

## Upcoming Opportunities from the West Yorkshire Staff Mental Health and Wellbeing Hub

We wanted to share several opportunities that will be delivered by the West Yorkshire Staff Mental Health and Wellbeing team. These are free sessions for all staff and volunteers across West Yorkshire who care for the health, wellbeing, and social needs of our local communities.

All sessions have specific aims related to staff wellbeing and an overarching goal of supporting the workforce.

**If you are interested, simply sign up using the booking links provided.**

If you would like to attend a session but the date is not suitable for you or would like to discuss a bespoke date for your team, please get in touch by completing the [Enquiry Form](#).

Interested in learning more about the West Yorkshire Staff Mental Health and Wellbeing Hub? Take a look at our [Service Summary](#).

Please do share this information with your teams and networks!

	Schwartz
	CrISSP
	Therapy Group Sessions
	Additional Offers

Opportunity Name	Opportunity Description	Opportunity Aims	Date and Time	Booking Link
JUNE 2025				
Psychoeducation Group: Compassion Fatigue	A 1.5 hour online psychoeducational group.  <b>*A referral must be completed to allow team to review suitability for group*</b>	<ul style="list-style-type: none"> <li>• Supports staff experiencing 'compassion fatigue.'</li> <li>• This can occur when people are required to show high levels of compassion or are exposed to trauma.</li> <li>• Uses principles of Compassion Focused Therapy to help understand compassion fatigue and provides some tools to prevent and manage it.</li> </ul>	Wednesday 18 <sup>th</sup> June 10am – 11:30am	<a href="#">Complete the Self-Referral Form</a>
JULY 2025				
Creative Masterclass	A one-hour online creative workshop for all staff and volunteers across the ICB.	<ul style="list-style-type: none"> <li>• A structured and facilitated creative space.</li> <li>• Support your emotional wellbeing through a creative exercise.</li> <li>• A calming space to reconnect with yourself, your values, and your goals.</li> <li>• To find out more, see the <a href="#">Create Calm website</a>.</li> </ul>	Tuesday 1 <sup>st</sup> July 1pm – 2pm	<a href="#">Register - Creative Masterclass - 1st July</a>
CrISSP Fundamentals	A two-hour online workshop for all staff, volunteers, and team member across the ICB.	<ul style="list-style-type: none"> <li>• Raise awareness of potentially traumatic events at work.</li> <li>• Understand common responses to high-impact events.</li> <li>• Consider supportive factors.</li> <li>• Raise awareness of when and how staff affected can access support.</li> <li>• Introduce the Critical Incident Staff Support Pathway.</li> </ul>	Tuesday 1 <sup>st</sup> July 1 – 3pm	<a href="#">Book a Plan - CrISSP Fundamentals Training</a>

Psychoeducation Group: Managing Stress	<p>Two 1.45 hour online psychoeducational sessions.</p> <p><b>*A referral must be completed to allow team to review suitability for group*</b></p>	<ul style="list-style-type: none"> <li>• Supports staff struggling with work-related stress.</li> <li>• Uses principles of Cognitive Behavioural Therapy.</li> </ul>	<p>Tuesday 1<sup>st</sup> July 1 – 3pm</p> <p>and</p> <p>Tuesday 15<sup>th</sup> July 1 – 3pm</p> <p><b>*Must attend both sessions*</b></p>	<p><u>Complete the Self-Referral Form</u></p>
Looking After Ourselves	<p>A 1.5-hour online wellbeing webinar for all staff, volunteers, and team members across the ICB.</p>	<ul style="list-style-type: none"> <li>• Understanding wellbeing using a range of different models and frameworks.</li> <li>• Recognising burnout and compassion fatigue</li> <li>• Practical strategies to manage stress.</li> <li>• Thinking about barriers to wellbeing and how to overcome these.</li> <li>• Thinking about practical strategies for fostering a positive and resilient team environment.</li> </ul>	<p>Wednesday 2<sup>nd</sup> July 10:30 – 12:00pm</p>	<p><b>FULLY BOOKED</b></p> <p><a href="#">Join the waitlist – Looking After Ourselves: A Wellbeing Webinar</a></p>
Psychoeducation Group: Compassion Fatigue	<p>A 1.5 hour online psychoeducational group.</p> <p><b>*A referral must be completed to allow team to review suitability for group*</b></p>	<ul style="list-style-type: none"> <li>• Supports staff experiencing ‘compassion fatigue.’</li> <li>• This can occur when people have to show high levels of compassion or are exposed to trauma.</li> <li>• Uses principles of Compassion Focused Therapy to help understand compassion fatigue and provides some tools to prevent and manage it.</li> </ul>	<p>Monday 7<sup>th</sup> July 10:00 – 11:30am</p>	<p><u>Complete the Self-Referral Form</u></p>

