



TUESDAY 23rd FEBRUARY 2021

**“Anyone who has never made a mistake
has never tried anything new.”**

Albert Einstein

[CLICK HERE FOR INFORMATION FOR STAFF EXPERIENCING LONG COVID](#)

[3 WEEKS LEFT TO ENTER THE WESTERN TRUST CREATIVE WRITING COMPETITION](#)



CREATIVE WRITING COMPETITION – 3 WEEKS LEFT TO ENTER

Enter a Poem and/ or Short Story in to our creative writing competition for staff. Great prizes to be won; **a trip to the Galgorm** and more... Shortlisted entries will be published in a Book.

[CREATIVE WRITING COMPETITION INFO](#)

[COMPETITION ENTRY FORM](#)

[COMPETITION TERMS AND CONDITIONS](#)

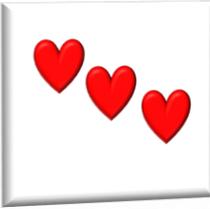
For any queries: Email twist.west@westerntrust.hscni.net

A SPACE FOR YOU

Drop in Sessions for Staff Facilitated by Clinical Psychologists

As part of our wellbeing support plan, we are now piloting confidential drop-in sessions, one day per week on both Altnagelvin (Wednesdays) and SWAH (Mondays) sites. Sessions lasting up to 40-minutes, will be scheduled on the hour from 10am, with last session starting at 3pm. Click [HERE](#) for more information on how to avail of these sessions.





POETRY OF LOVE

Please take a few minutes of time out today to enjoy a little poetry read to you by your Western Trust Colleagues.



MAEVE O'NEILL - PHYSIOTHERAPIST

Maeve O'Neill reads: *The Long Bench* by Jim Croth.

Click [HERE](#) to view video.



MABEL JOHNSTON – NURSING ASSISTANT

Mabel Johnston reads: *A Gift from God*.

Click [HERE](#) to view video.



MIRIAM MCQUINN – SUPPORT WORKER AT KILLEADEAS DAY CENTRE

Miriam McQuinn reads: *What is Love?* by Ria Shirana.

Click [HERE](#) to view video.



JANICE BOYLE – STAFF NURSE, OMAGH DAY CENTRE

Janice Boyle reads: *Love Sonnet 18* by William Shakespeare.

Click [HERE](#) to view video.



ANNE DARCY – CLINICAL PSYCHOLOGIST

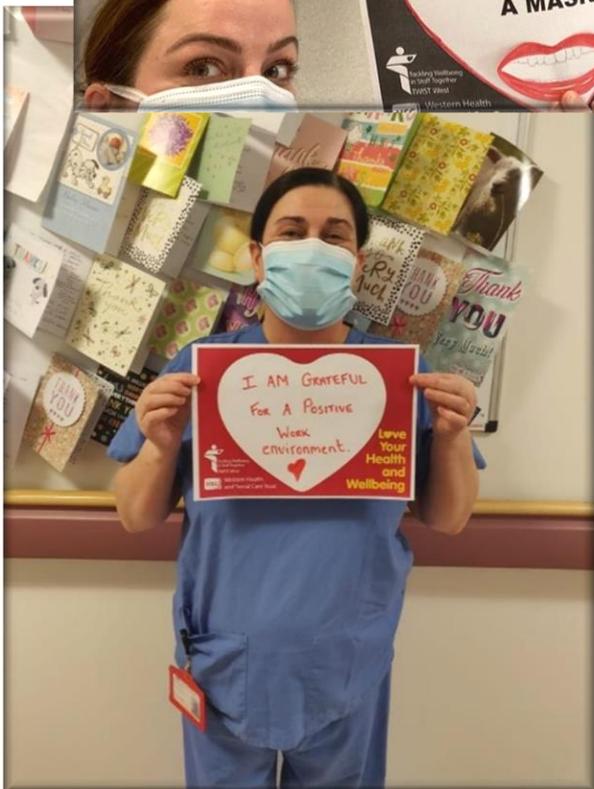
Anne Darcy reads *I Wanna be Yours* by John Cooper Clarke.

Click [HERE](#) to view video.

LOVE YOUR HEALTH AND WELLBEING



To keep the love flowing through February and into Spring, we are asking staff to send us Love Your Health and Wellbeing Messages. Click [HERE](#) for more info and to download Love Your Health Poster.





8 THINGS YOU CAN DO FOR YOUR MENTAL HEALTH TODAY

The coronavirus outbreak has had a big impact on our lives, and it's only natural to want to be kept informed. However, it's important to protect our mental health and make sure we're not overwhelmed or feeding our own anxiety. [HERE](#) are some tips on taking care of your mental health right now.



ARE YOU AWARE OF THE SIGNS AND SYMPTOMS OF CANCER?

This month, on February, the PHA is highlighting the signs and symptoms of cancer and encouraging people to seek medical advice from their GP if they have concerns.

Click [HERE](#) for more information.



5 WAYS TO WIPE OUT WINTER TIREDNESS

Do you find it harder to roll out of bed in winter when the temperature drops and the mornings are darker? If so, you're not alone. Many people feel tired and sluggish during winter.

Here are [5 energy-giving solutions](#) that may help – and some conditions that can sometimes be the cause.



