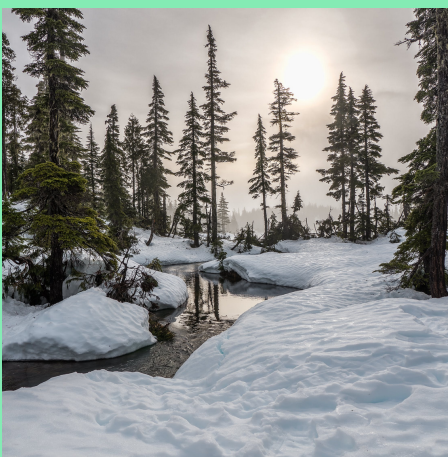
Our work with Nottinghamshire County Council

Training ... training ... training

Back to school!

Chartered Institute of Management Accountants

5+ ways to winter wellbeing



Hello!

This month The Jen Group is 3 years old and there is much to celebrate.

We have been hard at work delivering a wide variety of training courses both on-line and face to face, and in and out of London.

Highlights also include presenting to a conference of amazing women leaders in finance and being invited to be keynote speakers at the NHS England National Nuggets Autumn Webinar this month.

Read on to find out more.

Joy
Joy Goddard

Senior Partners

Nell
Nell Blane

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The Jen Group

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Maternity Equity Conversations

A safe and supportive space to explore equity and inequity in maternity and neonatal services

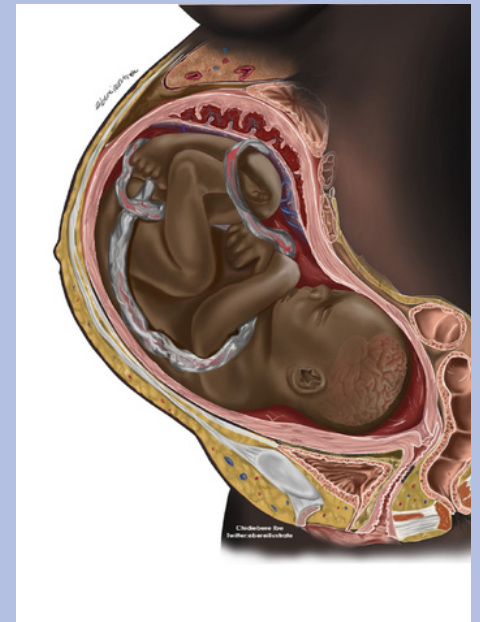


We completed the Maternity Equity Conversations programme a while back and now have the results of the qualitative evaluation, carried out by the wonderful Dr. Ebele Mogo. This can be viewed and downloaded from our website [here](#). We also have a short film about the programme which you can see [here](#).

We're very excited to be keynote speakers at the NHS England National Nuggets Autumn Webinar The Nuggets webinar is a quarterly communication webinar with a focus on ethnic minorities within Maternity. The theme for this free webinar will be Building Equity, Safety and Security.

The Nuggets webinar takes place on Monday 11 December 2023, 10:00 – 11:30.

The event will be hosted by Wendy Olayiwola, National Maternity Lead for Equality, NHS England. More information and booking is [here](#).





Nottinghamshire County Council

We've been leaving London a bit this year. It's good to see other parts of the country again, it feels like we've been unlocked! Nell is off to Surrey soon, and has been in Nottinghamshire to deliver a couple of very different courses, one being face-to-face Mental Health First Aid. Part of the first course was delivered in the Council Chamber, so all the participants were called councillor, and Nell played the Mayor! The other was Creative and Innovative Problem Solving, which we designed from scratch, to introduce participants to various tools to unlock their creativity and try out some new technologies. As often happens (!) we scored 10 out of 10 as trainers, which was very encouraging for a brand-new course.

Comments showed how useful learners found it:

"I've learnt a new way to problem-solve (slacking) which is the main reason I came."

"I learnt that it's okay to appear a bit silly/make mistakes, and it's about coming up with solutions!"

*"A range of useful strategies picked up
The use of AI very interesting"*

"SCAMPER! It seems to be a very useful tool"

"The padlet seems to have lots of learning resources, thank you."





Website updates

Talking technology, and Padlets, we are continuously working on our website and our padlets. For those of you who don't know (because we didn't always) padlets are online visual boards for organising and sharing content like text, images, video and hyperlinks. We transferred everything on our [Useful Resources](#) document onto a Padlet, but now it's got really big, so we'll soon be creating sub-padlets for each of the sections. The main padlet will provide links to each of the sub-padlets so it should be easier to navigate. You can find it [here](#).



Short Suicide Awareness Workshop

We were very excited to be invited to Brixton House to present a suicide awareness session for primary care staff in Lambeth. We designed an interactive session using Mentimeter as a tool to get conversations started. This session explored myths around suicide and then demonstrated a way to have a conversation with someone who is thinking about suicide. The feedback reflected our style, which is to balance the seriousness of the subject with some lightness and laughter, putting people in a better place to learn. We'd love to do more of these!

