

Nursing & Midwifery in Norfolk & Waveney

Bringing Us Together

12.05.2021



in good health

The Norfolk and Waveney Health and Care Partnership

#WE CARE TOGETHER 

Aim of the Day

The World Health Organisation declared 2020 as the Year of the Nurse and Midwife in recognition of the 200th birthday of Florence Nightingale.

2020 was also the year of a global health crisis. The Covid19 pandemic increased pressure on our health and social care services like never before, and it was our role to prevent further spread and protect those most at risk.

Nurses and midwives were instrumental in the response. Leadership, innovation and clinical expertise saw you continue to work and live, doing what was needed to support our patients and colleagues, and well as your own friends and family.

We invite you to join colleagues from across Norfolk and Waveney for a day of virtual celebration, reflection and focus on wellbeing 14 months after the declaration of the pandemic by the WHO.

Guest speakers and international contributions will reflect back on the last year and recognise the integral role of nursing and midwifery during this time.

Important Information For The Day

The day has been built to work for you. We recognise that you may not be able to attend all day and so:

- If you can attend all day – great, amazing, fab!
- If not, look at the programme and see which of the workshops and session on the day you are most interested in attending / fit with your diary
- We will have some sessions recorded which will be shared after the event on our website wecaretogethernw.co.uk so take a look here!
- So we can help our workshop leads know how many of you plan on attending their sessions, please can you register your interest [HERE](#)
- We're also building a playlist for the day – when you access the link above, let us know your mood boosting song of choice – we'll share the playlist on the 12th!





Thank You

Happy National Day of the Midwife on May 5th and International Nurses Day on May 12th!

'Nurses & Midwives – You are the Voice to Lead... A Vision for future health care'.

The Chief Nurses across the system would like to invite all nurses and midwives to celebrate their successes & pursuit of clinical excellence on this 2021 International Nurses Day, also recognising the national Day of the Midwife 2021; and take this opportunity to say thank you all for the incredible contribution nurses & midwives make to delivering the best possible care every day of the year. We all know how valuable our staff are and what they mean to us, and in 2020, we started to plan and celebrate the year of the nurse and midwife - little did we know how much 2020 would really become all about our profession! It has been the most challenging year so this is a special thank you, for everyone's commitment, compassion and dedication. We know that some of you have lost colleagues, family or friends and many still be suffering the impact of Covid on your health or loved ones.

When we were all told to stay at home, nurses & midwives throughout this year have been on the front-line managing the most challenging and distressing situations, caring for those dying, delivering services under immense pressure and restrictions and caring for patients who have not been able to see relatives and friends through the most difficult times.

Thank you to those who have had to shield over a long period of time, often isolated but still dedicated to delivering high quality care to our patients and service users.

Thank you for sacrificing time with your loved ones but enhancing your bond with your team and colleagues.

We saw many nurses & midwives returning to practice, student nurses stepping up, nurses & midwives being redeployed to areas often outside of their usual spheres of practice, without every one of you we would not have been able to achieve making Norfolk and Waveney a safer place as a system in the last year!

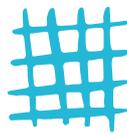
As we continue to move through the phases of the pandemic and restrictions ease in the UK, we recognise some of our international colleagues are presently in surge, facing extraordinary levels of infection and overwhelming pressure on services. Our thoughts and strength are with you all.

To all of you, thank you for everything you do and continue to do from the bottom of our hearts.

Lots of love xoxo

Alice Webster, Queen Elizabeth Hospital Kings Lynn NHS Trust
Carolyn Fowler, Norfolk Community Health and Care NHS Trust
Cath Byford, Norfolk and Waveney CCG
Diane Fowler, Norfolk and Suffolk NHS FT
Nancy Fontaine, Norfolk and Norwich University Hospitals NHS FT
Paul Benton, East Coast Community Healthcare CIC
Paul Morris, James Paget University Hospitals FT
Amanda Price-Davey, Queen Elizabeth Hospital Kings Lynn NHS Trust
Kirsty Cater, James Paget University Hospitals FT
Kelly Stevens, Norfolk and Norwich University Hospitals NHS FT





Programme

The web-links to the various topics can be found on the next page for you to copy and paste them in your browser. Whilst further information on the speakers can be found in the “biographies” section.

