**TUESDAY 15th DECEMBER 2020**

*"Those who don't believe in magic will never find it."*

**Roald Dahl**

## IT's CHRISTMAS

Staff have been going to great efforts to spread some Christmas cheer to end the year. There are some beautiful Christmas trees and lights across the Western Trust – click **HERE** to view some of the photos we have been sent of the December décor in Altnagelvin Hospital.

## CREATIVE WRITING COMPETITION FOR STAFF

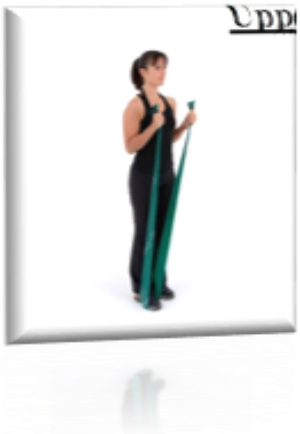
There is great interest in the; ***It's a Wonderful Word*** **Creative Writing Competition** for Staff. Don't forget to send in your entry. There are some fabulous prizes plus, the chance to have your writing appear in a published Book as all short-listed entries will be included in the Western Trust Writer's First Published Book.

**CREATIVE WRITING COMPETITION INFO**

**COMPETITION ENTRY FORM**

**COMPETITION TERMS AND CONDITIONS**

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



## HOME WORKOUT – NOT SURE WHERE TO START?

Let Claire Lightowlers from the Conditions Management Programme Team and Emmet Doherty from the Physiotherapy Team help you with their series of short Tabata workouts and 1 minute challenges. A little goes a long way.

**WATCH VIDEOS**

## HELP THE PUBLIC HEALTH AGENCY TO PROTECT THE PUBLIC

2020 has been a year like no other for public health and for working together and the Public Health Agency would like to ask all to help in sharing their public Health Messages.

Click **HERE** to view 3 key Public Health messages and links to further information.

## SMOKING CESSATION SPECIALIST SERVICE

Although the WHSCT Smoking Cessation service has suspended drop in clinics, you can still avail of support to stop smoking, remotely.

Click **HERE** for more information.

## WELLBEING AT WORK

Click **HERE** for a range of information to support your wellbeing at work.

## GOOD RELATIONS STATEMENT FROM THE HSC SECTOR

Click **HERE** to view the HSC Sector pledge to promote good relations amongst everyone - our patients, service users, carers, visitors and staff.

## ELECTRICAL SAFETY AT CHRISTMAS

**Ho ho ho! The festive season is in full swing and homes across the Western Trust are twinkling with fairy lights and Christmas cheer.**

But are you taking dangerous risks with your safety during the holidays? Click **HERE** to find out more on some common activities that may be putting you and your family in danger, with some simple tips to help you stay safe.

## SLEEP – ARE YOU GETTING ENOUGH?

With busy working lives and preparing for Christmas, a good night's sleep can sometimes be slung to the wayside. Click **HERE** for everything you need to know about sleep, from the myths to how much you should be getting to sleep diaries and help to manage anxiety so that you can ease into slumber at night time.

## FARMHOUSE VEGETABLE SOUP

This wonderful soup will keep you warm and full and can be counted as one of your 5 a day!

Find Recipe **HERE**

# SURVEYS

## LONG COVID

Are you experiencing symptoms of Long COVID? A working group has been set up to develop supports for Staff experiencing Long COVID.

Click **HERE** for more information. **LONG COVID SURVEY**