



Our Blue Light Emergency & Essential Services Newsletter



Welcome to the first addition of the 'Our Blue Light Emergency and Essential Services Newsletter'

So much has been happening over the past few months
and there is so much more coming up!

What's been happening.....

Senior Management Network Conference – 28 February 2017



The Senior Managers met at HMP Kirkham and were treated to some very special guest speakers:

Ian Jolley talked about his Journey suffering from PTSD

Angela Samata from BBC Life after Suicide spoke about 'The value of Lived Experience'

Dr Sharon McDonnell gave a talk on 'Giving a voice to Ambulance Staff Exposed to Suicide'

The team from 'State of Mind' gave a presentation on Mental Health & Wellbeing in the Workplace

After the guest speakers the management team broke out into working groups to look at how we take the Health & Wellbeing Network forward.

Champions Network Meeting – 05 April 2017

Champions from all our networks came together at HMP Kirkham to listen to some personal stories from guest speakers and then work in groups looking at different topics:

- What development/training can we provide for wellbeing
- What initiatives can we implement to improve wellbeing
- What are the challenges faced by wellbeing champions
- What support is needed from Senior Managers
- What is working well
- Feedback from the day
- How can we engage colleagues
- What resources do you need to carry out the role

All the feedback from the above will be given to the Senior Managers Network meetings for them to discuss.

The Dance Your Blues Away contestants announced.....



Applications were sent to Debbie Butler from members of staff within our network that want to take control of their wellbeing, get fit and challenge themselves. From all the applications, 27 people were chosen. The successful candidates have now gone a way to find a dance partner and started to practice their dance ready for the competition.

The dance heats will take place on Friday 22 September at Viva in Blackpool. Tickets are available now priced at £6:50 each. You can purchase them from:

www.ourbluelight.com/DYBA

The final will take place during the Ball on Saturday 23 September in the Tower Ballroom. Tickets are now available for the ball, priced at £64.99. You are able to use the following discount codes: For individual tickets - OBLINDIVIDUALDISCOUNT. For table booking discount - OBLTABLEDISCOUNT. They can be purchased from:

www.ourbluelight.com/charity-ball

Please come along and support your colleagues!

The 2017 London Marathon – 23 April 2017



Dan and Rich from Our Blue Light took part in this year's London Marathon for 'Heads Together'. The charity is coordinated by the Royal Foundation of the Duke and Duchess of Cambridge and Prince Harry. The Heads Together campaign aims to change the national conversation on Mental Health and Wellbeing by working together with inspiring charities.

You can read more about Heads Together on their website: www.headstogether.org.uk

What's Next.....

Network working Groups

From the meeting that was held in February with Senior Managers, it was decided that working groups would be set up. The groups were split up as follows:

- The future of Emergency & Essential Services Network
- Health & Wellbeing Champions/Ambassadors
- Post Traumatic Incident Support & Aftercare
- Blue Light Framework, Oscar/Kilo & Any other

Meetings for each working group are currently being organised. If any member of the Senior Management team would like to join any of the groups, please email Sarah Wilding – sarah.wilding01@hmps.gsi.gov.uk

Working groups for the champions will also be set up in the near future.

Our Blue Light Torch Relay

Our Blue is excited to launch the Mental Health Relay across the North of England. The Our Blue Light Torch that has been made in one of the last remaining forges in the UK will travel the North of England for 21 weeks visiting Emergency & Essential services along the way.

The Relay was launched on 29 April on Blackpool Comedy Carpet where all the different services came together to make sure the torch went off in style on its first journey. In support of our blue light Blackpool tower was lit up in blue for the weekend to show solidarity for our emergency & essential service.

The last leg of the torches journey will be a walk on Friday 22 September from Garstang to Blackpool. Everyone is invited to take part in this and tickets will be available from mid-June.

Please ensure your work place is ready for the arrival of the torch! Why not have a look on the Our Blue Light Facebook page to see how the torch has already been received!

Please remember you can down load the Our Blue Light App on your mobile and even join the Facebook page to make sure you don't miss a leg of the journey!



Blackpool Pride – 10 June 2017

All colleagues are invited to come along and join the parade with Our Blue Light. If you would like to come along, please meet at Blackpool Ambulance Station at 09:30am or alternatively at Sandcastle Waterpark at 10:30am. Dress code: Anything goes – uniform or fancy dress!

Champions Network Meeting – 04 August 2017

All our champions will be invited to attend the next Network meeting that will be held at Hutton Police HQ.

Registration is now live via www.oblchampions.eventbrite.co.uk

Southport Flower Show – 17 to 20 August 2017

The team from Our Blue Light will be entering this year's Southport Flower show again. Please keep your eye out for pictures! If we have any expert gardeners that can help with acquiring materials for the build please get in touch.

The Emergency Services Show – 20 – 21 September 2017

Our Blue Light has been invited to go along to Birmingham NEC to showcase on our Wellbeing Networks and events. We are pleased to be able to have representation from all emergency and essential services at this year's show. Registration for the event is free, please head over to the Emergency Services website.

Dance Your Blues Away – Friday 22 September 2017

Details as mentioned above. Please visit the Our Blue Light website for further information.

Our Blue Light Charity Ball – Saturday 23 September 2017

Details as mentioned above. Single tickets or table bookings are available.

Please make sure you spread the word!

Senior Management Network Meeting – October 2017

Opportunity for the proposals from the working groups that will be taking place over the next couple of months to be discussed.

Invites to be sent out shortly.