Item No.	Agenda Item	Presented By	Timing	Start
1	Welcome And Show Case From System Leaders		1 Hour	09:00
2	Covid 19: Reflections From Around The World Panel discussion with representatives from the UK, India, and Philippines followed by Q&A	Nancy Fontaine, Divya Gigy, Joaquin T. Sapul Jr.	1 Hour	10:15
3	Norfolk and Waveney Reservist Programme Introduction to the Norfolk and Waveney Reservist programme	Mark Rodgerson, Lisa Pickersgill	30 Min	11:30
4	Innovation A review of the last year	Kirsty Cater	1 Hour	11:45
5	Time for you Take time throughout the day for you. Step away from your work-space, go for a walk with a colleague, grab a coffee or nice snack, listen to our Spotify playlist, whatever you like!			
6	Introduction to Makaton	Rebecca Crossley, Kate Chate	1 Hour	12:00
7	Norfolk and Suffolk Resilience Hub Introduction to the Norfolk and Suffolk hub and how it can support you and your colleagues with mental wellbeing	Fiona Samson	30 Min	12:45
8	Wellbeing session: Physical Exploring the positive impact of being active	Katie Tierney	30 Min	13:30
9	Centenary of Caring: Using art for wellbeing Showcasing artwork created by our colleagues to illustrate the impact of CV19 on wellbeing	Emma Wakelin, Sally Hardy, Simon Wilmouth, Carl Rowe, +	1 Hour	14:00
10	What helps you enjoy where you work Group discussion to understand the factors which help you to stay in your role or organisation	Claire Whitehouse, Sharon Crowle	1 Hour	15:30
11	Introduction to coaching and coaching training	Dr Peter Bailey	1 Hour	16:30
12	Wellbeing session: Compassion and kindness – the impact on our health Mindfulness session	Beth-Anne Mancktelow	30 Min	17:30
13	Wellbeing session: International cook along Friends, family and children welcome	Norman Musa	1 Hour	18:00

Biographies



Nancy Fontaine

DoN, Norwich, England

COVID 19: Reflections from around the world

Professor Nancy Fontaine was appointed as Chief Nurse and Director of Infection Prevention and Control at The Norfolk and Norwich University Foundation Hospitals in August 2018. Nancy has held two previous Chief Nurse roles, the most recent at The Princess Alexandra Hospital, Harlow, where she was also Deputy Chief Executive, and led the improvement programme for the organisation to exit Special Measures and be CQC rated two thirds Good or Outstanding. Prior to that, Nancy was the Chief Nurse at Whipps Cross University Hospital, London. Nancy is a Professor of Nursing at the University of East Anglia, profiling nursing and midwifery leadership and clinical academic advancement.

Professor Fontaine is a Human Factors trainer and has vast experience in leading organisational Quality Improvement Strategies, which include leadership in cultural transformation and creating stronger and more effective safety and governance programmes. Nancy has led several nationally recognised Patient Experience Improvement programmes and actively promotes working with patients across all clinical and service improvements.

Nancy was appointed as one of the country's first Consultant Nurses in Emergency and Urgent Care in 1999 and continues to lead the development of advanced clinical practitioners across all professions, actively supporting all practitioners to undertake masters and doctoral pathways and undertake research.



Divya Gigy

College Principal, India

COVID 19: Reflections from around the world

Divya is a keen planner and strategist with proven abilities in addressing operational issues, resolving performance bottlenecks with expertise in devising policies & plans for improving business performance and achieving desired objectives and organizational growth. She is also an editorial board member of psychiatry nursing journal where she researches and writes articles. Furthermore, she had presented few of them and received awards too.

She is a paper setter and examiner in few of the universities within India. Additionally, she provides teaching related to managing disaster, infection control and stress management.

She is subsequently working with few academicians in designing programs for various courses in Nursing.

She has earned a degree from RGUHS university of Karnataka with bachelor's in nursing in 2009. She did her post-graduation from Jamia Hamdard University in Psychiatry Nursing in 2013. Overall, she is a registered nurse with over 9+ years of clinical, education and managerial experience. Currently, she is professor cum principal at JMD institute of Nursing, Raysan, Gujarat, India.



Joaquin Sapul, Jr

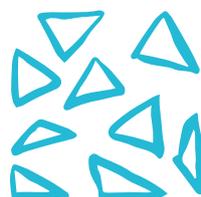
Nurse VI, Iloilo City, Philippines

COVID 19: Reflections from around the world

Jake is presently a Nurse VI at West Visayas State University (WVSU) Medical Center in Iloilo City, Philippines. His role focuses in ensuring high level performance of the hospital's quality management system. At the same time, he is an Assistant Professor at Central Philippine University School of Graduate Studies handling Human Behavior in Healthcare Organization and Quality Assurance in Nursing. Jake is also actively involved in nursing organizations in the Philippines by being a Board of Director of the Association of Nursing Service Administrators, Inc. and Philippine Nurses Association – Iloilo Chapters.

