



TUESDAY 12TH JANUARY 2021

“The greatest weapon against stress is our ability to choose one thought over another.”

William James

**New beginnings
What does that mean?
To shred, to tone, look incredibly lean?
Perfect thy Motherly routine?
Be thy Father who is available and keen?
New beginnings
What does that mean?
One step at a time
Your whole song does not require rhyme
Keep thy thoughts in line
And our actions, how we respond
Will be honourable, every single time.**

Shauna Healy



COVID VACCINE BOOKING - NOW OPEN FOR ALL STAFF

All Trust staff are now able to book their first dose vaccination.

Click [HERE](#) for more information.

VACCINE BOOKING LINE – 02871 610753

[Video Appeal to Ethnic Minority Colleagues - Dr Mukesh Chugh, Consultant Anaesthetist](#)

[COVID Vaccine Scam - Fraudulent Text Messages](#)



CREATIVE WRITING COMPETITION FOR STAFF

Enter a Poem and/ or a Short Story in to our creative writing competition for staff. Great prizes to be won and shortlisted entries will be published in a Book. Click links below for more info...

CREATIVE WRITING COMPETITION INFO

COMPETITION ENTRY FORM

COMPETITION TERMS AND CONDITIONS

For any queries: Email twist.west@westerntrust.hscni.net

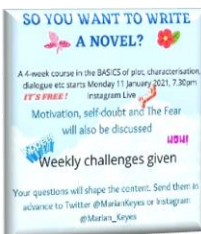


MEET THE JUDGING PANEL

Shauna Healy is the Staff Health and Wellbeing Coordinator for the Western Trust and Project Lead for the Western Trust Creative Writing Project 2020/21. Shauna has a passion for writing, reading and all things words and wellbeing.

There are 6 Judges on our Judging Panel for our Creative Writing Competition. Shauna will coordinate this panel of Judges and in the interest of fairness will not be an active Judge due to active involvement in the administration of this Project.

"Best of luck to everyone who enters our competition. You never know, to the Galgorm you may go! I think we all deserve a soak in the hot-tub right now. We are looking for entries from a range of staff; it doesn't matter if you have never written anything creative in your life, now is the time to try new things. There is still 2 months left to send your entry our way but do not delay, do not put off until tomorrow, what can be done today. Happy writing." ☺



WRITING TIPS FROM MARIAN KEYES

For anyone looking for writing tips; Marian Keyes has started a 4-week novel writing course this week via her official Instagram Page. The 3 remaining sessions will air live on Marian's Instagram for the next 3 Mondays at 7:30pm. You can also catch up on these sessions on Marian's Youtube Channel.

Click [HERE](#) for more info.



LIBRARIES NI

If you prefer to listen to books rather than read, check out the audiobooks available for free via Libraries NI App. Free to download and available to all who work, live or study in NI.

Check out available AUDIOBOOKS [HERE](#)

Not a Libraries NI member? [JOIN HERE](#)



AWARE – POETRY COMPETITION FOR P6 & P7 CHILDREN

For many children, mental health is perhaps something they have never talked about before and AWARE want this to change. To encourage children to start the conversation about mental health, AWARE are launching ***Express Yourself - a children's mental health poetry competition*** this February for Children's Mental Health Week in partnership with the Community Foundation. The competition will allow pupils to express their thoughts and feelings about the past year through creative writing.

Click [HERE](#) for more info...



MENTAL WELLBEING

Let's look after our mental wellbeing this year. Yes, times are uncertain and maybe pressured but we can always be certain and in control of how we respond. Tuning in to how you are feeling in situations and taking time to breathe and decide how best to respond, can help us to manage stress and anxiety in a manner that will not compromise our mental wellbeing and potentially strengthen it. Here are some links to help us

look after our mental wellbeing:

[**What is Cognitive Behavioural Therapy?**](#)

[**Parenting in a Pandemic - Tips from Action Mental Health**](#)

[**AWARE - Online 6 Week Living Life to the Full Course**](#)

[**Wellbeing Resource for Western Trust Staff**](#)

[**10 Tips to Help you Complete DRY JANUARY**](#)

[**I-Recovery College - New Year Online Prospectus**](#)



HAPPIER JANUARY CALENDAR

This month, Action for Happiness are encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.

You can download the calendar by clicking [HERE](#)



PHYSICAL WELLBEING

Click the links for information to support your physical wellbeing:

[Exercise Health Benefits](#)

[Outdoor Recreation and Restrictions](#)



ACTIVE TRAVEL

Kieran Coyle, Sustans Workplace Active Travel Officer for the Altnagelvin and Gransha sites has been developing new ways of supporting you to travel more actively. Kieran will be delivering webinars called Bike Ready and posting regular newsletter articles and competitions on TWIST West. Details to be released soon.

To get you kick started, Kieran has created an online club called I-CAN

Download App here <https://www.strava.com/mobile>

Join Club here <https://www.strava.com/clubs/I-CAN>

Click [HERE](#) for more information on what Kieran has to offer.



PSYCHOLOGICAL FIRST AID TRAINING - FREE

NHS Staff and volunteers can now access Psychological First Aid training online free of charge. The course will help you develop skills and confidence to provide psychological support to people affected by Covid-19.

Click [HERE](#) for more info...



BROWSEALLOUD TOOL ON PUBLIC HEALTH AGENCY WEBSITE

The Public Health Agency have a tool called Browsealoud on their website to read aloud and translate the webpages and PDF information leaflets.

The PHA have recently developed guidance on how to use Browsealoud.

Click [HERE](#) to view.



SPIRITUAL THOUGHT OF THE WEEK

Canon David Ferry – Church of Ireland

If we ever doubt our self-worth, remember that our creator God says 'You are precious in my sight, and honoured and I love you'. God also says to us 'I will go before you and make the crooked places straight.' And that's a promise!! Every blessing for 2021.

EVENTS



PILATES SESSIONS FOR STAFF

6 week PILATES programme to start in January for Western Trust Staff **NOW FULLY BOOKED.**

This Programme is an introduction to Pilates with a progressive 6 week programme of exercises to help with physical and mental health.

Sessions will be led by **Claire Lightowers - Exercise Professional** with the **Conditions Management Programme – WHSCT** and supported by **Patrick O Donnell Physiotherapist WHSCT**

FREE ONLINE ANTENATAL CLASS

Access the same content as a face-to-face antenatal class from your home. With content you can trust written by Midwives, Health Visitors and Clinical Psychologists.

Click [HERE](#) for more info...



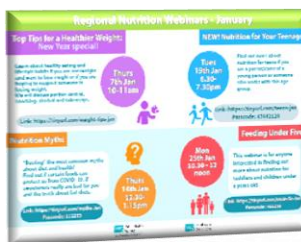


ONLINE STRESS CONTROL CLASSES - 2021

If you are feeling a bit more stressed than usual and would like to learn some great ways to support your mental health and emotional wellbeing, you are invited to participate in this renowned six-session, cognitive-behavioural therapy class.

More Information

Short Introductory Video



FREE NUTRITION INFORMATION SESSIONS

Have you gained weight over Christmas and want ideas & guidance to get back to a healthier weight? Do you have a child aged under 5 or a teenager at home and want to know more about good nutrition for them? Do you find information about healthy eating confusing?

If your answer is 'Yes' - A series of nutrition information sessions (webinars) will be delivered by Dietitians throughout January.

Click [HERE](#) for dates and links for sessions.



LOW CHOLESTEROL RECIPES

The Public Health Agency have lots of great tasting and low-cholesterol recipes for you to try, click on the link below for some tasty recipes.

Low Cholesterol Recipes