**NHS Lanarkshire**

**Reflection on the Staff Hub – Hairmyres Hospital – “Nice to feel looked after”**

A staff rest areas was set up within the Acute University Hospital Hairmyres at the beginning of the Covid pandemic. This area has been well used by staff as a quiet place to come and reflect, get support if needed, talk, have a massage etc.

Staff who used the area were asked to the question – “**How do you think you have benefitted from using the Staff Rest Area, in UHH, during Lockdown?”**

Below are some of the responses received by staff who used the rest area:

* The people who run the area, always welcome you with such friendly faces. Even if you don’t have time to stop. They make you feel welcomed, supported and encouraged to come back
* Your local disabled doctor, who’s been really mentally struggling, appreciated this so much
* We in ITU have just started using the service as we have been busy. It will be beneficial for our staff as they are stressed/anxious.
* Really nice to feel looked after whilst we look after others. Thanks ☺
* Think the staff running the staff area are doing a fantastic job – always cheerful, helpful. Very much appreciated.
* I tend to come near the end of my day to wind down. It’s away from clinical areas which encourages you to truly shut off
* Helped so much working 10 hour shifts & the massage near the end of the day has been so good
* Time away from clinical area to really switch off and have a proper break away from medicine!
* Helped to release tension in the neck and shoulders so helped to get a good sleep
* I feel cared for! That is psychologically huge.
* Knowing if needed support, it is there. Staff are all lovely and make sure you’re okay
* Time to reflect
* Felt more relaxed and helped relieve tension in my neck with the massagers
* Great distraction from work
* Very relaxing. Amazing idea for staff. Would be great to have it at all times
* Relaxing, talking to colleagues in a silent atmosphere
* It really helped to have someone independent to talk to when I was having a bad day.
* Nice friendly people and massage helped for shoulder pain that was stress related
* Fantastic area to relax. Staff wonderful; extremely helpful; always have an ear to listen to my concerns.
* Improved mood, relaxed, caught up with colleagues, chatting to support staff
* Space to relax; speak to wellbeing team
* Clearer mind following session. More relaxed during unprecedented times
* It’s been amazing to chat to other people and to open up. It’s a more relaxing environment
* Safe space to talk about the day. Time away from ward
* It has benefitted me to stop and think by taking the time out of work schedule to enjoy relaxation and to reflect on the day
* Information – in particular the articles on sleep hygiene
* Aye it’s good that you’re taking the staff’s health into consideration
* Really impressed with rest area. Think it’s a great idea for people to relax and even talk to others
* Thank you for setting this up. I have made us of it and found it very helpful. The staff on the stand try very hard to connect and help people. Thank you.
* Can we please find somewhere to keep this going. It’s helping stress of mind and body.
* Very good idea to have an area for staff only.
* Appreciative of this space and time out. Very valuable
* Well being staff are brilliant and so approachable
* This is a very valuable service. I hope when things return to ‘normal’ consideration of mental health and wellbeing will remain a priority
* The staff are very approachable and friendly. Lots of useful information
* My colleagues and I attend the area at least 3-4 times per week, take part in the weekly quiz. Staff are very friendly, approachable and really helpful