Jake is a nurse leader, an educator and an advocate for change. He was recognized as one of the Nurse Awardees in Nursing Excellence by his Alma Mater in February of 2020 and just recently, their works on development, testing and evaluation of an electronic nursing Kardex based on a content management system was accepted for publication in Canadian Journal of Nursing Informatics. Jake also devotes himself in leveraging nursing through leadership and continuous learning. Jake has been given the avenues to impact reforms and innovations in healthcare leadership and governance for the last 5 years by taking up leadership and managerial roles. In 2019, Jake was conferred as a Certified Hospital Administrator and a Fellow of Philippine College of Hospital Administrators, Inc.

Presently, Jake is taking up Doctor of Management and plans to pursue a Master's Degree in Health Governance to further himself with additional competencies essential to uplifting the healthcare system and nursing profession in the Philippines.





Mark Rodgerson

Reservist Programme Manager
Reservists

My name is Mark Rodgerson and I have been leading workforce programmes in the NHS and healthcare for over 20 years. I was responsible for creating the Norfolk and Waveney pilot along with my amazing team who have all brought something special to the mix. This has been one of the most enjoyable and rewarding workforce programmes I have been part of, to support the vaccination programme during the most challenging time. The biggest lesson for me has been the generosity of the human spirit – so many people have been willing to step up and help. My ambition is to continue to recognise and build on that goodwill and attract more talented people to join us.

Session overview:

The Reservist concept is to create additionality in the workforce which is significantly different from regular bank work. The Reservist model is appealing to those workers who don't wish to undertake a regular or random variety of shifts and for whom the bank holds little appeal. Instead, they will form a fully trained, agile workforce able to support discreet and specific programmes across an entire health and social care system. This offers variety, working in a range of assignments, often in small teams, in environments for which they have relevant competence. Reservist workers are supported in all aspects of their clinical care delivery or corporate support. This is a new and exciting way of working and we will have experienced Reservist workers joining us on the day to share their experiences and motivation for joining the scheme including details of the lively pastoral care and social community that accompanies the programme.



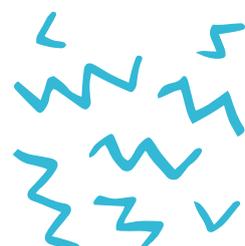
Lisa Pickersgill

Relationship Manager
Reservists

One of the main roles I enjoy as the Reservist Relationship Manager is being able to provide continuous support and build relationships with all of our Reservists unlike any other service in the NHS. It really is unique and I have a close relationship with each individual to assist with their journey in our programme. I love that we provide a professional and multi-skilled Reservist workforce to support the NHS in these difficult times.

Session overview:

The Reservist concept is to create additionality in the workforce which is significantly different from regular bank work. The Reservist model is appealing to those workers who don't wish to undertake a regular or random variety of shifts and for whom the bank holds little appeal. Instead, they will form a fully trained, agile workforce able to support discreet and specific programmes across an entire health and social care system. This offers variety, working in a range of assignments, often in small teams, in environments for which they have relevant competence. Reservist workers are supported in all aspects of their clinical care delivery or corporate support. This is a new and exciting way of working and we will have experienced Reservist workers joining us on the day to share their experiences and motivation for joining the scheme including details of the lively pastoral care and social community that accompanies the programme.



Kirsty Cater

HoM, JPUH
Innovation

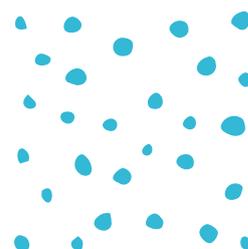
I started my career as a Nurse at the JPUH in 2001, working in haematology. I did my post registration midwifery training and qualified 2004. I am truly "Home grown" as I have always worked at the JPUH.

I started as a rotational midwife and working in all of the clinical areas. In 2011 I became a senior midwife coordinator on Delivery suite. I had a keen interest in practice development and in 2014 took on the role as PDM. In that time I did some lecturing at the UEA for midwifery students.

I became the Maternity Risk and Governance Manager in 2016. This was a huge learning curve and open me up to a more strategic level and system wide learning. In the summer of 2020 I was successful in my application as HoM.

Session overview:

I will talk about my experience as a new HoM over the last year, particularly coming into post as a new HoM during a pandemic and how we still managed to drive change and continue to innovate. I will focus on our successful role out of CofC and share some of the feedback from that from staff and service users.





