



Tuesday 1st December 2020

“Between my finger and my thumb

The squat pen rests.

I’ll dig with it.”

Seamus Heaney



CREATIVE WRITING COMPETITION FOR STAFF NOW OPEN

TWIST West are delighted to announce the launch of the **Western Trust** *It’s a Wonderful Word* Creative Writing Competition for Western Trust Staff.

The competition is open to all Trust employees, we have 2 Categories; **Poetry** and **Short Story** and there are fabulous prizes to be won in each category:

- 1. Deluxe Dining Escape Package for 2 at the Galgorm Resort & Spa**
- 2. £100 Voucher for the Seamus Heaney Homeplace**
- 3. Luxury Writing Hamper**



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.

So, what are you waiting for – grab your pen and give it a go, if you don’t start somewhere, you’ll never know.

Click on the links below for everything you need to know:

[Everything you need to know about the Western Trust Creative Writing Competition](#)

[COMPETITION ENTRY FORM - CREATIVE WRITING COMPETITION](#)

[CREATIVE WRITING COMPETITION - TERMS AND CONDITIONS - PLEASE READ](#)



Voice Care Tips for Staff from our Speech and Language Therapists

With the increased use of telehealth and meetings via virtual platforms our voices can become strained and/ or tired more easily.

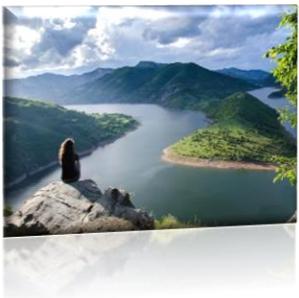
Lorna Hinds, Clinical Lead Speech and Language Therapist has produced a short **VIDEO** with tips for looking after your voice and a voice care poster, which you may find useful.



Free Travel with Translink for HSC Staff

The free travel on board Translink services within Northern Ireland for all NHS and HSC staff is still available until further notice.

Click **HERE** for more information.



Take 20 Minutes to Relax and Recharge Today

Click **HERE** to listen to a 20 minute audio file to help you pause, reflect and recharge today. This audio was created as a support tool for Staff who completed the 4 week Reflect and Recharge programme and has now been made available for all to listen to on TWIST West.



Run Leaders Highly Commended for their Contribution

All 32 Western Trust Run Leaders were recognised at a Virtual Staff Awards Presentation by Teresa Molloy, Director of Performance and Service Improvement yesterday, 30th November. Run Leaders were awarded a highly commended award in the Great Place to Live Well category. Teresa acknowledged the significant contribution Run Leaders have made to the health & wellbeing of our staff.

Click **HERE** to continue reading...



Flu Vaccination Clinics for Staff

Click **HERE** for your latest update on Flu Vaccination Clinics for Staff.



Innovation Recovery College December Prospectus

Innovation Recovery College December Prospectus now available, outlining various online Mental Health & Wellbeing Workshops.

Click [HERE](#) to view.



Are You Putting Yourself At Risk?

Drugs and Alcohol Support for Families Across Northern Ireland

Drug and alcohol misuse affects individuals, families and communities across the Western Trust area and beyond. As Christmas approaches and recognising that 2020 has been a very difficult year for us all, this article provides links to useful tools, articles and sources of support if you are worried about yourself or a loved one. Click [HERE](#) to continue reading...



Do Good December

2020 has been a difficult year in so many ways. We have suffered with uncertainty, anxiety, isolation and challenges with our financial situation, health or relationships.

One thing that can hold us together and help us get through is kindness. Here is the [Do Good December Calendar](#) to help you with some acts of kindness.



PHA Recommends Vitamin D supplements during Winter

The Public Health Agency (PHA) is recommending that everyone takes vitamin D supplements during the winter months to help keep bones, teeth and muscles healthy.

Dr Hannah Dearie, Senior Health and Social Wellbeing Improvement Officer at the PHA, said: *"Vitamin D is an essential vitamin that everyone needs to stay healthy, and we get it from three main sources – sunlight, supplements and food...* Click [HERE](#) to continue reading.



Donating Blood with the NI Blood Transfusion Service

Click [HERE](#) to find out more about the NI Blood Transfusion Service and upcoming sessions scheduled for the Western Trust area.



Supporting YOUR Mental Wellbeing

[Working Together to Promote Mental Wellbeing Action Pack](#)

[Feel Good Chemicals we all Need - Are you Getting your Daily Dose?](#)

[Maintaining a Healthy Mindset when Faced with Challenges](#)

[Coping Strategies for Anxious Times - Help Guide in 15 Languages](#)

<https://twistwest.org/news/technology-fatigue>

[Mental Health at Work - Website with over 400 Resources to help you Protect your Mental Wellbeing](#)

WELLBEING SESSIONS FOR STAFF

Advice NI Financial Wellbeing Session

1st December – 7pm to 8pm



Advice NI will highlight what support they can offer you. They will discuss the impact of covid on personal finances and provide details of how to access Advice NI services and their members' services in the Western Trust area.

They will outline what to expect when you come for debt advice and what solutions are available to those who are struggling with their debt.

They will discuss cases they have been involved in and facilitate a Q&A at the end of the session.

Click [here](#) to register

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**