

Caring for yourself while you care for others:

A toolkit for nursing ambassadors to look after their own health

NHS England and NHS Improvement



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Caring for yourself:

A toolkit for nursing ambassadors to look after their own health

Colleagues

Caring for others in this COVID-19 climate can mean that looking after ourselves is harder than ever. Yet, never has there been a more important time to consider our own health.

With our nursing ambassadors in mind, we commissioned the development of this toolkit by the health charity C3 Collaborating for Health. Through its NURSING YOU programme, C3 has spoken with over 450 nurses who have made it clear: it's hard to look after ourselves when we're so focused on caring for our patients.

A survey of nursing ambassadors found the areas of health that you could use the most support with and this informed which resources were included in this toolkit. Although not exhaustive, it lists the most relevant apps, websites, and podcasts found through a Google search. Our thanks to the small group of dedicated nursing ambassadors who reviewed and approved the toolkit. Through this toolkit we hope you find a resource that will help you put your needs first, and that you can go on to share with your patients and communities.

Best wishes from the perceptions of nursing team.

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PHYSICAL ACTIVITY & DIET

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PHYSICAL ACTIVITY & DIET

Active 10 Walk Tracker

A free app that tracks your walking activity and encourages you to increase walking speed

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★☆ 3.5 / 5

"It is a good App and I really like the fact I can see when I am walking briskly."

What is it?

Active 10 is an app that tracks and records daily walking activity. Through the app, the user can select how active they want to be (how many ten minute brisk walks they want to achieve per day), resulting in an achievable fitness goal to work towards to more easily increase physical activity.

→ GO TO RESOURCE

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PHYSICAL ACTIVITY | STRESS

Couch to 5K

A free app that takes you through a nine week programme to get you off the couch and running a 5K

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

“As someone who has never run I would say this app has the potential to change lifestyles. I get a huge sense of well-being after every run.”

What is it?

An app that gives the user step-by-step instructions and coaching to get them walking and running a 5K in just nine weeks. It provides motivation and advice from a choice of five trainers, and also allows the user to track their progress throughout the nine weeks. *Couch to 5K* gives advice and tips throughout the journey, and connects the user to like-minded people through its community forum.

→ GO TO RESOURCE

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DIET

MyFitnessPal

A free app that allows you to track your food intake and calories with ease, and record your physical activity

Type / Price:



Mobile Application –
FREE to download / use
 offers in-app purchases
 to access *MyFitnessPal
 Premium*

What is it?

MyFitnessPal is an app that allows users to log their food and calorie intake, physical activity, number of steps and make goals. The app allows the user to chart their progress in terms of physical activity, weight loss and nutrition.

Reviews:

★★★★★ 4.7 / 5

"I love that you can scan in what you eat, track your progress, your friends can join which means you can develop your own support network."

→ GO TO RESOURCE

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DIET

Easy Meals

A free app that allows you to search for delicious and simple recipes to cook for breakfast, lunch and dinner

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.8 / 5

“The meal ideas are varied but not complicated making them useful every day. I feel encouraged to try a variety so healthy eating isn’t boring.”

What is it?

Easy Meals is app that gives easy calorie counted recipes and meal ideas; saves recipes; offers information on healthier choices and; provides a shopping list feature to help the user keep track of what they need by emailing ingredients and saving shopping lists.

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DIET | PHYSICAL ACTIVITY | MENTAL HEALTH | FERTILITY

The Food Medic

A podcast that offers expert advice from leading experts on how we can live healthier, happier lives

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Fabulous: some really inspirational topics discussed here.”

What is it?

A free podcast, hosted by Dr Hazel Wallace – medical doctor, personal trainer, blogger and author – where experts in their field are interviewed on evidence-based advice from female hygiene, to diet, to exercising and stress.

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DIET | PHYSICAL ACTIVITY

The Doctor's Kitchen Podcast

A podcast with a specific focus on what you can eat to promote good health

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

"Great Podcast."

What is it?

A free podcast, hosted by Dr Rupy Aujla – GP and author – who interviews experts in health, nutrition and well-being on healthy eating to how to prevent disease and illness.

