

North East and North Cumbria Staff Mental Health and Wellbeing Hub Briefing

May 2026

- Expert Support When You Need It
- Someone to Talk to Day and Night
- New Hub Groups
- Additional Support for Line Managers Supporting Neurodiverse Staff
- Support for Musculoskeletal Health with Sword
- Online Yoga for Every Body
- Drink Coach
- Specialist Hub Alcohol and Substance Support
- Quit Smoking with Free Support for Staff
- Mindfulness Sessions and Courses
- Finalist in Staff Excellence Awards
- Live Recording - You are Not a Frog Podcast
- Would you like us to speak to your teams?
- Please Help Us Spread the Word

Staff Wellbeing Hub

We offer fast, confidential support from experienced NHS clinicians who understand the pressures you face. If you're struggling at work or home, reach out today.

Our Staff Wellbeing Hub is here for everyone working in health or social care across our region. Whether you're on the frontline or working hard behind the scenes, we're here to support you.

Don't hesitate to reach out. Your wellbeing is our priority

Expert Support When You Need It

Late Spring and the bank holiday can bring a welcome chance to pause, but we know the pressures of health and social care do not simply stop.

The Staff Wellbeing Hub offers fast, confidential support from experienced NHS clinicians who understand the work you do and the pressures you face.

We are here for everyone working in health or social care across the North East and North Cumbria, whether you are on the frontline or working behind the scenes.

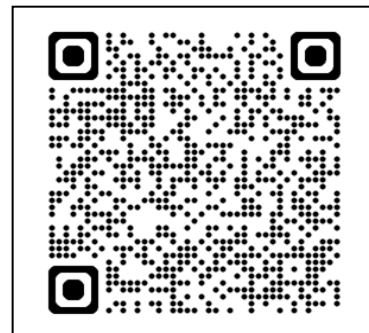
If you are struggling at work, at home, or simply feeling worn down, please reach out. Your wellbeing matters.

While you continue to care for others, let us offer some care for you.

Getting help is simple:

- 🌐 Self-refer online [here](#) via our confidential brief form (or via QR code )
- ✉ Email: hubstheword@cntw.nhs.uk
- 📞 Confidential voicemail: **0191 223 2030**

You do not have to manage everything on your own.



Someone to Talk to Day and Night

Need someone to talk to?

Text **SHOUT** to **85258** to reach a confidential, 24/7 support service where trained volunteers are ready to listen and help, whenever you need them. Whether you've had a tough day or feel overwhelmed, you're not alone. Ideal when it's late, you need anonymity, or you want support right now by text.

New Hub Groups

If you're looking to gain a deeper understanding of stress, this 6-week, skills-based online group, held via Teams, may be a great fit for you!

This group will help to you:

- Understand how stress works and how to tackle it.
- To look at work/life balance, learn how to say no, and the barriers to doing this.
- Use radical acceptance, which is a distress tolerance skill to build resilience.
- Focus on mindfulness, including an understanding of the power we give negative thoughts.
- Improve our sleep.
- Use self-compassion as a way of managing stress

Due to high demand, we're now offering an additional evening group alongside our regular sessions, making this valuable resource accessible to those unable to attend during the day.

Evening group starting Tuesday 26th May at 6pm-7.30pm

Daytime group starting Tuesday 2nd June 10am – 11.30am

These groups are a great opportunity to learn new skills and connect with others in a safe space. They are popular – so don't delay!

Interested in one of these groups? [Click here](#) to self-refer

Additional Support for Line Managers Supporting Neurodiverse Staff

To help workplaces better support Autistic and ADHD staff, the Hub is offering:

- Online training for line managers exploring neurodivergent experiences in the workplace and how managers can provide meaningful support
- Optional line manager drop-in sessions where managers can ask questions and discuss how best to support Autistic and ADHD staff. These will be online webinars and run from 1pm-2pm on:
 - Monday 15th June
 - Monday 20th July
 - Monday 21st September
 - Monday 19th October
 - Monday 16th November

The sessions will be facilitated by Kieran Rose, an internationally recognised Autistic author, researcher, and trainer; and Mary Lavender an Autistic Speech and Language Therapist and lead for CNTW's Disabled Staff Network.

