

TO OUR STAFF AND VOLUNTEERS

Thank you

From Stuart Bell, Chief Executive

*Your hard work really is appreciated.
But please don't forget to look after yourself too.*



Feeling overwhelmed?

Pause for a moment. Breathe. Ask yourself:

"What's going on for me right now?" "Am I exhausted? Hungry? Thirsty? Tearful?"

AND *"What can I do to look after myself right now?"*

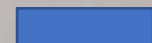
- Take a break or plan your next one
- Share a smile or a thank you
- Tell a colleague how you are feeling – It's OK not to be OK sometimes
- Use team huddles, supervision and other support
- Between shifts – sleep, be physically active, keep in touch with family and friends
- Remember – this is a marathon, not a sprint – but it will pass.

Helpful links and resources:

- Call our Employee Assistance Programme on 0800 0305182 for support and a listening ear anytime
- Call OHFT Occupational Health Department on 01865 902504
- Contact the OHFT wellbeing team on wellbeing@oxfordhealth.nhs.uk if you or your team need additional support
- Call the Freedom to Speak up Guardian on 07876 546075
- Our NHS people- Staff support line (free) 0300 131 7000, 7.00am-11.00pm, 7 days a week. Or text FRONTLINE to 85258 For support 24/7



Thank you



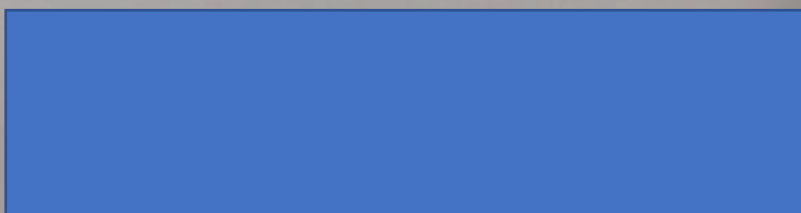
We wanted to take this opportunity to say thank you and to recognise the contribution that you have made to during what has unquestionably been a difficult time for us all. From those of us on the front line, to those of us self-isolating and those of us shielding, we are all doing what we need to do to protect the NHS and to help save lives.








We also wanted to ask you to extend our thanks to your families, loved ones, friends, pets and anyone else who have seen less of you over the last few months whilst you have been helping your Bart's family make a real difference to those who have needed our help most.


Undoubtedly your loved ones have been proud of the commitment you have shown to the NHS and our patients. We are also aware that they have had to cope with the worry and concern about your safety at a time when the stakes have never been higher for people working in healthcare.

So, much like the 'clap for carers' on Thursday night, we applaud you and offer you and your loved ones our heartfelt thanks for doing what you do best, putting the interests of our patients and each other first!

With all of our love, the Children's Division Leadership Team at the Royal London Hospital







3 June 2020

[Redacted]

My name is Rebecca and I wanted to write you a special letter to say a big thank you for the way you are supporting your Mum whilst they do their job.

We know you are proud of your Mum for everything they are doing to keep people safe and healthy – I'm very proud of her too. But I also know you're probably missing seeing her and having the time to play that your friends might have with their family.

Everyone in the NHS is working especially hard and that includes your Mum. That's why everyone, everywhere, has been clapping for the NHS and for everyone that has to work until this Coronavirus has gone.








Did you know they are clapping for you too?

Without you, none of what we are doing in the NHS would be possible. Your Mum can only be great at work because you are at home giving her lots of smiles and hugs, helping her out with jobs in the house, and doing some learning at home. They are all really grown-up things to do and means you are being a hero to all of us.

We know it's not easy being a hero, especially when the whole world needs you to do a great job, so if it feels hard and you need some help I've got some websites that other superheroes use, that you might like. Just remember to ask an adult before you go on.

Thanks for everything Imaan and Umar – you're doing great!

[Redacted]



We just wanted to say
THANK YOU

Dear [redacted]

Our hospitals have been really busy over the last few months and [redacted] has been working really hard to help us take care of the people who depend on us.

I am writing to you to say a massive **THANK YOU** for being part of our Oxford University Hospitals (OUH) team.

You might not realise it, but you're a really important part of our team because your love and support is helping them get through a really tough time when they come to work.

A hug, a smile, a joke or even just asking them 'How was your day...?' when they come home makes a massive difference.

That's why we think of you as part of our OUH family because they couldn't come into work and do such a fantastic job without your love and support at home.

THANK YOU so much for everything you're doing at home – keep up the good work and stay safe!

With very best wishes