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PHYSICAL ACTIVITY | WEIGHT LOSS | HYDRATION | ALCOHOL | DIET

NURSING YOU

A free app designed by nurses exclusively for nurses to support their well-being and weight management goals

Type / Price:



Mobile Application –
FREE to download / use
email in for the access code

Created by:

MAXIMUS UK &
C3 Collaborating for Health

Reviews:

★★★★★ 3.5 / 5

What is it?

Designed by nurses, for nurses: *NURSING YOU* is an exclusive app to help nurses care for themselves so they can keep doing what they do best – caring for others. Now in its second year, the *NURSING YOU* app comes from a partnership with MAXIMUS UK. Building on MAXIMUS’ digital well-being platform, *NURSING YOU* enables nurses to reflect on how they make decisions at work and to identify well-being goals, such as how to help maintain a healthier weight or drink more water.

The app includes well-being assessments, tracking functions, and recipes and health tips.

For 2019, C3 and MAXIMUS are adding one-to-one health coaching. This unique 12-week behavioural change programme will better support nurses on their weight-loss journey, as health coaches help decide on goals, track progress and help nurses push through relapses.

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STRESS | SLEEP | SELF-CARE

Calm

An app that offers guided meditations, sleep stories, breathing programmes and stretching exercises

Type / Price:



Mobile Application – FREE to download / use offers in app-purchases for monthly and annual subscription

Reviews:

★★★★★ 4.7 / 5

“Calm gives you a toolbox with multiple different tools that you can use in various situations. I love it and highly recommend it to anyone.”

What is it?

Calm is app that aims to reduce stress levels and improve quality of sleep through a range of inbuilt services. These services include: guided meditations; sleep stories; breathing programs; stretching exercises; and relaxing music.

The app features a daily 10 minute programme of Daily Calm; a 7 and 21 day mindfulness programme for beginners and advanced users; and allows the user to track their progress by recording their mindfulness (meditation) minutes.

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SLEEP

Sleep Life

A podcast designed to help you unlock your sleeping potential

What is it?

A free podcast that provides advice on how sleep interacts with daily life such as relationships and nutrition, and provides tips and tricks to how to get a better night's sleep.

Type / Price:



Podcast –
FREE to access

Created by:

OneYou (PHE)

Reviews:

★★★★★ 5 / 5

"Great Podcast."

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STRESS

Thrive: Mental Well-being

An evidence-based app to prevent and manage stress, anxiety, and related conditions

Type / Price:



Mobile Application –
FREE to download / use

Reviews:

★★★★★ 5 / 5

"I appreciate this app so much. I've always had anxiety when my daily responsibilities have overwhelmed me. But the breathing exercises and 'retraining my brain' with positive thoughts has been life changing. Thank you."

What is it?

Developed in the UK by specialists with many years of clinical experience, the app uses easy to learn clinically proven techniques to help live a happier, more relaxed, stress-free life.

The app helps to monitor mood and teaches relaxation techniques such as meditation and deep muscle relaxation that – with practice – have shown to help people cope better with stressful situations. It also has a 'thought trainer' programme based on cognitive behavioural therapy to help manage negative thoughts.

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STRESS | SLEEP | SELF-CARE | BEREAVEMENT

Headspace: Meditation and Sleep

An app offering mindfulness and meditation techniques with the aim of improving focus and decreasing stress and anxiety

Type / Price:



Mobile Application –
FREE to download ;
offers in app-purchases
for subscription

Created by:

Researchers at University
College London using evidence
and theory from the field of
behavioural science

Reviews:

★★★★★ 4.8 / 5

What is it?

Headspace is an app that provides a completely free ‘basics’ course to teach the fundamental techniques of meditation and mindfulness, with the aim of reducing stress.

“This app has 100% helped me to manage my mental health for the better and has encouraged me to appreciate life. Cannot praise this app enough. Absolute life changer.”

After completing the ‘basics’ course, users have the chance to gain access to the full *Headspace* meditation library by subscribing (monthly / annually). The app offers guided meditations on topics such as focus, exercise, sleep and ‘everyday headspace’ to help tackle all aspects of daily life.

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MENTAL HEALTH

CIPD (Chartered Institute of Personnel and Development)

Resources developed to support those experiencing stress and mental ill health issues and sets out practical steps that employers can take to create a mentally healthy workplace



Type / Price:



Resources to download

What is it?

