

Staff Wellbeing Microgrant: Face-mask workshop

What is a Microgrant?

A Microgrant is a small sum of money, £500 or under, that hopefully has a big impact. As part of its commitment to supporting staff wellbeing NHS Lothian Charity offers teams the opportunity to apply for a Microgrant for items or activities to improve or maintain their wellbeing.



Staff members at the face-mask workshop

NHS Lothian Charity provided a grant of £250 to support a wellbeing activity for staff working across the CAMHS Tier 4 Day Service. The grant was applied for by Clinical Psychologist Dr. van Alphen who recognised the team has been under increased pressure recently. The 1 hour face-mask making workshop, delivered by the team from Lush in a meeting room at the Royal Hospital for Children and Young People (RHCHYP), provided staff protected time at the start of a working day, to focus on their own wellbeing, encourage self-care practice, and strengthen connections across the team. All professions across the service benefitted including nursing, occupational therapy, psychology, family therapy, psychiatry, social work and support workers. This report outlines the positive impact it had on staff, helping them to feel better equipped to look after their own wellbeing and, in turn, continue providing high-quality care and support to young people and families.

Almost all staff reported a decrease in their stress levels and felt more relaxed after the activity."

Dr van Alphen, Clinical Psychologist,
CAMHS Tier 4 Service

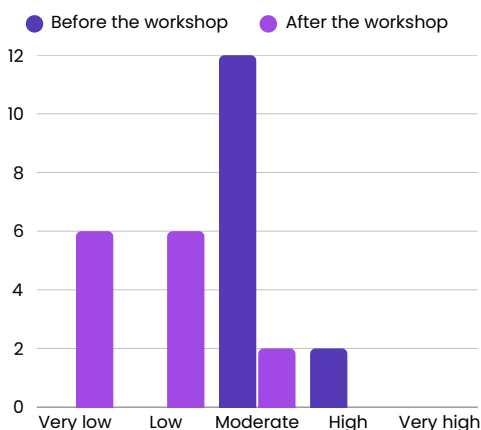


20 staff from the service benefitted from the workshop.



Staff members with face-masks

Reduced stress levels



How this activity supports staff wellbeing

Evidence shows that creative activities can improve wellbeing and help healthcare staff feel more connected and valued. Activities such as face-mask making support wellbeing by encouraging mindfulness, creativity, and social connection. Taking time to mix products and focus on a simple, enjoyable task gives staff a break from workplace pressures, while learning a new skill and spending time with colleagues can help reduce stress and strengthen team relationships.

Other wellbeing improvements

100%

of staff agreed the workshop helped them relax (56% very much, 36% quite a lot, 14% somewhat).

 The activity was really relaxing and a lovely start to the day."

 The practical task of mixing the product was really relaxing."

 Nice and relaxing. Mood lifted."



Staff mixing ingredients for face-mask

100%

of staff agreed the workshop allowed them to mentally switch off from work (79% completely, 21% somewhat).

 Nice calming relaxing start of the day. Took me away from thinking about work."

 Time out from job, doing something different."

 Lovely time to switch off from work and spend time with the team."



Staff finishing off face-masks

100%

of staff agreed the workshop made them feel more connected to the team.

 Good to spend time in a positive way with my team and make a mask to take home."

 Nice doing the activity and coming together as a team."

 Lovely to spend such a joyful time with colleagues, great to do something fun with new colleagues too."



Face-masks ready to take home

Supporting staff wellbeing beyond the workshop

Participants learned how to make face-masks that they could continue to use as part of their own wellbeing routine at home, helping to encourage future moments of rest and relaxation. The 10 staff who were unable to attend the session were also provided with face-mask products, enabling them to benefit in their own time. The workshop helped raise awareness of the importance of staff wellbeing and spending positive, supportive time together as a team. Information about the workshop and its benefits was shared with other teams across CAMHS, encouraging them to consider organising similar wellbeing activities for their own staff teams.

93%

of staff agreed the workshop made them feel valued as a NHS Lothian staff member.

 The whole process of creating something and that can be taken away and used at home for a second break. "

Find out how NHS Lothian Charity can support staff wellbeing [here](#).

Report compiled by Rebecca Caulfield, Evaluation Manager, NHS Lothian Charity