Interested in attending? Email hubstheword@cntw.nhs.uk

Support for Musculoskeletal Health with Sword

If you are experiencing musculoskeletal pain or problems that are affecting your work or day-to-day life, the Hub may now be able to offer quick access to digital MSK support through Sword Health. This innovative service provides a personalised recovery plan, guided exercises you can do from home, and real-time feedback to help you move safely and build confidence. It is designed to help health and care staff improve mobility, manage symptoms, and stay well at work. Please contact the Hub if you think this support could help you.

Interested? [Click here](#) to self-refer to the Hub

Online Yoga for Every Body: Our Next 6-Week Series

Starting on Wednesday 3rd June, 6pm to 7pm, join our online yoga series designed for every body. Expect calm, gentle movement to ease stress and anxiety, build body awareness, and grow self-trust with mindful tuition. Suitable for all fitness levels and complete beginners. Block booking for the full six weeks. Runs 3rd June to 8th July on Microsoft Teams

Interested? [Click here](#) to self-refer or email hubstheword@cntw.nhs.uk.

Drink Coach – Confidential Coaching to Help You Cut Down

If you are starting to be worried about your drinking, then Health & social care staff in North East & North Cumbria can access free, **confidential**, online alcohol support. Book up to six 1:1 confidential coaching sessions with a Drinkcoach alcohol specialist to help you cut down, for good. Start with the 2-minute [AlcoholTest](#) to start your journey to better health and access free support.

Specialist Hub Alcohol and Substance Support with Dr Al Zadjali

Dr Al Haysam Al Zadjali, a specialist psychiatrist works as part of our Hub team to offer specialist support for health and social care staff who want to reduce or explore their use of alcohol or other substances.

His expertise and guidance can be accessed by confidential self-referral to the Hub, or by referral.

Interested? [Click here](#) to self-refer or make a referral, or email hubstheword@cntw.nhs.uk.

Quit Smoking with Free Support for Staff

Caring for others starts with caring for ourselves. If you smoke and work in Health or in Social Care across the North East and North Cumbria, you can access free, confidential support to quit smoking. Support is designed to fit around working life. Visit <https://smokefreeapp.com/referral-nhs/> to sign up.

Mindfulness for Health and Social Care Staff

TEWV Staff Mindfulness Service offer mindfulness sessions and courses free to all health and social care staff in the North East and North Cumbria. They are an award-winning team of experienced NHS mental health professionals, who are experts in mindfulness and CBT.

They offer drop-in sessions, tasters, a three-week introduction to mindfulness course, and longer courses ranging from four to eight weeks. New sessions and courses have just been added!

For more information on how to sign up for the sessions or courses please click [here](#)

🎉 CNTW Staff Excellence Awards 🎉

We are thrilled to share that we are finalists in the CNTW Staff Excellence Awards for Innovation and Improvement. There were 1,226 nominations this year, so to be a finalist feels like a real achievement and important recognition of our work.

🎙️ You Are Not a Frog Podcast: Burnout and Healthier Workplaces 🎙️

A live recording of the *You Are Not a Frog* podcast is now available. Recorded at the Newcastle Burnout-Free Working conference in April, it features Dr Rachel Morris, former NHS GP and host of the top 100 Apple podcast, alongside Dr Chris Turner, Co-founder of Civility Saves Lives, NHS Emergency Medicine Consultant, and Dr Richard Duggins, Clinical Lead of the Staff Wellbeing Hub. The conversation explores burnout, boundaries, team culture, uncertainty, saying no, supporting colleagues, and what it really means to build healthier workplaces. You can watch the recording here: <https://www.youtube.com/watch?v=6d4zN3MH5t0>

🗣️ Would You Like Us to Speak with Your Teams? 🗣️

The Hub was delighted to be invited to speak with more than 130 staff at North Cumbria Integrated Care NHS Foundation Trust's weekly Team Brief. It was a great opportunity to share more about the support available through the Hub, discuss our work, and answer questions from colleagues. Thank you for inviting us.

If you would like the Hub to speak to your organisation or team, or to contribute to an away day on staff wellbeing, burnout, or mental health, please get in touch by emailing hubstheword@cntw.nhs.uk

💖 Please Help Us Spread the Word 💖

No matter where you work in health or social care, we're here to support you. Always!

We would be grateful if you could share this briefing with your colleagues, teams and networks. Please forward to a colleague who may be interested.

You might also like to ask your communications lead to include this briefing in newsletters.

To **subscribe**, email hubstheword@cntw.nhs.uk with subject 'Briefing sign-up'