

It is OK to not be OK

**We are here
for you...**

Get in touch...

www.lscresiliencehub.nhs.uk

T: 01772 520228

E: lschub@lscft.nhs.uk



The role of the Psychological Resilience Hub



Lancashire &
South Cumbria
NHS Foundation Trust

The Psychological Resilience Hub will support people adversely affected by the COVID-19 pandemic, it will do this by:

- Providing a single point of access to individuals who self-identify or are identified by services to complete an assessment of their needs
- Deliver an electronic screening tool that will facilitate the appropriate response to individuals to address their needs in relation to COVID-19 related distress.
- Provide intensive and evidence-based therapeutic interventions, either on 1:1 basis or via groups
- Deliver specialist training, advice, consultation and clinical supervision to enhance knowledge and skills amongst professionals in all relevant sectors. To offer staff support across the ICS footprint and upskilling local services as part of a systematic response
- Support individuals to prevent relapse and install resilience post-therapy

A logo for Lancashire & South Cumbria NHS Foundation Trust (LSCft). It features the text 'We are LSCft' in blue, enclosed within a hand-drawn, multi-colored rectangular border.

Workplace Trauma Support Training

WTS will develop your staff to provide peer support within their own teams. They will be supported by psychological professionals using a cascade and train the trainer model. WTS includes:

- **Workplace Wellbeing Awareness** - Enhancing awareness of wellbeing within the workforce. Learning how to look after ourselves and look after our colleagues, so we can look after others. Identifying the specific challenges faced within the service.
- **Immediate Personal Support – Manager and Team Leader Training** - Helping team leaders and managers to identify the needs of their team to be able to offer immediate and ongoing support. Enabling managers to identify staff best placed to offer psychological 1st Aid
- **Immediate Personal Support – WTS Practitioner Training** - Training identified team members to be WTS Practitioners to offer validation, enhance immediate and ongoing safety, and provide physical and emotional support.
- **Enhanced Care, Support and Treatment Pathways** - Identifying and signposting for ongoing specialist support as required



This offer is available now - to access the training please contact lschub@lancashirecare.nhs.uk

LSC Psychological Resilience Hub



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LSC Resilience Hub Referrals

Sector	Referrals to end Jan
Health Care	96
Local Authority	8
Blue Light Services	5
Other	10
TOTAL	118

- Online self referral screening tool live from December 2020 with **33%** of total referrals received in **January 2021**
- Majority referrals between ages 30-45 females
- High percentage of staff from nursing and health care assistant roles.
- Collaboration agreed with Critical Care Network in January 2021
- Range of promotional materials available to support staff in accessing resources, support

Workplace Trauma Support & Team Resilience

Contact	Numbers
Team Resilience sessions	25
Individual staff engaged	350
WTS Trainers trained	169

- People trained to reach between 10 and 30 peers with support, advice and guidance
- 27 teams trained in WTS from 1 acute hospital trust
- Large number of sessions arranged with range of organisations in Q1 and Q2 2021



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If you've been struggling during the Covid-19 pandemic or you're worried about someone else, you can now get in touch with the Lancashire and South Cumbria Resilience Hub.

The Hub can help anyone – from someone in need of extra help and guidance on their wellness, someone who needs urgent psychological help to those who aren't sure what they might need.

Whatever you need to help you get back on track is okay. It also offers support for those who are managing and leading during the pandemic as well as the family and friends of those who are struggling.

The Resilience Hub online screening tool is now live and can be accessed by clicking [here](#).

Screening and triage will support people in receiving timely intervention.

You can call the team at the Lancashire and South Cumbria Resilience Hub on 01772 520228 or you can email the team on lscub@lscft.nhs.uk

