

July 17th, 2020

Hello Volunteer Stars!

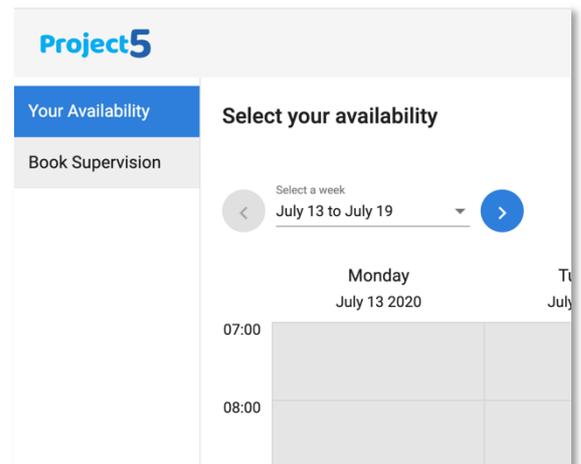
Another sunny day to warm our hearts,

Supervision booking system now activated:

Our long-awaited supervision system is now activated. It is easy to use, simply click the 'Book Supervision' tab on the left of the calendar →

This will not be accessible if you have not supported an NHS staff member yet and automatically activates after you have received your first booking.

Once clicked, the calendar will change so that you can select a slot with one of our volunteer supervisors.



Supervision guidelines are now available within the guidelines pages for all supervisors, but also for everyone to read (for your own development) along with the evidence base.

Supervisors will get a separate email next week to confirm that they are now linked to this system. Supervisors will receive bookings in the same way as previously – but some may now state that this is a supervision session rather than a support session.

Star Volunteer of the Week

You. We can't name you all, but you are all stars to us. We work hard to mobilise the generous offer you have all made. It drives us and is a sign of solidarity that demonstrates the values of our professions.

CEO Insights – Readiness fatigue / frustration

I'm doing a lot of work to create the right pace within Project5 – there is a general sense that we have created a huge offering that hasn't landed yet. Some feel frustrated at this and this emotion is often shared by the delivery team. I reassure the team that this is a national experience – facilitating wellbeing engagement is not a success for any provider currently. Project5 has the primary goal of being there to aid success at work, through challenge. This is a new concept for NHS staff, who perceive such offers as a response to mental health need. It will take time to raise awareness of the value you are all bringing to them.

The NHS is working hard to prepare for a possible Wave 2 – many staff members we meet are tired. Teams struggle to see their own needs at such times. These teams are fatigued from being prepared and waiting. There is a lesson in this for us. Signing up for Project5 is a great show of personal generosity and it remains ready to support if the need surges. Not being utilised means we have to wait – but take this period to self-nourish and celebrate that those who may need us, are not here yet. Readiness fatigue / frustration is our risk too, so please self-care.

Appreciatively, Craig & the Project5 Team.