PILATES – 1 HOUR ZOOM SESSION FOR STAFF

Health Champion and Exercise Professional, Claire Lightowers is currently facilitating 6 weeks of Pilates sessions for Western Trust Staff. We have had a few technical difficulties with recording our live Pilates sessions via Zoom and so are unable to upload the Pilates Video for Week 5. We hope to get better at this as we continue with delivering and recording live wellbeing sessions via Zoom.



ALL YOU NEED TO KNOW ABOUT FUEL POVERTY WEBINAR

Are you working with residents (clients) that are suffering from the impact of Fuel Poverty this Winter? If yes, this [WEBINAR](#) is for you!

Fermanagh and Omagh District Council and the National Energy Action (NEA), supported by the Public Health Agency, have joined forces to provide advice and support to community groups and organisations so they know where to access help for those residents suffering the consequences of Fuel Poverty.



5 WAYS TO HELP YOUR CHILDREN STAY HAPPY AND HEALTHY DURING LOCKDOWN

We all know how important it is for children to keep active. Making sure their bodies are healthy has lots of benefits, but so does having a healthy mind. We asked our schools officers to share their favourite activities and tips to help your kids stay happy and healthy this lockdown. Click [HERE](#) to read more...



PARENTS GUIDE TO TIKTOK

TikTok is a short form video sharing app, which allows users to watch and share videos created other creators on the app. TikTok has exploded in popularity from 2019 and continues to grow, particularly among younger users...

Click [HERE](#) to read news article.



SPIRITUAL THOUGHT OF THE WEEK from Chaplain Jennifer Gault

The Compassionate Jesus

When He saw the crowds, He had compassion on them, because they were harassed and helpless, like sheep without a shepherd Matthew 9:36

Compassion is a distinctive characteristic of Jesus' personality. It flowed from the very centre of His heart and filled His teachings. If life has disappointed you, or are filled with despair and have no idea where to turn to for inspiration and strength, remember the compassion of Jesus. In the power of His love He encourages you to persevere and keep going, ask for Jesus, full of compassion to help you today.

Compassionate Lord, thank you for Your love that renews lives. Amen.



FOOD, MOOD AND WELLBEING

When feeling low, many of us reach for chocolate, biscuits or cake. We associate these foods with comfort and reward. Eating these when we are feeling down in the dumps gives us a feeling of satisfaction and contentment. Our blood sugars rise and give us a boost in energy. However, the feeling is short lived and as our blood glucose drops both our energy and mood can slump! Click [HERE](#) to continue reading...



INFORMATION FOR STAFF EXPERIENCING LONG COVID

Are you a Member of WHSCT Staff who had COVID-19 and is now experiencing symptoms of Long COVID such as breathlessness, fatigue, headaches, numbness, muscle or joint pain, depression or anxiety?

A working group including staff who are experiencing Long COVID and representatives from Human Resources, Health Improvement, Psychology and Occupational Health has been established to explore ways to support staff. Two upcoming sessions have been planned for February to update staff on the group's progress and to hear their views on planned supports. Click [HERE](#) for more info.



THE COVID-19 WELLBEING SURVEY – TIME 2

Closing date has been extended to 28th of February.

Many Health and Social Care organisations in Northern Ireland are cooperating on a study that seeks to find out how staff are doing and what supports are helpful and what would be helpful during this pandemic. The Western Health and Social Care Trust is part of this cooperation. More information available [HERE](#)

If you would like to give your views, please take part by clicking [HERE](#)



INTERNATIONAL DAY OF HAPPINESS – 20TH MARCH

International Day of Happiness falls on the 20th of March. We cannot be happy every day but we can find happiness in every day. We would love to do a feature on what brings Western Trust Staff happiness. Send us a photo or a few words of what makes you happy to:

[**twist.west@westerntrust.hscni.net**](mailto:twist.west@westerntrust.hscni.net)

EVENTS



LIFE IN LOCKDOWN – 45 MINUTE ONLINE SESSION FOR STAFF

Wednesday 24th February – 7pm to 7:45pm

This 45 minute online course aims to help us protect our mental health by identifying strategies to maintain our wellness. It will enable us to discover ways to easily tap into available resources to support our wellbeing as we navigate our way through challenging and uncertain times. Please take the time out for yourself and join us for this 'Life in Lock Down' session.

Click [HERE](#) to register.



SELF-CARE WORKSHOP FOR STAFF

Thursday 18th March – 7:30 to 8:15pm

Delivered by the Body Mind & Soul Centre - Limavady via Zoom and open to all Trust Staff. This course will increase your awareness of your body's response to stress and how to control it using techniques such as breath control and relaxation. **Click [HERE](#) to Register:**



ASCERT PARENT/CARER SUPPORT SESSIONS TO HELP YOUR TEENAGERS

Click [HERE](#) for information on how to register for this 5 week programme.



FREE 6-WEEK TAI CHI COURSE WITH CALMS

Starting this Friday 26th February at 11am.

Click [HERE](#) to view Zoom login details.



BIKE READY WEBINARS FOR TRUST STAFF

Are you new to cycling or looking to build a greater knowledge about active travel by bike?

Well, our Bike Ready Webinar series is just the ticket to answer all your questions. Every Wednesday at 12 o'clock, our Bike Ready webinars answer questions providing you with practical information on topics about clothing, lights, bikes etc. Click [HERE](#) for more info.