

The Clinical Entrepreneur Programme Health and Wellbeing Handbook 2022

NHS Clinical Entrepreneur Programme

CLINICAL ENTREPRENEUR PROGRAMME

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Health and Wellbeing on the NHS Clinical Entrepreneur Programme



Introduction

The NHS Clinical Entrepreneur Programme, was established in 2016 and aims to support healthcare staff to develop the commercial skills, knowledge and experience needed to successfully develop and spread innovation, for the benefit of patients, the public and the wider NHS.

The programme offers a range of support including guidance and opportunities around health and wellbeing. The programme understands the importance of equipping entrepreneurs and the NHS workforce with the skills and knowledge to support their own wellbeing and also support others.

This booklet has been developed to provide an outline of the tools, information and support available to all on the programme.

If you have any questions, please contact the NHS CEP Team: Cep@aru.ac.uk

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Health and Wellbeing on the NHS Clinical Entrepreneur Programme

Introduction



"Our day jobs in the NHS can sometimes feel really tough and although transforming patient care through innovation and entrepreneurship can be so impactful and personally rewarding, it can also be really demanding; physically, mentally and emotionally. That is why our team is dedicated to supporting your health and well-being throughout your journey with the NHS Clinical Entrepreneur Programme."

Professor Tony Young OBE- *National Clinical Lead for Innovation at NHS England, and NHS Improvement; Professor of Medical Innovation and Entrepreneurship, Anglia Ruskin University; Consultant Urological Surgeon at Southend University Hospital and Associate Medical Director Mid and South Essex NHS Foundation Trust*



"We work hard within the NHS and put ourselves out-there as innovators, entrepreneurs and disruptors. We deserve to be able to go home after a long shift or a hard day of work and sleep well to recover for the next day. We need to be able to reach out for support in the moment of difficulty and know that we will be there for each other-as NHS Clinical Entrepreneurs, HIP Health Innovators and Crisis Entrepreneurs."

Emilios Lemoniatis- *Consultant Child and Adolescent Psychiatrist and Clinical lead for Health and Wellbeing on the NHS CEP*

Emergency Support Contact Information

Important Emergency Information



IMPORTANT:

- If you are thinking about suicide, feel unsafe or have seriously harmed yourself, call **999** for an ambulance or go straight to **A&E**.
- For further information on your local emergency services, please click [HERE](#)
- If you or an individual requires attention and is not safe to leave alone, Call 111 Option 2 where a member of the Crisis Response Service can support you.
- Please continue to follow your NHS internal policy when supporting the health and wellbeing of yourself and others within your organisation.
- For further Health and Wellbeing support please contact your local occupational health department and local trust health and wellbeing leads.
- If you have Health and Wellbeing concerns for someone on the programme, please see our emergency escalation pathway on our website (nhscep.com) or contact the programme team at CEP@aru.ac.uk

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NHS



Emergency Support Contact Information

National Helplines



Helpline	Contact Information
Find a helpline	Click Here- Search for helplines and further information
Wales helplines and support	Click Here- Wales
Scotland helplines and support	Click Here- Scotland
Northern Ireland helplines and support	Click Here- Northern Ireland
UK Wide helplines and support	Click Here- UK Wide
Bereavement support line	Call 0300 303 4434- Operated by Hospice UK and free to access from 8:00am – 8:00pm, seven days a week.
Samaritans	Call 116 123 or call the confidential NHS staff support line open 7-11pm, 7 days a week on 0800 069 6222

Emergency Support Contact Information

National Helplines



Helpline	Contact Information
Papyrus	Call 0800 068 41 41 – Monday to Friday 9am to 10pm, weekends and bank holidays 2pm to 10pm Text 07860 039967 or Email: pat@papyrus-uk.org
Mind	Monday-Friday 9am to 6pm except bank holidays, www.mind.org.uk, InfoLine: 0300 123 2293 to call, or text 86463, Email info@mind.org.uk
Calm	Every day of the year, 5pm to midnight- www.thecalmzone.net, Helpline: 0800 58 58 58 , Webchat: www.thecalmzone.net/help/webchat/
National Debtline	Call 0808 808 4000 – A free and confidential service debt advice service for people in England, Wales and Scotland.
National Domestic Violence Hotline	Call 0800 2000 247- 24 hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence to live lives free of abuse.
Frank	Call 0300 123 6600- Find out everything you need to know about drugs, their effects and the law. Talk to Frank for facts, support and advice on drugs and alcohol today.
Problem Gambling Support	Call 0800 8020 133- GamCare is the leading UK provider of free information, advice and support for anyone harmed by gambling.
Alcoholics Anonymous	Call 0800 917 7650- AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

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Emergency Support Contact Information

Free Wellbeing Apps



App	Information- Each app is downloadable from the app store except Cityparents
#StayAlive	The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. More information: Click here
Bright Sky	Bright Sky is a free to download, confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. More information: Click here
Cityparents	The Cityparents programme consists of a curated collection of positive and practical support for working parents, delivered through expert-led webinars/seminars, advice, peer insights, online articles, blogs and podcast. Website and for more information on free access: Click here
Headspace	Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep. For more information on free access: Click here
Unmind	Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. For more information on free access: Click here

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Health and Wellbeing

NHS CEP Offering



In 2022, the programme team will be working with our clinical lead Emiliós LEMONIATIS to expand our Health and Wellbeing offering.