Factsheet:

Mental health in the work place

Gives an overview of mental health issues in the workplace. It provides guidance on supporting employees' mental health at work, including spotting early signs of mental health issues, training line managers, and promoting a good work-life balance. The factsheet emphasises the importance of making adjustments at work and offers guidance on providing specialist clinical and professional advice for employees who need it.

Guide:

People managers' guide to mental health

(Produced in collaboration with MIND). This guide is designed to support anyone involved in managing people, from line managers in large organisations to owner-managers of small firms. It includes practical guidance such as checklists and templates for facilitating conversations about mental health that are easily adaptable for different workplace environments and relationships.

Poster:

Lets' talk mental health

Poster available to download and print. It is designed to help raise awareness of the ways in which colleagues can support each other's mental health at work.

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MENTAL HEALTH AT WORK

MENTAL HEALTH

Mental Health at Work

A set of resources that offer a starting point in looking out for healthcare workers' mental health

Type / Price:



2 Websites +
2 PDF resources

Created by:

OneYou (PHE)

What is it?

Toolkit:

Four free resources – two websites and two PDF documents:

Creating healthy workplaces: a toolkit for the NHS

How are you feeling, NHS?

How to be mentally healthy at work

Everything you need to know about sickness absence: mental health

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MENTAL HEALTH

Feeling Good: positive mindset

An app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT)

Type / Price:



Mobile Application – FREE to download; offers in app-purchases for additional audio track

Created by:

Positive Rewards Ltd.
(Approved by NHS Digital)

Reviews:

★★★★★ 4.5 / 5

What is it?

Feeling Good is an app that provides a programme based on positive psychology and the principles of Cognitive Behavioural Therapy (CBT).

The audio tracks on the app combine deep relaxation with resilience techniques to promote focus and mental clarity. Themes covered by the tracks include: mindfulness; body relaxation; and confidence boosting.

“Highly recommended: This app is amazing and has really helped me turn negative thoughts into positives.”

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STRESS | MENTAL HEALTH

Time and Space

Short videos created for nursing staff providing mindfulness techniques to practice as part of a daily routine

Type / Price:

Videos – **FREE** to watch

Created by:

RCN Nursing in Justice and Forensic Health Care Forum

Reviews:

“Every nurse needs this.”

What is it?

Six, seven-minute videos created for nurses to coach them on mindfulness techniques that they can practice at multiple points during the day. Each video is linked to a stage of the working day.

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MENTAL HEALTH | SELF-CARE

InnerHour – Live Happier

An app that facilitates self-care, giving you the tools to combat depression, anxiety, stress and more

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★★ 4.5 / 5

“This has helped me so much to calm me down and get through things.”

What is it?

InnerHour is an app that helps to create a space for self-care by providing the user with tools and techniques – utilising cognitive behavioural therapy – to help manage stress, anxiety and depression.

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MENTAL HEALTH | SELF-CARE

Reflectly

A personal journal app that enables you to deal with negative thoughts, learn self-care and happiness

Type / Price:



Mobile Application –
FREE to download / use
offers in app-purchases

Reviews:

★★★★★ 4.3 / 5

What is it?

Reflectly is an app that uses positive psychology, mindfulness and cognitive behavioural therapy and allows the user to create stories in a personal journal and reflect on each day.

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MENTAL HEALTH AT WORK

Taking Care of Yourself

Small, simple steps you can take to look after yourself and make your workplace



Type / Price:



Available online –
Wellness Action Plan
FREE to download

What is it?

An online resource outlining evidence-based steps to well-being; tips and information on how to look after mental health at work and a free *Wellness Action Plan – a guide for employees* (available to download), which includes an electronic interactive template and information on how to approach the subject of employee well-being with managers.

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Feel Better
Live More

DE CHATTERJEE



MENTAL HEALTH | STRESS | ANXIETY | SLEEP | DIET

Feel Better, Live More

A podcast that provides easy health life-hacks and expert advice to give you tools to manage stress, sleep, eating habits and more

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Fantastic.”

“Podcast I listen to most.”

What is it?

A free podcast, hosted by Dr Rangan Chatterjee – a GP, author and TV Presenter – who interviews experts and provides easy, lifestyle and health hacks; from mental health, to gut health, to stress, to mindfulness.

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MENTAL HEALTH

Happy Place

A free podcast that promotes ways to find joy in every-day life

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

“Utterly inspiring, motivating, life changing.”