Rebecca Crossley
LD & Autism and liaison nurse
Introduction to Makaton

Rebecca is a multi-award winning Learning Disability Nurse and founder of #getthenationsigning #hellomynameis. Dr Kate Granger started the #hellomynameis campaign following her own patient experience to promote person first communication.

The initiative highlighted the importance of health and social care professionals introducing themselves to people rather than describing the persons condition first "here is bed 3 a colorectal cancer."

The #getthenationsigning #hellomynameis reached 67 million people and highlighted the needs of people with Learning disabilities and those with communication difficulties.

We are all people not our diagnosis.

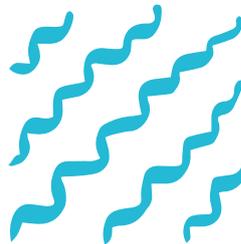


Kate Chate
James Paget
Introduction to Makaton

Kate is a mum of 3, all of whom have Makaton as their first language. Seeing how effective it is for supporting and developing communication and memory, Kate has become a Makaton tutor so that she can share it with others - particularly amongst people with Learning Disabilities and their supporters. Kate is also a trainer in Person Centred Planning, the Mental Capacity Act and Working with Families/Difficult Conversations. And Kate is a Family Consultant for Dimensions UK (a large provider of support for autistic people and people with learning disabilities)

Session overview:

Makaton is a unique language programme offering a structured approach for the teaching of communication, language and literacy skills - it combines speech with signing and symbols. This 45 minute session will cover reasons to learn Makaton, how it works, and show some essential signs, including 'my name is...'





Katie Tierney

Active Norfolk

Wellbeing session: Physical

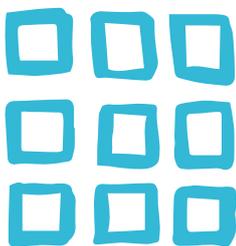
Katie Tierney is Workplace Health Officer at Active Norfolk. Since 2014, Katie has been supporting organisations in Norfolk to create more active, productive, healthier and happier working environments. An advocate for the numerous ways being active can positively benefit our health and wellbeing, Katie is keen to increase awareness and help support others to build a more active future. A keen walker, Katie can often be found exploring the lanes and footpaths around South Norfolk.

Session overview:

Your wellbeing: Physical

Exploring the positive impact of being active

This session will look to inform, inspire and motivate, as well as provide you with support and tips to build more physical activity into your week. Whatever your starting point, come along to find out how moving more can positively impact on your life.



Emma Wakelin

Head of Workforce Transformation

Centenary of Caring: Using art for wellbeing

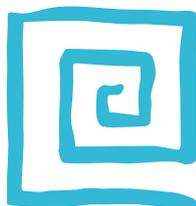
Emma is the Head of Workforce Transformation for Norfolk and Waveney Health and Care Partnership. Her role focuses on the design of workforce transformation initiatives, underpinned and supported by the development of relationships and networks locally, regionally, and nationally.

Emma is passionate about the health and social care sector and in particular improving the quality of population outcomes through integrated working and development of the workforce. She seeks to demonstrate the values of the NHS Constitution in her work and as a role model to others.

Emma believes that a committed, engaged and motivated workforce delivers great care and that culture, leadership and wellbeing should underpin workforce transformation. The opportunity to work with strategic, operational, and frontline leaders to achieve this is what motivates her to do the best job possible.

Over the last decade Emma has worked in a number of senior roles in both arms-length bodies and at system level.

Emma has a proven track record of delivering impactful programmes aligned to education, quality, workforce planning, leadership and transformation. Emma supported the development of the national Talent for Care Programme, was shortlisted for a HSJ Award for her primary care workforce transformation programme, and was a participant on the 2019/20 Global Healthcare Leadership Programme delivered by Yale University.



Prof. Sally Hardy

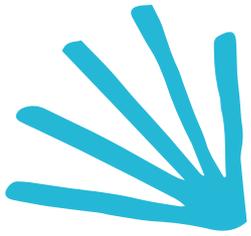
Dean, UEA

Centenary of Caring: Using art for wellbeing

Professor Sally Hardy is a mental health practitioner, researcher and educator, who has spent over 30 years engaging in public sector organisations such as health care and higher education. Her interest in organisational transformation is drawn from practice driven, action orientated research methodologies, gained from working at the Royal College of Nursing Institute, and during her time in Melbourne Aus at the Royal Children's Hospital in a joint role with Monash University. She has extensive experience working across both health services and higher education, and is leading the ImpACT Group, part of UEA HSC Partnership's burgeoning community.