We are exploring:

Training Programmes- In November we trialled the Frontline Buddy Training Programme with a small cohort of NHS CEP mentors. We are now exploring the most effective way forward on providing health and wellbeing training for the programme. To learn more about FrontlineBuddy please [Click Here](#)

'Clinical Entrepreneurs join the NHS CEP when their innovation or idea is between emergence and commercial success, this part of the journey is known as the 'valley of death' due to how difficult, long and precarious it is. The Frontline Buddy programme acknowledges that Clinical Entrepreneurs (CE's) need to focus on well-being as a proactive part of their journey, and that CE's are best placed to support each other's journey through the programme. FrontlineBuddy provides a connecting and checking-in programme for discussing, understanding and recognising the well-being concerns in others and of course yourself in the process.'

Tamsin Holland Brown- Paediatrician, Delivery Lead on the NHS CEP and Frontline Buddy.



Health and Wellbeing Support Groups

Regular Pit Stop Sessions

Educational Sessions and Events

Resources and more...



Frontline Buddy

The programme team will be in touch with more information and opportunities.

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Health and Wellbeing

NHS CEP Offering



Non-emergency health and wellbeing concerns

The NHS Clinical Entrepreneur programme Team understands that health and wellbeing challenges can arise at anytime throughout your journey on the programme and therefore we have created two guidance sheets, for easy access to support when/ if it is required.

Entrepreneur Guidance Sheet

The first sheet is for all entrepreneurs on the programme, including; NHS Clinical Entrepreneurs, HIP Health Innovators and Crisis Entrepreneurs. Please refer to this guidance if you require support.

Mentor Guidance Sheet

The second sheet is to support the mentors on the programme when supporting their mentee's. Please refer to this guidance throughout the year.

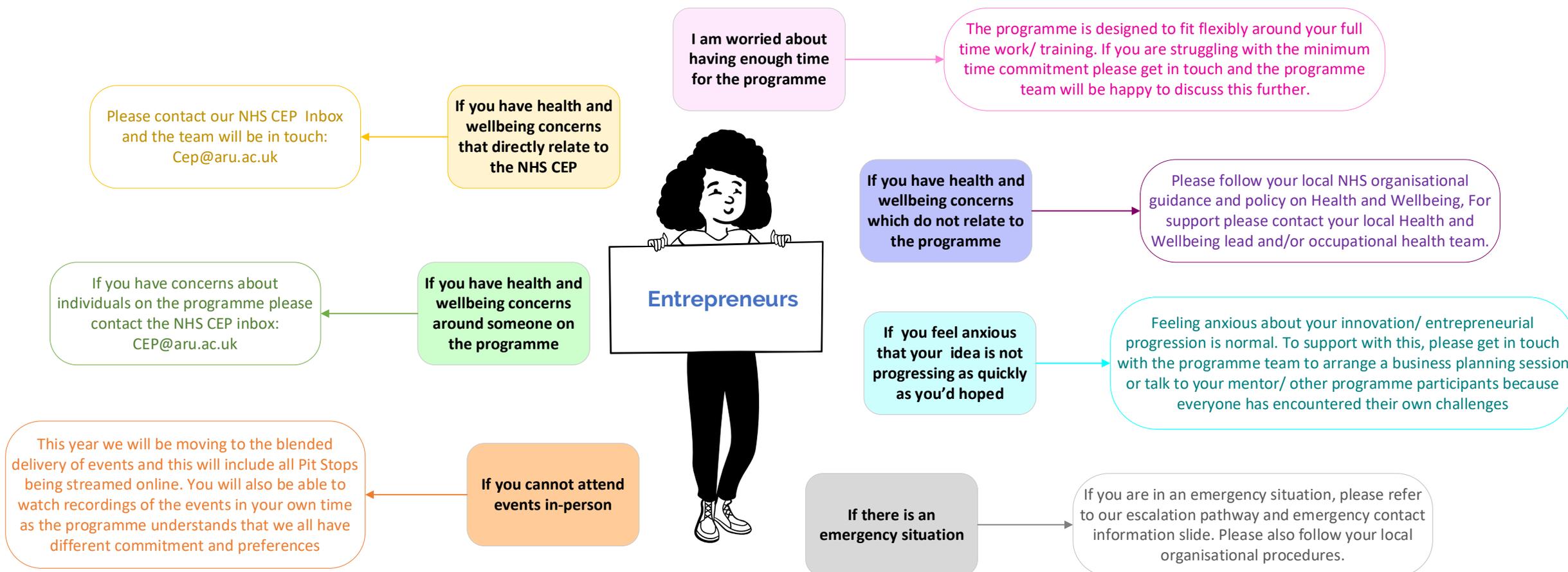
Important: In an emergency situation please follow your local NHS organisational policy, the NHS CEP escalation pathway and contact information on slides 5-8.