What is it?

A free podcast, hosted by Fearn Cotton, who interviews famous people on the tools they use to promote their own well-being and positive mental health.

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SUPPORTING NURSES' HEALTH | CHANGING WORK ENVIRONMENTS

NURSING YOU

Resources to help nurses implement changes in their work environments to better support nurses' health

Type / Price:

Online programme – FREE to download

Created by:

C3 Collaborating for Health through funding from the Burdett Trust for Nursing (2019)

What is it?

Designed by nurses for nurses, C3's NURSING YOU programme has spoken with over 450 nurses about how to engage nurses in becoming healthy lives champions. It includes 7 steps to implementing NURSING YOU at nurses' organisations and changing work environments to better support nurses' health, including a fact sheet about nurses' health, template letters for managers, Twitter kit, flyers and an access to food at work survey.

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SMOKING

NHS Smokefree

A free app to assist you in stopping smoking with a four week programme of daily motivation and support

Type / Price:



Mobile Application –
FREE to download / use

Created by:

Public Health England

Reviews:

★★★★★ 4.5 / 5

“This great app helped to motivate me and kept me going when I needed a bit of extra support!”

What is it?

Smoke Free is app that provides a four-week programme that includes practical support, motivation and advice to help stop smoking. Features include: daily support messages; badges to reward progress; a savings calculator; and tips to help quit smoking.

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ALCOHOL

Drink Free Days

A free app to help you track and reduce your daily alcohol consumption by nominating Drink Free Days

Type / Price:



Mobile Application –
FREE to download / use

Created by:

OneYou (Public Health England)

Reviews:

★★★★★ 4.5 / 5

"I find this a really good way of reminding myself not to drink! It is non judgemental and low key – just a private little nudge."

What is it?

Drink Free is an app that records and tracks alcohol consumption. It also allows the user to nominate Drink Free Days in order to reduce their weekly alcohol consumption. The app provides daily motivation and advice to reduce alcohol consumption, delivers reminders, and provides information on the impact of alcohol the wallet and the waistband.

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ALCOHOL

Alcohol Change UK

A website that provides free resources on cutting down alcohol consumption

Type / Price:



Website

Created by:

OneYou (PHE)

Reviews:

★★★★☆ 3.5 / 5

"It is a good App and I really like the fact I can see when I am walking briskly."

What is it?

Content includes practical tips on how to cut down; a link to a unit calculator; a comprehensive list of no/ low-alcohol options – with reviews; and an interactive *alcohol body map*.

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ALCOHOL

Drink Less

A free app that aims to help people reduce their alcohol consumption

Type / Price:



Mobile Application –
FREE to download / use

Created by:

Researchers at
University College London

Reviews:

★★★★★ 4.1 / 5

What is it?

Drink Less is an app that allows the user to keep track of how much they drink, set goals to drink less, get feedback on whether what they are doing is working and access some unique and fun ways of changing their attitude towards alcohol.

Created by Researchers at University College London using evidence and theory from the field of behavioural science.

“Wish I’d found this app a long time ago. I knew I was a heavy drinker but to see how much I actually drink and the thousands of calories I consume a week in black and white has really been a major eye opener.”

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MENOPAUSE

Women's Health Concern

Three PDF fact sheets

Type / Price:



PDF resources to download

What is it?

Three PDF factsheets: *the menopause*; *menopause and insomnia* and; *menopausal hair loss*, which aim to explain just what these changes are, and what you can do to make things easier.

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MENOPAUSE

Manage my menopause

Bespoke menopausal advice from experts in post reproductive health

Type / Price:



PDF resources to download

What is it?

Free online resources:

Manage my Menopause questionnaire: contains a number of sections, data is then used to tailor specific lifestyle advice. If a donation is made it allows the user to download an advice document as a PDF. There is an additional option for the user to calculate their QRISK, QFracture and Frax scores.

Manage my Menopause handbook: Highlights the changes and how they impact on long-term health and suggests small lifestyle changes.

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MENOPAUSE

Menopause Support

To improve menopause GP education and raise awareness within the workplace to support women experiencing symptoms

Type / Price:



PDF resources to download

What is it?

