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Newsletter

Occupational Health Week

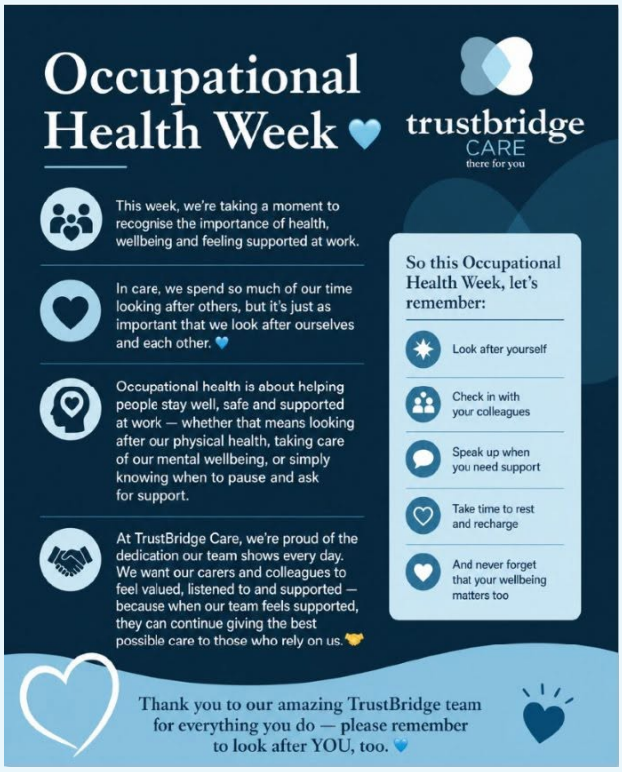
Looking After the People Who Look After Others

Occupational Health Week is a good opportunity to pause and think about something that can sometimes be overlooked in care: the health, safety and wellbeing of the people providing care.

Working in domiciliary care can be rewarding, but it can also be demanding. Our carers support people with different needs, travel between visits, manage changing circumstances and handle situations that require patience, professionalism and understanding.

Looking after our clients also means making sure our team has the right support to work safely and effectively.

When work gets busy, it can be easy to put your own wellbeing to one side. However, it is important to recognise when you need a break, when something is affecting you at work, or when you may need additional support.



This month's focus: healthy, safe and supported at work

Occupational health is about helping people stay well, safe and supported at work - physically, emotionally and professionally.

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A few things to remember

01 **Take appropriate breaks and stay hydrated where possible.**

02 **Follow safe working practices and your moving and handling guidance.**

03 **Raise concerns about equipment, the working environment or any risks you identify.**

04 **Take care of your physical and emotional wellbeing outside of work too.**

05 **Look out for colleagues and treat each other with respect and professionalism.**

Look after yourself. Check in with colleagues. Speak up when you need support.

Take time to rest and recharge - your wellbeing matters too.

W www.trustbridgecare.com | T 01332-340551 | @ derby@trustbridgecare.co.uk

Recognition, support and looking after each other

Recognising the work our carers do

Occupational Health Week is also an opportunity to recognise the work our carers do every day. The support you provide helps people remain independent, stay connected and continue living safely in their own homes.

Support should continue all year round

Let us continue to create a workplace where people can raise concerns, access support and work safely throughout the year, not just during Occupational Health Week.



Thank you, Team TrustBridge

Thank you to our amazing TrustBridge team for everything you do.
Please remember to look after YOU, too.

When our team feels supported, they can continue giving the best possible care to those who rely on us.