

Hillingdon Caring For Yourself Programme with Team Boo



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Background to the programme

In 2019 we were invited to deliver our Caring for Yourself programme in a special location - the Battle of Britain Bunker, Hillingdon. During the Second World War, fighter aircraft operations were controlled from here. During 2019, the bunker hosted participants from 44 GP practices across Hillingdon and Uxbridge as they learned to care for themselves so that they could better care for others, avoid burnout, and be happier in their work and every day lives.

Our programme is deeply connected to the NHS long-term plan – supporting the requirement to build and support accountable citizens who are responsible for and engaged in their own wellbeing.

Our approach

We know that investment in individual wellbeing leads to the creation of a resilient workforce, which in turn contributes hugely to an organisation's ability to deliver high quality care; the end result being happier, healthier staff and happier, healthier patients.

The wellbeing starts during the programme itself, which sets a gentle pace and creates a compassionate, relaxed and fun environment. This is to enable learning and connection, and to allow that mental load we all carry to ebb away before we add to it. In doing so we demonstrate the self-care that is the focus of this programme.

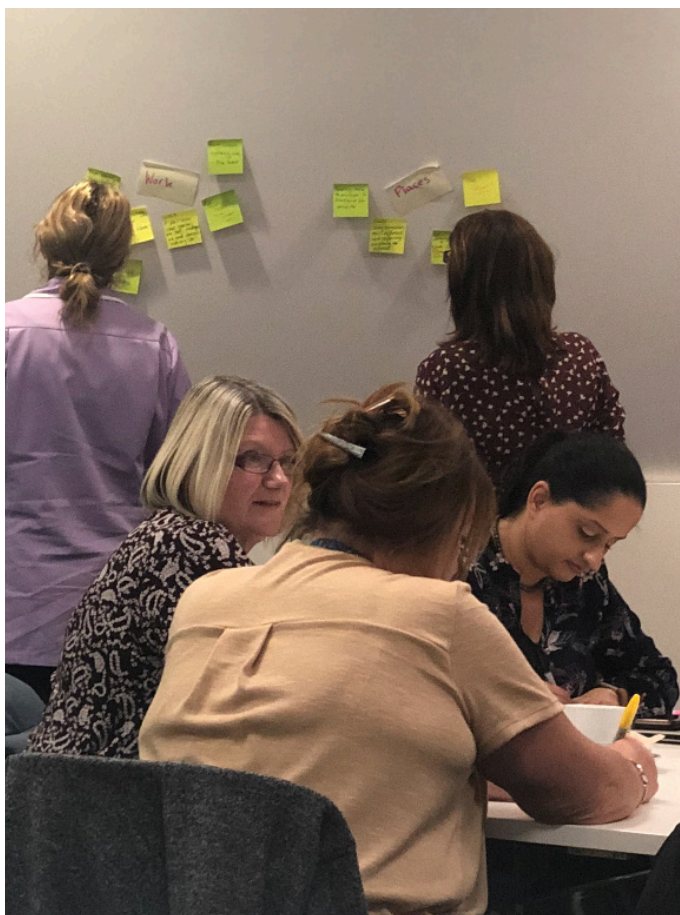
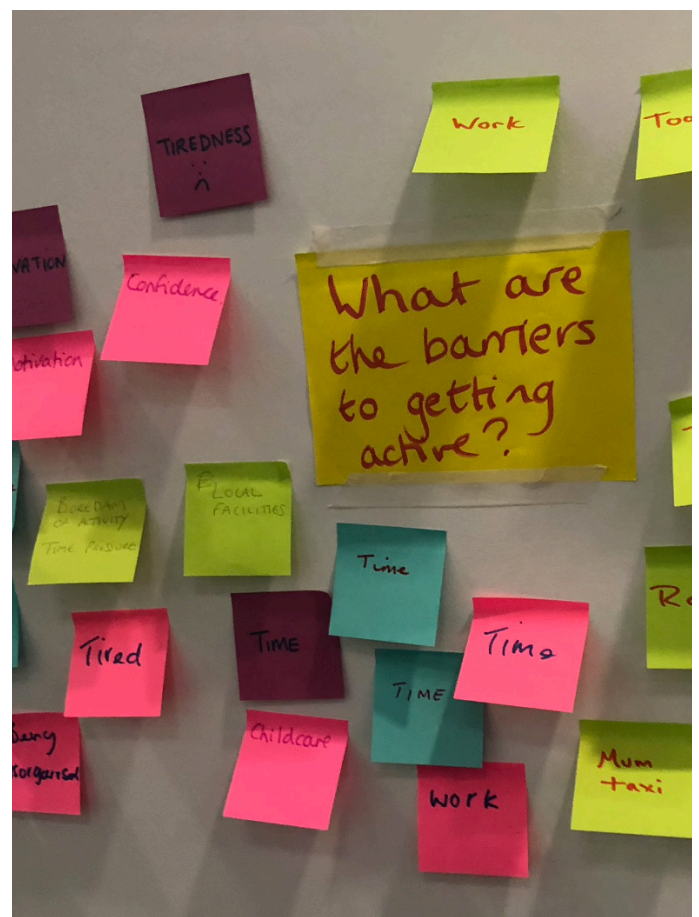
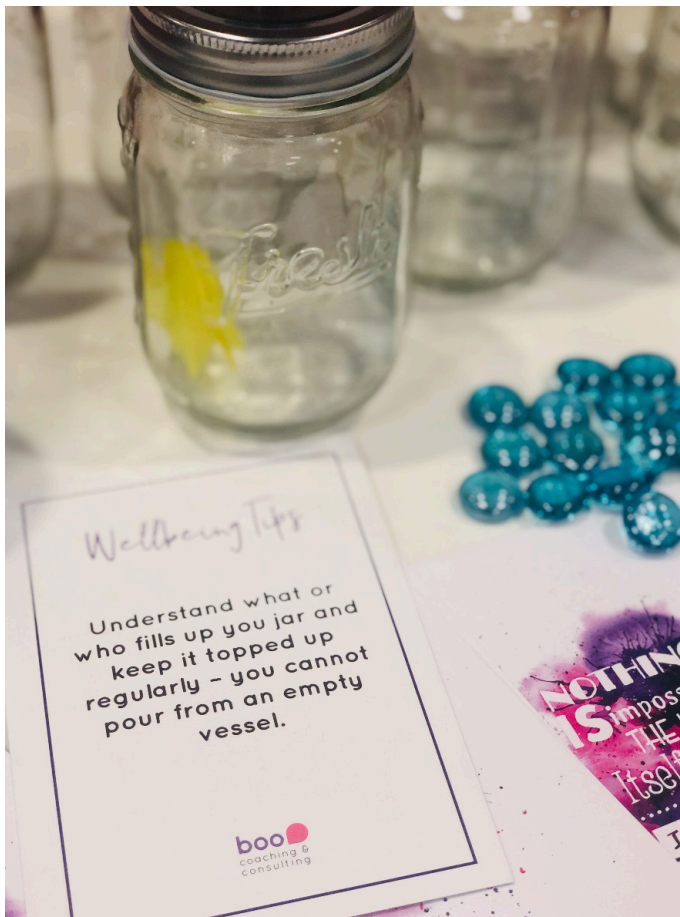
About Team Boo

