

Support for colleagues affected by COVID outbreak in India

We are aware that the current COVID-19 crisis in India is resulting in a hugely worrying time for many of our colleagues who have family, friends or colleagues living in the Country.

The CTM wellbeing team along with our BAME Network is offering support for any staff member affected by the situation in India. Please remember to reach out for support if you need it, we are here for you at this difficult time – you are not alone.

Some of the support on offer includes:

Chaplaincy

The Multi Faith rooms on every site are open 24/7, they are for everyone, regardless of whether they have a faith or not. They are a peaceful and quiet places to simply 'be'.

Staff can contact the Chaplaincy via switchboard, or call our office in PCH directly on 01685 728427. We do our best to have someone present and checking this number during the core hours Monday to Friday, and we will follow up any calls left on the answer machine if we are called out or visiting patients.

You can also email us for support:

Carolyn.Castle@wales.nhs.uk Douglas.Atherton@wales.nhs.uk Wendy.Evans8@wales.nhs.uk

Medical advice

If require any medical advice regarding COVID-19 care issues in India, Dr Biswas (Clinical Director) is happy to provide information via discussion or telemedicine. Please understand that this advice does not replace any advice that your family may receive in India.

You can contact Dr Biswas via email: raja.biswas@wales.nhs.uk

BAME network WhatsApp group

The BAME Network works to support as many of our staff as possible. We use our WhatsApp group for quick and easy exchange of information, asking questions and supporting each other. If you would like to join,

Enter this link into your phone: chat.whatsapp.com/I3Ss4bwxW4y79tjxaQscFS

or scan this QR code with your phone to join the group:



Wellbeing resources on SharePoint

Looking after you is our key focus. Through our wellbeing support, we hope everyone will feel better equipped to look after themselves, and each other, during these extremely challenging times.

The advice and support available helps staff to look after themselves, as well as helping managers to look after their teams. To access wellbeing support visit: cwmtafmorgannwg.wales/staffwellbeing/