"Not depressing! So thank you for keeping it light!"

"Excellent. Interesting"

"Good awareness of a variety of elements"

"More knowledge to help patients at risk or asking for help"

"Would recommend"

"We are all human"

"Very helpful/informative"

"Very interesting"

"Warm"

"GPs need more training"

"More knowledge"

"Very good course"

MECC FOCUSES MAINLY ON FIVE ASPECTS OF HEALTH AND WELLBEING



STOPPING SMOKING



DRINKING ALCOHOL WITHIN RECOMMENDED LIMITS



IMPROVING MENTAL HEALTH AND WELLBEING



BEING PHYSICALLY ACTIVE



HEALTHY EATING

While we've been doing lots of mental health training, as always, we haven't abandoned what first brought The Jen Group partners together, which was **Making Every Contact Count (MECC)**.

This is about very brief behaviour change techniques which can help people adopt healthier lifestyles, without nagging them about how bad they are!

We continue to deliver MECC as part of a Motivational Interviewing skills course for Ealing Council Adult Social Care department, and we're looking forward to a series of two part smoking and alcohol-focused MECC courses we'll be doing for the NHS North West London Training Hub in 2024.



Last date
(for now)

Free Suicide
Prevention Training

for people who live or work
in the London Borough of
Lambeth, 1st February
2024 1-4.30pm.

Booking is [here](#)



OTHER NEWS

While we're busy delivering training, presentations and webinars we don't neglect our professional development. Over recent months we've both qualified to deliver (and have delivered several) Suicide First Aid: Children and Young People courses, aimed at staff in educational settings. We're also up to date in Grassroots Suicide Prevention's Real Talk course, and Joy is qualified to deliver MHFA England's 4-hour Mental Health Skills for Managers course.

We are really pleased to announce that we are now both official MHFA Associate Instructors! MHFA England contracted Nell to review and enhance statistics in the Youth MHFA course which now has updated slides and is due for a complete relaunch soon.

We're big believers in workplace wellbeing. We've designed and delivered several bespoke team and organisational wellbeing courses which have been well received. One particular highlight of this work was being invited by CIMA AICPA to present at their recent Global Women's Leadership Conference about looking after our wellbeing, as female leaders, in often stressful workplaces.

BACK TO SCHOOL

Joy is delighted to be working with West London Zone (WLZ) again next term.

The Jen Group will be working on creative projects that look to enhance children's wellbeing, communication skills and emotional literacy. We are in three different primary schools across two London boroughs.

You can view our previous work with WLZ [here](#).



5+ ways to winter wellbeing

The holiday season is nearly on us, so how about a reminder of the five+1+1 ways to mental wellbeing, with a holiday twist?

1. **Connect** – how about sending a text, or calling, someone you haven't been in touch with. Nell has a long list of people she hasn't called for ages, and has been working her way through them. It's amazing how happy people are to hear from her, and how good it feels to reconnect. It did require overcoming the guilt of not having been in touch though!!

2. **Take Notice** – walk a different way home, stop and look up into the sky.

3. **Stay active** – it might be cold outside and we might feel reluctant to venture out, but a quick walk in the crisp air can do wonders for our wellbeing. Getting away from the desk, or the family, really helps us calm down and get a little perspective on whatever is on our mind. It's like a little mini holiday!

4. **Learn** – you could do a PhD if you want, but to benefit your wellbeing it doesn't have to be so ambitious. Learn about your neighbour, watch a documentary, read a book or website.

5. **Give** – no need for expensive gifts! Small random acts of kindness leave both people feeling better, a thankyou or a smile, just checking in on someone, all these things brighten our days and make the world a better place.

6. **Get creative** – Creating your own Christmas cards might be a bit much, but you don't need to be a great artist to get creative. Grab paper and pen, doodle, scrawl words or pictures like there's no-one looking! This is about the process not the product, so let yourself go. No-one has to see it, and you can chuck it in the bin if you want.

7. **Spirituality** - religion, meditation, mindfulness or connecting with gratitude!

[You Tube video on Five Ways to Wellbeing](#)



WINTER HOLIDAY CLOSURE

THE JEN GROUP WILL BE CLOSED FOR A WELL-EARNED SELF-CARE BREAK FROM 19TH DECEMBER 2023

REOPENING ON 3RD JANUARY 2024



The Jen Group

24/7 Emergency
Contacts

Samaritans: 24/7 support

www.samaritans.org

t: 116 123 e: jo@samaritans.org

Papyrus: 24/7 for young people

www.reallygreatsite.com

e: pat@papyrus-uk.org

t: 0800 068 41 41

tx: 07860 039967

SHOUT: <https://giveusashout.org>

tx 'SHOUT' to 85258