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Health and Wellbeing

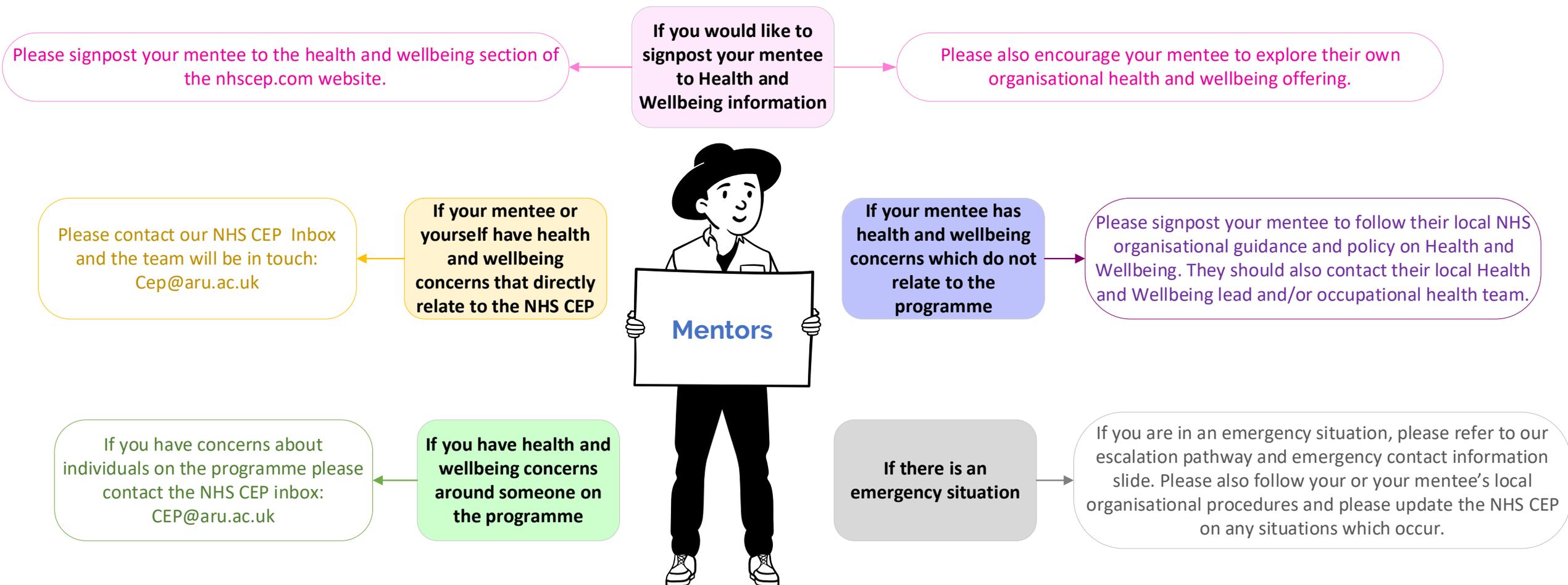
Clinical Entrepreneur Non-Emergency Guidance Sheet



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Mentor Non-Emergency Guidance Sheet



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NHS Health and Wellbeing Resources

The National NHS Support Offering

To explore the National NHS Support Offering for Health and Wellbeing, please [Click Here](#)

Please **click** on the icons below to access supportive resources.



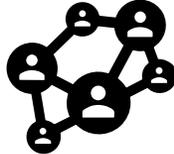
Mental health and wellbeing hubs



Helpful NHS Professionals resources



Financial Wellbeing



Health and Social Care Support



How-to guides



Line manager support



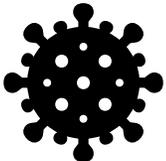
Self-Help



Dedicated coaching for the primary care workforce



Weight management



Long Covid Support



Support for diverse colleagues



Substance misuse and gambling Support



Physical Health and Wellbeing



Executive Leader Support

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Health and Wellbeing Resources

Leadership and Everyday Resources

Growth 2022- Development programmes & resources for you to access

Please **click** on the icons below to access supportive resources.