Free PDF documents available to download:

- menopause symptoms checker;*
- ten things your doctor should know about menopause;*
- getting the most out of your doctors' appointment;*
- understanding menopause for men*

Poster

#MakeMenopauseMatter poster to download and print to raise awareness in the workplace

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MENOPAUSE

MenoPro

An app to facilitate symptom control of menopause between doctors and women work together

Type / Price:



Mobile Application –
FREE to download / use

Created by:

NAMS

Reviews:

★★★★★ 3.5 / 5

“Walks you through steps for a treatment plan tailored to your patient.”

What is it?

MenoPro is an app for menopausal symptom management, designed to facilitate personalised treatment of symptom decisions between doctors and women going through the menopause, based on the patient’s preferences, medical history and risk factors. The app has two modes, one for clinicians and one for women, to facilitate shared decision making.

MenoPro has several unique features, including the ability to calculate 10-year risk of heart disease and stroke, which is important in deciding whether a treatment option is safe for you. It also has links to online tools that assess the user’s risk of breast cancer and osteoporosis and fracture. *MenoPro* was developed in collaboration with NAMS (the North American Menopause Society) and includes links to NAMS education materials, including a downloadable

MenoNote on behavioral and lifestyle modifications to reduce hot flashes, and information pages on the pros and cons of hormone versus nonhormone therapy options, a discussion of pill versus patch therapy, and information on treatment options for vaginal dryness and pain with sexual activities, with links to tables with information about different medications. These pages can be printed out or directly accessed from a phone or tablet.

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MENOPAUSE

mySisters

An app for women experiencing symptoms of perimenopause and menopause who want to track their symptoms and join the mySisters community

Type / Price:



Mobile Application –
FREE to download;
offers in app purchases

Reviews:

★★★★★ 3.6 / 5

“Easy to use to track symptoms and print a report to share with my doctor. Makes having an awkward conversation a little easier.”

What is it?

The *mySisters* perimenopause tracking app allows the user to track their symptoms of perimenopause and menopause, learn how to better manage symptoms, get more out of visits to the doctor and find support in community discussion groups.

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CARING RESPONSIBILITIES

Jointly

An app that has been created for carers by carers and to link carers together

Type / Price:



Mobile Application – FREE to download; one off payment of £2.00 to set up a network

Created by:

Carers UK

Reviews:

★ ★ ★ ★ ★ 2.2 / 5

What is it?

Jointly is an app that provides the user with a resource to communicate with other carers, support others and be supported, keep organised with their tasks list and calendar, and keep track of the current medication for the person they are caring for.

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CARING RESPONSIBILITIES

Carers UK Forum

An online forum where you can ask questions, access support and advice

Type / Price:



Online forum,
FREE

What is it?

A website that provides an online forum to access support and advice on caring for different conditions, tips and practical advice, fun and games and current campaigns.

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FINANCE

Cavell Nurses' Trust

Cavell Nurses' Trust is a charity that provides practical and financial support for UK nurses, midwives and healthcare assistants

Type / Price:



Free verbal advice and support via telephone, grant applications for financial support available online.

What is it?

Cavell Nurses' Trust offers practical advice and financial support through grants to UK nurses, midwives and healthcare assistants who are suffering financial hardship, often due to illness, disability, older age or domestic abuse.

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FINANCE

Money Health Check

The Money Advice Service – free online financial health checker tool

Type / Price:



Online Tool –
FREE

What is it?

Free Money Health Check - to find out areas to focus on and practical way to improve a financial situation. Produces bespoke advice plans with simple tasks.

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FINANCE

LampLight Support Service

The LampLight Support Service offers a telephone support service to nurses who are dealing with financial hardship

Type / Price:



Telephone service;
Free advice.

What is it?

The LampLight Support Service work in partnership with the RCN to provide a telephone service to support and provide advice to healthcare assistants, nurses and midwives who are adapting to change or dealing with pressures adversely affecting their financial situation.

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FINANCE

Money to the Masses

A podcast with useful information on how to save, make or spend money wisely

Type / Price:



Podcast –
FREE to access

Reviews:

★★★★★ 5 / 5

"Compulsive listening."

What is it?

A free podcast, hosted by Damien Fahy, that provides advice on where to and how to spend money, and what to do in the event of companies going bust.

