



# Daring to Hope

Chaplaincy Plus  
Wellbeing Forum  
20<sup>th</sup> January 2020

# Welcome and Introductions

**Steve Bavington, ChaplaincyPlus**

**Sarah Thorpe, ChaplaincyPlus**

**Sue Noyes, Coach and Mentor and  
Non Exec Director, Birmingham Women's and  
Children's NHS Foundation Trust  
and Chair of Coventry College**

**Carol Wilson , Head of Spiritual Care  
Birmingham and Solihull Mental Health  
NHS Foundation Trust**

# Our Wellbeing Forum is here for you

- A place for you to draw breath, and strength for your role
- A place for you to share issues you face in your wellbeing role
- A place for bitesize learning and development
- A place for you to share ideas for future Forum sessions

# The contracting commitment between us

Look after yourself – please  
be mindful of your own  
well-being as we discuss  
that of others

This is about enhancing  
support, not diagnosing or  
counselling people with  
anxiety disorders

If you, or someone you are  
supporting, are  
experiencing distress  
please do seek  
professional help via a GP  
or occupational health

During our session, all is  
confidential, and we are  
respectful to one another.

In these sessions, we ask  
that you keep your video  
on where possible, mute to  
exclude background  
noise, but please do wave  
or 'raise the Zoom hand' to  
attract attention.

# Our Wellbeing Forum Sessions so far

*(Further details available on the ChaplaincyPlus website)*



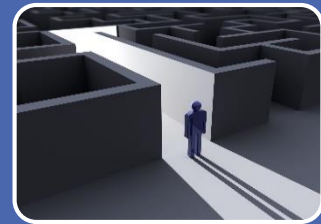
Introduction to the Forum and scoping out what we wanted to focus on

(May and June)



A focus on anxiety - spotting the signs, and supporting colleagues with push/pull conversations

(June)



A focus on living with uncertainty – exploring the theme and working through the 'GROW' model to build autonomy

(July)



Exploring resilience, and the use of clean language in our conversations

(Sept)



A focus on adaptability, and consideration of how a growth mindset could help us

(Nov)

Let's just check in ...

... and take a moment to centre yourself and breathe.

This is a time for reflection in your busy day.

# Daring to Hope

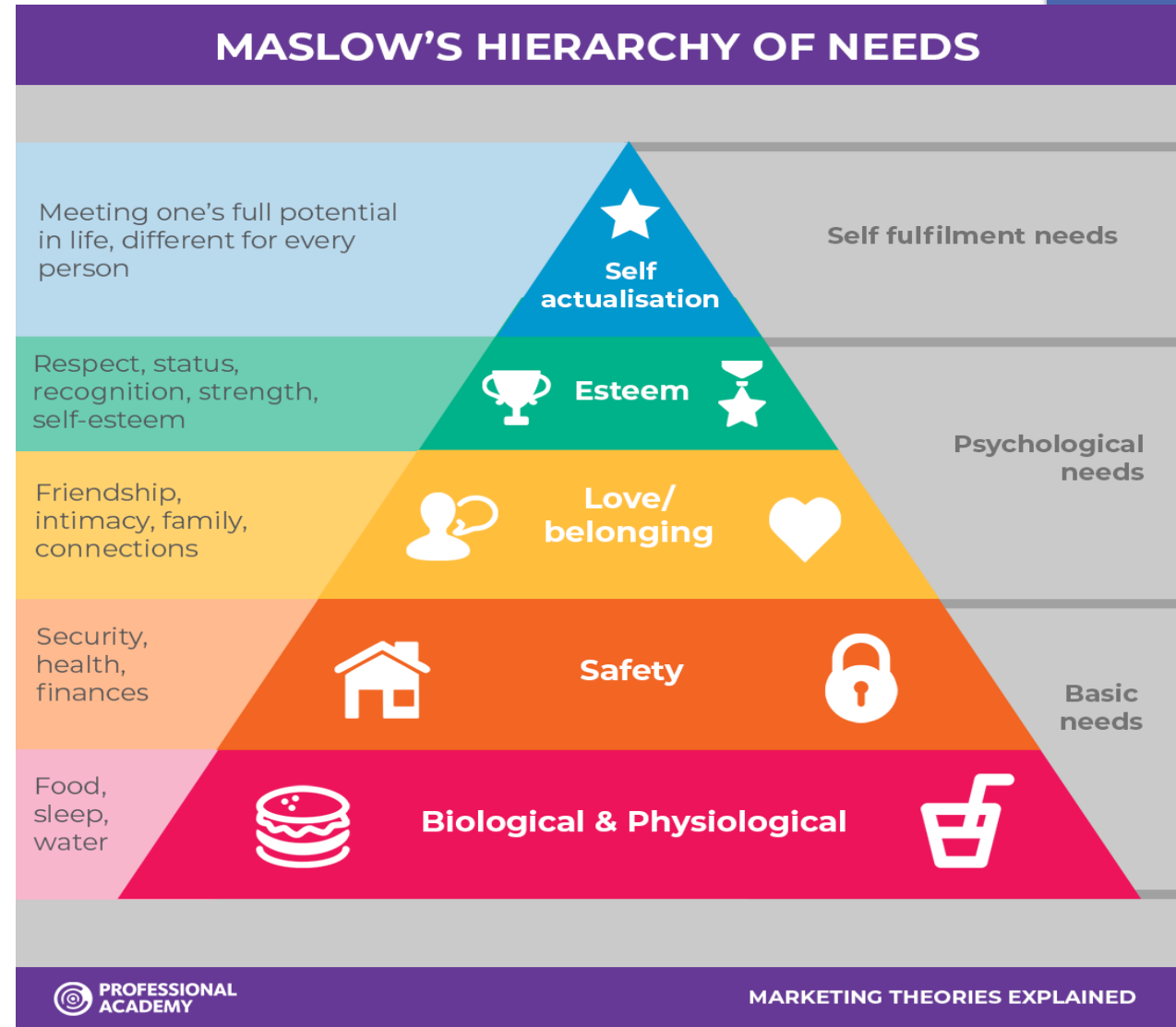
Plenary  
Group-  
Daring to  
hope again





