

## Skills for Care Workforce Wellbeing

### Offer Update

**Support for Registered Managers/Managers** - Go to the Registered Manager dedicated [webpage](#) to find details of the support we offer including:

#### Registered Manager Networks

We support over 150 registered manager networks across England that reach out to 1000's of managers. Many networks are meeting more frequently than previously, via virtual meetings. Our networks cover every local authority area in England and always welcome new attendees.

Over 80% of networks have a **WhatsApp group** which are a source of peer support, advice, information and reassurance. Managers can join a group without having previously attended a network. Contact your Skills for Care [locality manager](#) to find out what's happening in your area and how to join your local network.

*As a registered manager in this very difficult time, I am so grateful to have my RMN what's app group. I can seek advice, gain up to date knowledge and just simply know other managers are there for support whenever I need them.*  
**Vanessa Williams-Lukins, Kidsgrove Care Solutions Stoke RM Network**

*Informative, well managed, non-judgmental and supportive group. You are not alone.*  
**Cheryl McWilliams, Prokare, St Giles Staffordshire RM Network**

#### Registered Manager Facebook Group

Our Facebook group is open to all registered managers and front-line managers in similar roles. Staying connected with each other and sharing advice, experiences and guidance is vital. Join this growing group of managers who are using it every day to:

- request and share the most up-to-date guidance around COVID-19
- network with peers and connect one another's services
- organise efforts to promote the importance of social care
- provide much needed support, understanding and reassurance to like-minded colleagues across England.

*'I'd like to express how amazing the Facebook group is. We all come together and support each other in these unprecedented times. I find it so supportive.'*

**Beverley Drabble, Helping Hands**

*'The Facebook group is by far the best sharing and caring forum I have ever joined. At times like this I have really felt that we have had each other's back with support and genuine care for each other.'*

**June Stephenson, Orchard House Care Home**

## Registered Manager Webinars

[View](#) a series of COVID-19 recorded webinars, including 'Wellbeing for Registered Managers' and 'Leading for Wellbeing' with accompanying wellbeing resource handouts.

## COVID-19 Advice Line for Registered Managers

Advice line to support registered managers to navigate the latest COVID-19 guidance and advice in response to the pandemic, enabling them to support their service with the latest information from Government and other adult social care organisations.

**Our Advice Line is open between 9.00 – 1700 Monday to Friday**

**Tel: 0113 241 1260 Email [RMAAdvice@skillsforcare.org.uk](mailto:RMAAdvice@skillsforcare.org.uk)**

## Deputy Manager Networks

Skills for Care currently supports over 150 registered manager networks, which are recognised as being invaluable by many managers. We know the benefits these networks provide to managers, so we are setting up a new network specifically deputies.

Each network meeting is virtual and facilitated by a Skills for Care Locality Manager and focuses on themes that include wellbeing and resilience, self-confidence and personal effectiveness, delegation with confidence and dignity, communicating inside and out and making sense of information.

[Find out more](#)

**Please note:** not every part of the country will be covered by a Deputy Manager Network this year but we will be looking at the success of the first networks to consider wider expansion at a later point.

## Support for Individual Employers/Personal Assistants

### Wellbeing webinar

Wellbeing webinar held on 16 November shares experiences from individual employers, include practical support and places where you can find help. It is aimed at individual employers and personal assistants but may also be of interest to local organisations who provide support to people employing PA's (user-led organisations, direct payment support, local authorities and CCGs). The [webinar recording is available](#) for future access on our information hub for individual employers and PAs.

### Local support for Individual Employers and Personal Assistants

Skills for Care is signposting to wellbeing resources and support that is available locally from local support organisations. To find out more go to the COVID-19 pages on our [information hub](#) for individual employers and personal assistants.

## Supporting the social care diverse workforce

COVID-19 is having a huge impact on the mental wellbeing of people from ethnic minority communities. [Watch a webinar](#) on how COVID-19 is impacting on staff and what organisations should and can do to help their staff. The panel of experts discuss the history and impact of everyday discrimination, social inequalities and the effect these complex challenges and stresses can have on staff mental health and wellbeing.

## National Wellbeing Strategic Steering Group

Skills for Care are working with the LGA and various partners to address high level issues relating to workforce wellbeing. Our shared purpose is to place workforce wellbeing at the heart of providers, commissioners, regulators and policy makers, focusing on the importance of investment, leadership and culture to improve workforce health and wellbeing, now and post pandemic.

Initial priorities are focusing a short-term priority for the sector to raise the profile and take-up of local and national wellbeing offers with providers and partners.

Longer term priorities will address culture, leadership and investment and workforce wellbeing as a priority for the sector, both during and post pandemic.

## Skills for Care Wellbeing Resources

### Effective supervision guide and bite size supervision resources

Your workforce is your most valuable resource and supervision plays a key role in supporting them to deliver high-quality care and support.

[Download our guidance and bite size resources.](#)

### De-escalating in challenging situations

This handy [self- support tool](#) has been developed with social care employers, to support staff when encountering difficult situations. Use in the workplace as a noticeboard poster, cut out the handy pocket sized reminder to give out to staff or suggest staff can photograph the tips using their phone, as an easy way to carry with them at all times.

### Time to Manage

Social care managers can use the guide to help them think about, and implement, new strategies for managing their personal time and their time with others. It includes lots of useful top tips and exercises to help them embed new ways of working.

[Download the guide.](#)

## Looking ahead

Early in the new year, we will be launching a digital tool to help navigate trusted and national wellbeing resources using a category search. The tool will be available from our website where we'll also share sector stories including tips and ideas to look after your own and others' wellbeing.