After starting her career as a nurse at Guy's Hospital in London, Sally moved into mental health nursing obtaining a M.A. in Clinical Mental Health Nursing at the Institute of Psychiatry London. She then gained her Doctorate and remained for 10 years at the UEA, Norwich, then in Australia, where she held leadership roles at several high profile organisations including the Royal Children's Hospital in Melbourne Australia. Returning to England, Sally continued to sustain practice partnerships in senior academic roles at City University, London and London South Bank University, where she established the People's Academy and an artist in residence scheme alongside research collaborations. Throughout her academic career, Sally has remained closely linked with the NHS, promoting practitioner led inquiry and transformational change through evidence based health care. Sally re-joined the UEA in Sept 2019 as Professor of Mental Health and Practice Innovation and Dean of the School of Health Sciences.

Sally's research focuses on understanding what contributes to a sustainable workplace culture that promotes practice expertise; achieved through use of a facilitated transformational approach to systems wide inclusive innovation.



Carl Rowe

Associate professor, NUA

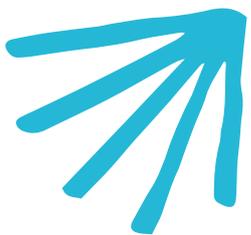
Centenary of Caring: Using art for wellbeing

Carl Rowe studied Fine Art at Manchester Polytechnic, graduating with an MA in 1985. He currently lives in Norwich where he is an Associate Professor in Fine Art at Norwich University of the Arts. He is an artist member and studio holder at OUTPOST in Norwich and is also a member of the Printmakers Council. Rowe has an international profile as both an artist and an academic.

His work has been exhibited widely in the UK as well as in Germany, Spain, Portugal, Ireland, Italy, Canada, US, Estonia, Japan, Malaysia and Egypt. In addition to studio production he has also worked on public art including billboards, print portfolios and hospital art. In 2018 Rowe was commissioned by Hospital Rooms to make work for Woodlands Mental Health Unit at Ipswich Hospital and in March 2021 completed a new project with Hospital Rooms for Northside House Forensic Mental Health unit in Norwich.

Session overview:

The impact of the COVID-19 pandemic on public mental health and on health and social care staff is explored in a new digital exhibition called A Centenary of Caring, a joint project between University of East Anglia's (UEA's) School of Health Sciences and Norwich University of the Arts (NUA) and Norfolk and Waveney Health and Care Partnership. The result of a collaboration between university students and health care workers in Norfolk and Waveney Health and Care Partnership to create pieces of art work to reflect their experiences from the last 14 months. This session will take you through a guided tour of the virtual exhibition with some of our nursing and student contributors providing an their insights into the impact of the project on their wellbeing.

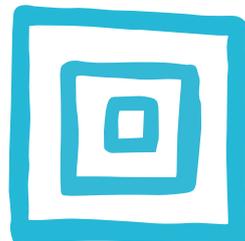


Claire Whitehouse

Senior Nurse for Nursing, Midwifery

What helps you enjoy where you work

Claire is the Senior Nurse for Nursing, Midwifery and AHP (NMAHP) Research at The James Paget University Hospitals NHS Foundation Trust. She has a background in critical care nursing and has experience in leading the clinical research delivery team at JPUH and Imperial College London. She leads the development of capacity, capability and confidence of NMAHP's in research activity and is studying for a PhD in this area. She has a keen interest in developing research ideas from the frontline in collaboration with clinical teams, and supporting staff to translate research in to clinical practice for the benefit of patients. Claire is the Co-Chair of the International Association of Clinical Research Nurses UK and Ireland branch.





Sharon Crowle

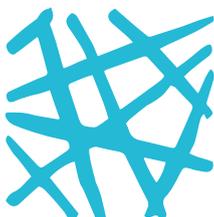
Clinical Workforce Education Lead

What helps you enjoy where you work

I am a Senior Nurse who has always had a passion to make a difference to patient care. I have been in the NHS for 25 years and in that time, I have worked in many roles. I started my nursing career as a Staff Nurse on surgical and medical wards and from here I embarked on different roles and projects. I always really enjoyed supporting learners and being involved in education. I had the privilege to work in infection control and as Lead Nurse for women's health.

In all the different roles I have undertaken I always remember that the heart of everything I do is to provide the best care for our patients. I worked for many years supporting students and then moved to a Head of Education and Practice Development position at JPUH. My portfolio has changed tremendously and really enjoy leading on the education agenda and working in partnership with so many amazing people. I have really enjoyed being involved with various project with the Nursing Midwifery Council and Health Education England.

