

Working as part of a team which belongs to a bigger organisation presents both an opportunity and challenge for our emotional well-being and work performance. Here at the Hub, we recognise the importance of staff well-being – as individuals and as team members. We therefore aim to enable conversations and reflections about the impact of our work and the systems we work in. We hope by doing so a shared understanding and skills are developed to create environments that promote well-being and the opportunities to thrive, through connection, purpose and meaning. This is available to staff teams working in NHS settings, social care, and emergency services across the Cheshire and Merseyside region.

If you are a manager, team lead, or clinician with managerial responsibility, and think we may be able to help to support you and your team, you can contact us directly through the website to request a consultation to discuss your current team needs. We will aim to respond to you within two weeks with an offer of a choice of consultation dates. This process will help us to understand together the current difficulties being faced and begin to generate a plan as to how the Hub could support your team.

We have a range of support interventions on offer, from 90 minute facilitated focussed sessions around topics such as burnout and psychological care in teams, as well as group-based approaches of 6-12 sessions focussing on psychological skills, reflective practice and compassion. We can also offer extended Consultation for referrers, of up to 6 sessions, to support thinking with services/organisations, advise on goal setting and problem-solving strategies at a wider level, and to develop a plan with clear actions for teams or organisations to take forward and work towards identified needs and goals.

Whilst the Hub is not able to offer long-term or open-ended interventions to teams, where longer-term support is required, the Hub can support you to investigate options for continuation of support beyond the time-limited interventions available via liaison with other relevant services. We'll also signpost you to other services if the support you require for you team is not available within the Hub.

We are always keen to develop our offer and would welcome to hear from you what you think we could provide to support you in supporting your teams. So please do get in touch with any suggestions by using our feedback form.