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HYDRATION

Hydration Genius

A free app that allows you to log your water content to calculate the amount of water you need to stay hydrated

Type / Price:



Mobile Application –
FREE to download / use

Reviews:

★★★★★ 3.5 / 5

"I love this app. I never get enough water during the day but this app makes me try harder. It is easy to use and is very well organised."

What is it?

Hydration Genius is an app that encourages the user to record water intake and – using a simple algorithm – it calculates the exact amount of water needed to stay hydrated throughout the day.

The app provides information on hydration levels and sends daily reminders to encourage the user to drink more water.

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HYDRATION

Waterlogged – Drink More Water

A free app to help you stay healthy and hydrated

Type / Price:



Mobile Application –
FREE to download / use;
offers in-app purchases

Reviews:

★★★★★ 4.2/ 5

"I use this to track my water intake and it's very useful as I suffer with bad acne and measuring my water intake motivates me to drink more water."

What is it?

Waterlogged is an app that provides personalised charts and reminders to help you stay on top of hydration.

You can sync the app with your fitbit/apple health, and unlock reminders to help you stay hydrated.

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BEREAVEMENT

Good Grief: Chat and Messaging

An app that provides you with a social network to chat, connect and grieve with others

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★☆ 4.4 / 5

“This app is a really good step forward in the grieving process I look forward to using it for a long time and helping other people through healing and repair.”

What is it?

Good Grief - The Social Network for Loss app allows the user to connect with others by putting them in touch with individuals who are grieving over a loved one, creating a community where they can share their thoughts over messages.

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BEREAVEMENT

Grief Support Network

A free social networking app that allows you to connect and support people who are grieving or have grieved

Type / Price:



Mobile Application –
FREE to download

Reviews:

★★★★☆ 4.4 / 5

"This app has hands down best collection of "real" grief support resources."

What is it?

Grief Support Network is an app that aims to create a global community of 'Grief Angels' by connecting people who are grieving. The user can enable a proximity feature to communicate with those grieving close by, connect with others through a grief wall or grief messenger, seek advice on 'grief attacks' and grief health.

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Public Health
England

HEALTH PROMOTION OF PATIENT GROUPS

All Our Health

A framework for healthcare professionals (including nurses) to prevent illness, protect health and promote patient well-being

Type / Price:

Framework via multiple PDF documents

Created by:

Public Health England (2018)

What is it?

All Our Health is a resource that aims to help healthcare professionals maximise the impact they can have on improving health outcomes for the patients they care for.

All Our Health is the overarching framework, that provides evidence and guidance on a number of different health topics including:

- **MAKING EVERY CONTACT COUNT**
- **WORKPLACE HEALTH: APPLYING ALL OUR HEALTH**
- **ADULT OBESITY: APPLYING ALL OUR HEALTH**
- **PHYSICAL ACTIVITY: APPLYING ALL OUR HEALTH**
- **SMOKING AND TOBACCO: APPLYING ALL OUR HEALTH**
- **ALCOHOL: APPLYING ALL OUR HEALTH**

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The Everyday Interactions

A resource that allows health professionals to record and measure the impact they have on the patients they care for

Type / Price:

A Report and Toolkit –
FREE to download / use

Created by:

Royal Society of Public Health
(2017)

What is it?

The Measuring Impact Toolkit was created by the Royal Society for Public Health to be used as a guide and encourage healthcare professionals, including nurses, midwives and allied healthcare professionals to record their brief interventions with patients surrounding a number of lifestyle risk factors, and measure how they have impacted the health of the public by doing so.

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COMPASSIONATE CARE

Leading Change, Adding Value

A framework for nursing, midwifery and care staff that aligns with the Five Year Forward View with a focus on Compassion in Practice

Type / Price:



A framework and e-learning tool

What is it?

A framework for nursing, midwifery and care staff to provide them with information about tackling three workplace domains: health and well-being; care and quality; funding and efficiency to lessen the gap between different healthcare services and health inequalities of their patients.

In addition to the framework, to support the use of LCAV, an e-learning tool has been developed to build capacity of nurses and address health inequalities.

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ACKNOWLEDGEMENTS

Caring for yourself while you care for others:

**A toolkit for nursing ambassadors to look
after their own health**

Co-designed with nursing ambassadors, C3 Collaborating for Health
and The South West Academic Health Science Network.