# Plenary Group –Why might we be feeling as we do ?

- ▶ Abraham Maslow's hierarchy of needs was devised in the 1940s – we are motivated to achieve certain needs and some needs take precedence
- ▶ Although this pyramid is now well established, he did later suggest that the order of needs may vary according to the individual
- ▶ Many free articles are available on this model, but the Simply Psychology article by Saul McLeod is a good summary



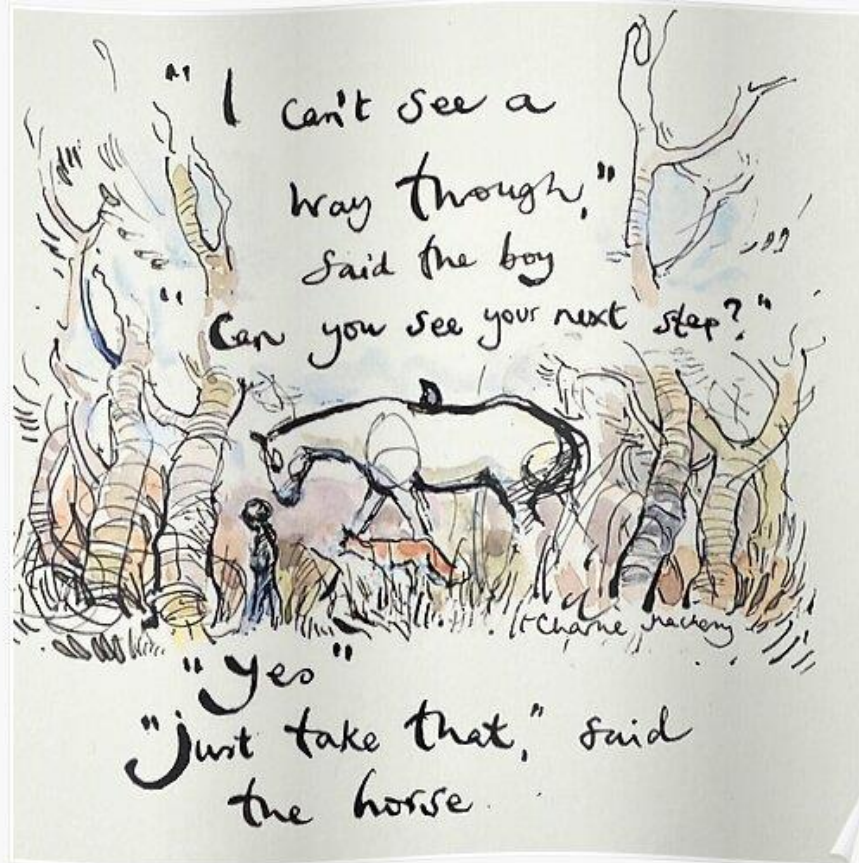
# Breakout Discussion Groups

Let's explore how this approach to our needs helps us understand and support others at this time

# Summary of our session today

- ▶ We have talked about our capacity to hope again after the last few months
- ▶ We have re-looked at Maslow's hierarchy, to help understand why we feel as we do right now
- ▶ We have explored in our breakout groups about how this helps us understand ourselves, and to support others right now





And finally,  
our familiar  
friend has  
words of  
wisdom for  
US ...

**Thank you for  
being part of The  
Birmingham  
Wellbeing Forum  
today**

- ▶ Wellbeing Forum resources are on the C+ website
- ▶ C+ team provide 1:1 listening too.
- ▶ Please complete the Feedback form. It helps us shape future sessions – we are planning a programme over the forthcoming year.
- ▶ **Our next Birmingham Wellbeing Forum event will be Wednesday 17 March at 12.30pm. It's on 'Leading with Courage', with Juliet Smithson, Head of Operations at Lionheart in Birmingham.**

Steve Bavington

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