

# Health and Wellbeing at Work

## WELCOME NOTE

We know that throughout Cork and Kerry staff are involved in wonderful health and wellbeing initiatives. We want to provide a platform to share this work and are launching **Wellness through the Lens**, a staff health & wellbeing photo competition. Every month we will select a photo of the month and there will be a prize for the overall winner at the end of the year. Photographs will be used for our staff 2020 calendar and appear in our Health & Wellbeing communications. Email [Aisling.ONeill4@hse](mailto:Aisling.ONeill4@hse) to find out more about the competition. Accompanying the photo competition is a six week online course to develop staff skills in taking photographs with their phones (iOS and Android). To register for the course click on this [link](#), or ask Aisling. We hope that staff will enjoy this opportunity to develop skills and promote marvellous health & wellbeing initiatives using photography, after all a picture paints 1000 words. Love Life Love Walking on 14<sup>th</sup> February will be a great opportunity to start testing your skills.

### Personal Story

Hi my name is Jennie Synnott, I'm the interim influenza Lead with the Health and Wellbeing team and I also work with the Mental Health Services.

In work I have a tendency to take on a lot of projects and work very hard. I enjoy taking on tasks and achieving them, this gives me joy at work. This year's influenza campaign has been extremely busy. The Health and Wellbeing team had put a lot into the 2017/18 campaign and I built on that work. Some of the opportunities of this year's campaign have been to visit most of our facilities in Cork and Kerry and, from the hard work of the Health and wellbeing team, offer staff a free voucher for the vaccination.

I'm more aware of looking after my own health thanks to working with the health and wellbeing team and at home I walk my dog, do yoga each morning and read. I am a member of two book clubs, one of which is headed to Lisbon in March to do our book club meeting there.



*Jennie Synnott*

*a/ADON  
Interim Influenza Lead*



Photographed above are Cork North Community Work Department at the WellComm | Well Communities Connect Health & Wellbeing festival that took place on January 12<sup>th</sup> 2019 in Terence MacSwiney College, Knocknaheeny. L-R Bernard Twomey, Joanne MacNamara, Elaine McKoy, Theresa McCarthy, Sorcah Ni Chruailaoich, Tony Fitzgerald, Catherine Murphy and Mary Cleary.

### Quote of the month

Everything that irritates us about others  
can lead to an understanding of ourselves.

*Carl Jung*

**Eat Well – Think Well – Be Well**

### *Healthy Eats*

#### **Sweetcorn Chowder**

Serves 4 adults

##### **Ingredients:**

- 1 tbsp olive oil
- 1 onion, finely chopped
- 1 carrot peeled and finely chopped
- 1 celery stick finely chopped
- ½ tsp chopped fresh thyme
- 1 tbsp plain flour
- 600mls of milk
- 1 large potato peeled and diced
- 175g frozen sweetcorn
- Seasoning as desired

##### **Method:**

- Heat the oil in a saucepan over a medium heat and sauté the onion, carrot, celery and thyme for about 5 minutes until softened and beginning to brown. Sprinkle the flour and stir for a couple of minutes, then gradually add the milk
- Add the potato and bring to the boil, stirring occasionally to ensure the soup doesn't stick to the bottom of the pan. Reduce the heat to low, the cover and simmer gently for 10 minutes, until the potatoes are tender but not mushy. Add the sweetcorn and cook for another few minutes, until tender.
- Blitz the chowder to the desired texture with a hand held blender and ladle into a bowl. Season as desired and enjoy ☺



Congratulations to Siobhan and Brid and all the staff of Clonakilty Community Hospital who achieved a 92% uptake of the influenza vaccine amongst staff. Pictured are Brid O'Flynn CNM2 and Siobhan O'Regan ADON, peer vaccinators.

### *Did You Know*

Cork Mental Health A.C running club which was founded in 2017 by staff who primarily work in mental health are looking for new members.

Currently they have members who work in nursing, social work, catering and administration.

If you are interested in joining contact Martin Herlihy at 0851640773.



### *Lifestyle:*

#### **Self Care: What does this actually mean?**

There are many definitions for 'self care'. In some circles it is synonymous with being self-focused and selfish. Others view it as performing basic activities of daily living such as showering, dressing and physically looking after yourself. There is another viewpoint which is becoming more prevalent – self care through performing restorative activities. These are actions completed to allow you to rest, recharge your batteries and recover from the daily stresses of life. This does not mean isolating yourself, not caring about others or excluding them from your life. It means identifying and prioritising activities or (lack of activity!) to allow you to 'recharge'. Far from being selfish, this 'me' time has been shown to increase motivation, energy levels and empathy for others – meaning your family and friends will also benefit! Remember: Your wellbeing directly influences how you manage the stresses of daily life. Self care activities decrease stress levels, leading to improved coping and overall feelings of wellbeing. The key is small, frequent pockets of time to promote your wellbeing.

### *H&WB Events*

#### **Cork Spring Poetry Festival 12<sup>th</sup> to 16<sup>th</sup> of February 2019**

One of the biggest annual poetry events on the Irish festival Calendar. It celebrates Cork as a vibrant poetry scene with international connections. The festival is produced by the Munster Literature Centre and is funded mainly by the Arts Council and Cork City Council. Headlining acts have included the distinguished American Gregory Orr, Irish poets Nuala Ni Dhomhnaill and Thomas McCarthy; and Gregory O'Brien from New Zealand.

<http://www.corkpoetryfest.net/>

#### **Love Life Love Walking 14<sup>th</sup> February 2019**

The HSE Love Life Love Walking event takes place on Thursday February 14th 2019. The aim of the event is to get as many people as possible walking in all our services.