The biggest impact on workplace wellbeing is how we are supported and how this makes us feel. If your workforce isn't healthy and happy then this will impact your customer experience. Our coaching, wellbeing and leadership programmes have helped thousands of bosses be better bosses. Where we've sprinkled our magic, workplaces have thrived. More information can be found at

www.boo-consulting.com



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WHAT WE DID

The Hillingdon 'Caring for Yourself Programme' consisted of 8 sessions on 7 different themes



47
Attended
(over both dates)



34
Attended



37
Attended



26
Attended



27
Attended



28
Attended

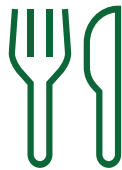


23
Attended



Venue - Battle of Britain Bunker

With a breakfast, lunch or supper club format (depending on the time of day)



There was one session a month between May 2019 and January 2020, with an average of 38 attendees for each

TOTAL ATTENDEES
222

This made participants feel less like they were back in the classroom and more that they were coming together as adults, to share refreshments and be treated as they learned.



The primary outcomes of our Caring for Yourself programme were that participants:

Understood how to take the best possible care of their own wellbeing



Understood why this was important



Were inspired to make positive changes to improve their work and home lives



The programme



1. Properly Selfish

In order to be at our best for our patients, friends, colleagues and family members we need to have a focus on our own self-care. In this session we explored the 'wellbeing grid', how to give ourselves micro renewal time and how to be 'properly selfish'. We ran this session twice, with 47 attendees.



2. Taking Notice

In a world full of social media and 'busyness', practicing mindfulness can help reduce stress levels and improve focus, productivity and overall wellbeing. This session included a meditation session and tips on how to easily incorporate mindful moments into the day. 34 people attended.



3. Everything is fine!

How often do we or others use this statement? And do we actually mean it?! This session focused on mental health and how we can support ourselves and others. We explored how we can talk about mental health and ask again if 'everything is fine!'. 37 attended.



4. Being Active

The benefits of being active are wide ranging and include improved physical and mental wellbeing. This session built in activities to get the 26 participants moving and think about how to move more in our lives.



5. Handling our inner critic

Our inner critic gives us a negative internal dialogue which stops us reaching our full potential. This session focused on techniques to help our 27 attendees challenge and quieten their inner critic.



6. Gratitude and joy

There is evidence to prove that practicing gratitude on a regular basis has a range of positive impacts on our wellbeing. This session explored those benefits and shared various gratitude practices including keeping a gratitude journal, using a gratitude jar and choosing a gratitude stone. 'Gratitude and Joy' got some of the most enthusiastic feedback, from the 28 who attended.



7. Vocation and Purpose

The Japanese concept 'ikigai' means 'a reason for being'. This session explores how we can find our ikigai and how our personal values underpin this. The session brought together the learning on this journey to focus on identifying our vocation and purpose. 23 people took part.

What did the participants say about the sessions?

The participants told us they found the sessions fun and interactive, and they noticed a real sense of positivity and warmth. They appreciated having time to 'settle in' before getting started, and having the chance to share their own thoughts, feelings and experiences – realising they weren't alone.

Almost everyone remarked on a renewed a sense of gratitude and appreciation. Many also felt a fresh connection with their core values.

What key learning did they say they'd take from the sessions?

The participants told us they were now much more mindful of taking time for themselves before they got burnt out. They pledged to seize opportunities for renewal, because this is a necessity and not a luxury – even at work. They would practice saying 'no' or 'not right now', and make a conscious effort to live in the present moment, without constantly trying to think ahead or multi-task. They felt this would help them to stay in a positive mindset and to be more empathetic towards others.



“Almost everyone remarked on a renewed a sense of gratitude and appreciation”



Feedback:

“Refreshing”

“The trainer was fantastic and really adapted the course to suit our needs”

“Great”

“Thank you.
These sessions are teaching me to take stock and enjoy each day at a time”

“i have loved every moment”

“fantastic, very good session”

“Inspiring”

“Thought-provoking”

“Fabulous”

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