I feel it is important to develop different career pathways and build confidence in individuals, and this was how the Health and Care Academy concept began at JPUH and has now been expanded across the region. I was honoured to receive a silver Chief Nursing Officer award for excellence to nursing for this, which I was humbled to do so. I am delighted to currently being working the Norfolk and Waveney STP as Clinical Workforce Education Lead. Health and Social care have so many wonderful opportunities and keen to inspire others to join this sector.



Dr Peter Bailey

GP and coach, Akeso

Introduction to coaching and coaching training

It was Peter's ambition to become a general practitioner from the age of 11. His early memories of his own family doctor visiting to reassure his mother on the care of a sick sibling sowed the seeds of a future career in primary care. On graduating from medical school in London in 1979 he entered a Vocational Training Scheme for general practitioners based in Cambridge. He was a principal in general practice from 1984 to 2012. In 2014 he published 'The New Doctor, Patient, Illness Model' summarising his experience of the central importance of the general practice consultation. The book puts the relationship between the clinician and the patient at the heart of primary care and emphasises the collaborative nature of good practice. Peter now has a portfolio career.

During the pandemic he has worked for NHS Practitioner Health, as an Akeso coach and mentor for GPs, nurses and practice managers and as a GP appraiser. Peter is married and has four adult children. His wife Julia was also a GP and all of his children are in the helping professions.



Beth-Anne Mancktelow

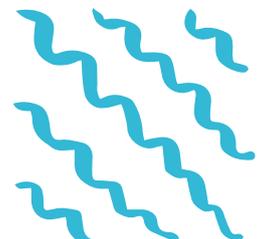
Staff Engagement Lead, J Padget

Introduction to coaching and coaching training

Beth-Anne Mancktelow is the Staff Engagement and Wellbeing Lead at the James Paget University Hospital, and is a practicing audiologist and hearing therapist. She has taught mindfulness to patients for 6 years and recently has extended this to staff. She is particularly interested in the positive impact of mindfulness on wellbeing and the different ways that people can use mindfulness to support their wellbeing.

Session overview:

The session will include a brief introduction to mindfulness followed by a couple of meditations. You don't need any particular props, you simply need to turn up and enjoy! You will be invited to choose a posture that is comfortable for you – this could be seated or lying down as the focus is very much on your comfort and wellbeing. The session will last 30 minutes, 17:30 – 18:00.





Norman Musa

Teacher & Chef

Wellbeing session: International cook-a-long

Born in Penang, Malaysia, Norman moved to the United Kingdom in 1994 to study in Quantity Surveying. After graduated with Honours, he worked in the construction industry for 9 years before switching his career to a full time chef. His first restaurant was opened in Manchester in 2006 and York in 2012, followed by two more in Malaysia in 2014 and 2016.

In 2010, Norman joined the Formula One Lotus team travelling around the world to cook for the team. He was featured in Masterchef Malaysia, BBC's Tom Kerridge Best Ever Dishes and Channel 4's Sunday Brunch and has been in numerous magazines in UK and Malaysia.

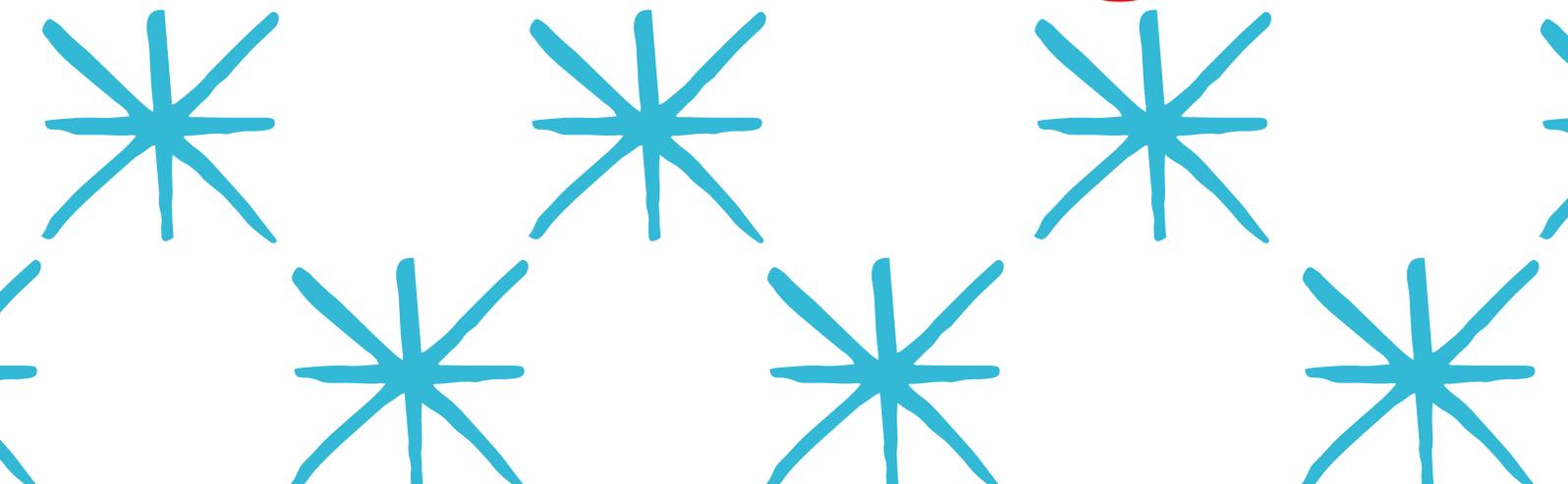
In January 2021 he was appointed as the Adjunct Senior Lecturer by Taylor's University in Malaysia to run online lectures for their students. He teaches Malaysian & South-east Asian cuisines at the top cookery schools in the UK, Netherlands and soon looking for the opportunities to teach in Germany.