GOV.UK-
Wellbeing
resources



Mindfulness
course



Collaborative working in
a remote team course



Supporting
others in
difficult times



Wellbeing
conversations



Professional
resilience course



Psychological
First Aid
course



Positive
Thinking



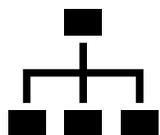
MindOut LGBTQ
Mental Health



Effective
communication
course



Free online
management
courses



Supporting
your team



Personal
Development
course



Women's
Health

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Health and Wellbeing Resources

Leadership and Everyday Resources Continued

Please **click** on the icons below to access supportive resources.



Journaling



Support for
BAME NHS
Staff



Ted Talks-
Happiness



Veteran
Support



Understanding
anxiety and
depression
course



Workplace
wellbeing



Ted Talks-
Leadership



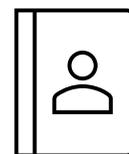
Men's Health



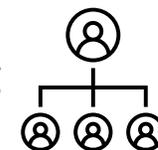
Help for suicidal
thoughts



Managing
mental health
course



Wellbeinginfo.org
Resources



Lead with
compassion
course



Stress support



Ted Talks-
Explore all Topics



Ted Talks-
Mental Health



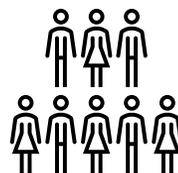
HEE – Mental Health
resources and guides



A podcast for
busy people in
high stress jobs



Remote
working tool-
kit



Ted Talks-
LGBTQIA+

Health and Wellbeing Resources

National Campaigns



April 2022	May 2022	June/ July 2022	August 2022
Stress Awareness Month 28 th - On your feet Britain	National Walking Month 9-15 th - Mental Health Awareness Week	13-17 th June - BNF Healthy Eating Week 14 th June- World blood donor day 20-26 th June- Cervical Screening Awareness Week	4 th - Cycle to work day
September 2022	October 2022	November 2022	December 2022
10 th - World suicide prevention day 17 th - World patient safety day 25 th - Worlds biggest coffee morning 27 th - National fitness day	Stoptober National Cholesterol Month Breast Cancer Awareness Month Menopause awareness month 10 th - World mental health day	Movember- Men's health awareness month 2 nd - National stress awareness day 11-16 th - Alcohol awareness week 14-20 th - Self-care week	25 th November- 10 th December- 16 days of action against domestic violence 1 st - World AIDS day 2 nd -8 th - National grief awareness week

For more information and a calendar of all national campaigns please

[Click Here](#)

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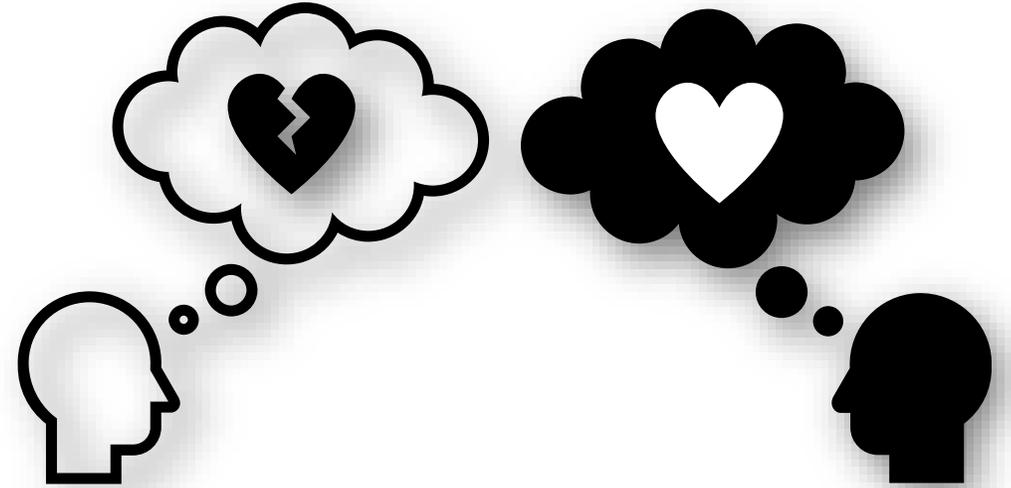
Health and Wellbeing Resources

Suicide Awareness

"We know it can be daunting, but talking about suicide doesn't have to be difficult and you don't need to be an expert. Being open and ready to have that conversation can help to save someone's life. "

Please complete the **FREE** training from the Zero Suicide Alliance [Here](#)

The training is also available at www.letstalkaboutsucideessex.co.uk and it takes just **20** minutes to complete.



Contact Information

Let's talk. If you have a question, please use the contact information below and we will get back to you as soon as possible – thank you!

Get in contact:

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Essex
CM1 1SQ
Tel: 01245 68 4315
Email: cep@aru.ac.uk
Website: www.nhscep.com

Find us on social Media:



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