Session overview:

This is a cook-along session with Chef Norman Musa to celebrate the NHS Nurses Day Celebration using the recipe and ingredients attached in the PDF!



Key Info on the next page





PREPARATION for Cook-Along

To cook along with Chef Norman Musa, please ensure you have all the ingredients listed in the recipe and have prepared as listed below.

To join the event, please go to the YouTube link , and don't forget to sign in to leave a comment or to ask me a question.

Wednesday, 12th May - 6:00pm

Click [HERE](#) for the YouTube link.

If you have any queries, please email norman@normanmusa.com before the event.

Kitchen Equipment

- Chopping board
- Small knife
- Large knife
- Large & deep saucepan or wok
- Wooden spoon or spatula
- Serving bowl

Preparations before Cook-Along

1. Finely chop the onion
2. Finely chop the garlic
3. Finely chop the ginger
4. Cut the chicken into 4cm pieces
5. Boil the potatoes for 10 minutes if they are not shop bought cooked potatoes
6. Cut the carrot into wedges
7. Trim both ends and cut the fine beans into 4cm long
8. Thinly slice the red chilli (if using)
9. Cook the rice ready, Jasmine or Basmati, 50g per person

COOK-ALONG RECIPE

Easy Chicken & Vegetable Curry by Norman Musa

Serves 4

*For the vegan option, replace the following ingredient:
Chicken with 400g firm tofu. Cut the tofu into 3cm cubes and lightly shallow fry with vegetable oil for 5minutes until crispy on all sides.*

Ingredients

- 2 tbs olive oil
- 1 banana shallot (60g), finely chopped
- 3 garlic cloves, finely chopped
- 2.5cm ginger, finely chopped
- 500g boneless chicken thighs, cut into 4cm pieces
- 100g cooked baby potatoes
- 50g carrot, cut into 4cm long wedges
- 80g fine beans, trim both ends and cut into 4cm long
- 1 tbs fish sauce
- ½ tsp sugar (optional)
- ½ tsp fine sea salt

- 4 sprigs fresh coriander, leaves picked
- ½ red chilli, thinly sliced (optional)

For the mixed spices

- 1 tbs ground coriander
- 1 tsp ground cumin
- 2 tsp ground paprika (use ground chilli if prefer spicy)
- 1 tsp ground turmeric

Method

1. In a small bowl, stir in the ground mixed spices with 100ml of water. Set aside.
2. Heat up the oil in a deep saucepan over a medium heat. Sauté the shallot, garlic and ginger for 3 minutes until fragrant.
3. Stir in the spice mixture, fish sauce, sugar (if using) and salt. Cook for 2 minutes.
4. Next add the chicken (or tofu) and cook for 2 minutes and cook until the pieces are sealed.
5. Add the potatoes, carrot and beans, and cook for another 2 minutes. Stir once or twice.
6. Add 200ml of water and bring to the boil, then continue cooking for 5 minutes.
7. Turn off the heat and serve with Jasmine or Basmati rice.

Wellbeing Resources

Equality and Diversity week



10-14 May 2021

<https://www.nhsemployers.org/retention-and-staff-experience/diversity-and-inclusion/campaigns-and-events/eqw2021#:~:text=Our%20annual%20Equality%2C%20Diversity%20and,NHS%20for%20patients%20and%20staff>

This week is the ninth year we are celebrating Equality, Diversity and Human Rights Week (#EQW2021). The week is a national platform for organisations to highlight their work to create a fairer and more inclusive NHS for patients and staff.

It provides an opportunity for us to promote, showcase and celebrate the amazing work going on across the health and social care sector around the areas of equality, diversity and inclusion.

We are looking to encourage and support health and social care organisations across the system to think about the role of equality, diversity and inclusion as part of our vision to having happy, healthy people delivering excellent compassionate care.

#WeCareTogether

www.wecaretogethernw.co.uk

Find out more about our 5 year People Plan to ensure Norfolk and Waveney is best place to work!

Norfolk and Waveney: In Good Health

www.wecaretogethernw.co.uk/our-people-old/health-and-wellbeing.com

During these challenging times use these resources to help you to stay well.

Managing your Money

<https://www.moneyadvice.service.org.uk/en/articles/beginners-guide-to-managing-your-money>

Advice and guidance from the Money Advice Service.

Our NHS People

<https://people.nhs.uk/>

National resources to supporting our people to manage their own health and wellbeing whilst looking after others

Active Norfolk

www.activenorfolk.org

Find out more about how to get active in Norfolk

Covid Recovery

<https://www.yourcovidrecovery.nhs.uk/>

If you someone you know had had Covid, here is some information on supporting recovery.

Making anti-racism a reality

www.bbc.co.uk/bitesize/articles/zs9n2v4

Events of the last year have heightened the need for change more now than ever. As part of our commitment in Norfolk and Waveney to ensure our people feel that they feel safe and belong, we are working hard to educate and change behaviours. It is no longer enough to not be racist, we must encourage our people to become anti-racist. More will emerge about this as we develop our Equality, Diversity and Inclusion plans across the system and within organisations. For now, click on the short BBC link below to find out more about raising awareness of individuals being either "not racist" and "anti-racist".

od health
Waveney Health and Care Partnership

active
norfolk

#WE CARE
TOGETHER

Teaser! Upcoming Event



TOGETHER CHALLENGE

- NEW YEAR'S RESOLUTIONS
1. lose weight
 2. exercise
 - drink more water
 - stop smoking

Please note, these activities are within guidance at the time of circulation and could be subject to change.

WEEK 1 – COVID WEIGHT GAIN

#ACTIVE2GETHER

Join us to get more active in 2021 and improve your health and wellbeing!

If you've gained weight during the COVID-19 pandemic, you are not alone as many of us are having to spend more time at home which can make it harder to keep active. It's important to continue to do what you can to help with your physical and mental health to combat this disruption to our daily routine. The new year brings a perfect opportunity to break out of your comfort zone and kick start your commitment in re-establishing old habits.

Although Norfolk and Waveney are currently in Tier 4, daily exercise is still encouraged (either alone or with others within your household, support bubble, or with one person from another household). Outdoor sports courts, outdoor gyms, golf courses, outdoor swimming pools, riding centres and playgrounds remain open for individual exercise as well as organised outdoor sport for under 18s and disabled people.

Get involved!

The Norfolk and Waveney Health and Care Partnership and Active Norfolk have teamed up to launch a three-month #Active2gether workplace challenge for Health and Social Care staff in 2021. An exciting photo competition has been set up specially for our staff to be in with a chance to win a special prize! By snapping a photo of yourselves out-and-about, be sure to use the #Active2gether and we'll share your creativity across our socials. Prizes will be announced at the end of the campaign in April.

Visit the link below to find detailed instructions on how to get involved:
<https://www.norfolkandwaveneypartnership.org.uk/coronavirus/health-and-wellbeing.html>

Inspiration on

photos of your activities with you can win some great prizes!

ORS

ve-outdoors

trails, woodlands, st of Norfolk's

by planners
out.

Also

mobile app



FOR FURTHER RESOURCES OR INFORMATION ABOUT HOW WE ARE IMPLEMENTING OUR **PEOPLE PLAN** TO MAKE **NORFOLK & WAVENEY** THE BEST PLACE TO WORK IN HEALTH AND SOCIAL CARE PLEASE VISIT:

[https://wecaretogethernw.co.uk/
our-vision/](https://wecaretogethernw.co.uk/our-vision/)

#WECARETOGETHER PHOTO CAMPAIGN:

[https://www.instagram.com/wecareto-
gethernw/](https://www.instagram.com/wecaretogethernw/)



Artwork by [Wendy Kimberly](#), Community Nurse, NCHC
For more portraits, visit wendykimberleyart.com