Creative Journalling	A 1.5 hour online creative workshop	<ul style="list-style-type: none"> <li>• Offers a dedicated space for you to focus on your wellbeing through a creative outlet.</li> <li>• A safe calming space to focus on your own thoughts and emotions.</li> <li>• To find out more, see the <a href="#">Create Calm website</a>.</li> </ul>	Tuesday 8 <sup>th</sup> July 1:00 – 2:30pm	<a href="#">Register - Creative Journalling - 8th July</a>
Kirklees and Calderdale Schwartz Round	An online Schwartz Round for all staff, volunteers and team members in Kirklees and Calderdale Place	<ul style="list-style-type: none"> <li>• A confidential and structured space to come together and reflect on the emotional impact of the work we do.</li> <li>• Rounds can support people to feel less isolated and increase insight and awareness of each other's experiences and emotions.</li> <li>• This Round will focus on the theme of <b>'Coping with personal challenges while staying present at work.'</b></li> </ul>	Tuesday 15 <sup>th</sup> July 12:15 – 1:30pm	<a href="#">Kirklees &amp; Calderdale Staff Development Hub</a>
Coaching Skills for Ethnically Minoritised Communities	A full day online session specifically targeted at staff from ethnically minoritised communities across the ICB.	<ul style="list-style-type: none"> <li>• Research indicates those from minoritised ethnic communities are underrepresented within coaching.</li> <li>• This coaching session aims to offer an introduction to coaching with discussions around barriers to accessing coaching.</li> <li>• You will also have the opportunity to undertake a follow up 1-to-1 coaching session.</li> </ul>	Tuesday 15 <sup>th</sup> July 9:30 – 4:30pm	<a href="#">Book a Place - Coaching Skills for Ethnically Minoritised Communities</a>
Creative Journalling	A 1.5 hour online creative workshop	<ul style="list-style-type: none"> <li>• Offers a dedicated space for you to focus on your wellbeing through a creative outlet.</li> <li>• A safe calming space to focus on your own thoughts and emotions.</li> <li>• To find out more, see the <a href="#">Create Calm website</a>.</li> </ul>	Tuesday 22 <sup>nd</sup> July 7:00 – 8:30pm	<a href="#">Register - Creative Journalling - 22nd July</a>

Looking After Ourselves	A 1.5-hour online wellbeing webinar for all staff, volunteers, and team members across the ICB.	<ul style="list-style-type: none"> <li>• Understanding wellbeing using a range of different models and frameworks.</li> <li>• Recognising burnout and compassion fatigue</li> <li>• Practical strategies to manage stress.</li> <li>• Thinking about barriers to wellbeing and how to overcome these.</li> <li>• Thinking about practical strategies for fostering a positive and resilient team environment.</li> </ul>	Thursday 24 <sup>th</sup> July 10:00 – 12:00pm	<u><a href="#">Book a Place – Looking After Ourselves: A Wellbeing Webinar</a></u>
CrISSP Team Leader Training	A one-day online workshop designed for Team Leaders and Managers across the ICB.	<ul style="list-style-type: none"> <li>• Equip Team Leaders and Managers to provide responsive support following a high impact event.</li> <li>• Promote an awareness of the factors that contribute to staff stress/distress at work.</li> <li>• Build skills in recognising and understanding the psychological impact of trauma.</li> <li>• Review how to engage in trauma-informed wellbeing conversations with staff.</li> <li>• Consider how Team Leaders and Managers can embed their learning within working practices.</li> <li>• Provide a forum for Team Managers and Leaders to connect as peers to problem solve barriers to supporting their teams.</li> </ul>	Thursday 24 <sup>th</sup> July 9:30 – 4:00pm	<u><a href="#">Book a Place - CrISSP Team Leader Training</a></u>
<b>AUGUST 2025</b>				
Creative Journalling	A 1.5 hour online creative workshop	<ul style="list-style-type: none"> <li>• Offers a dedicated space for you to focus on your wellbeing through a creative outlet.</li> <li>• A safe calming space to focus on your goals.</li> <li>• To find out more, see the <a href="#">Create Calm website</a>.</li> </ul>	Tuesday 5 <sup>th</sup> August 1:00 – 2:30pm	<u><a href="#">Register - Creative Journalling - 5th August</a></u>

Creative Journalling	A 1.5 hour online creative workshop	<ul style="list-style-type: none"> <li>• Offers a dedicated space for you to focus on your wellbeing through a creative outlet.</li> <li>• A safe calming space to focus on your goals.</li> <li>• To find out more, see the <a href="#">Create Calm website</a>.</li> </ul>	Tuesday 19 <sup>th</sup> August 7:00 – 8:30pm	<a href="#">Register - Creative Journalling - 19th August</a>
CrISSP Peer Practitioner Training	A one-day online workshop for all staff, volunteers, and team members across the ICB.	<ul style="list-style-type: none"> <li>• Provide an overview of the Critical Incident Staff Support Pathway.</li> <li>• Promote an awareness of the factors that may contribute to staff stress and distress at work.</li> <li>• Build skills in recognising and understanding the psychological impact of trauma.</li> <li>• Learn how to engage in trauma-informed wellbeing conversations with colleagues.</li> <li>• Consider your own wellbeing in relation to work.</li> </ul>	Thursday 21 <sup>st</sup> August 9:30 – 4:00pm	<a href="#">Book a Place - Peer Practitioner Training</a>

**SEPTEMBER 2025**

Individual Coaching Skills Training	Four half-day online sessions available to all staff, volunteers, and team members across the ICB.	<ul style="list-style-type: none"> <li>• An introduction to coaching including coaching skills, models, and approaches.</li> <li>• Build understanding and confidence of using a coaching approach in everyday conversations.</li> <li>• Support people to focus on their goals and values.</li> </ul>	<p>Tuesday 9<sup>th</sup> September  Tuesday 16<sup>th</sup> September  Tuesday 23<sup>rd</sup> September  Tuesday 30<sup>th</sup> September</p> <p>9:30am – 12:30pm  <b>* You must be able to attend all dates*</b></p>	<a href="#"><u>Book a Place - Individual Coaching Skills Training</u></a>
Kirklees and Calderdale Schwartz Round	An online Schwartz Round for all staff, volunteers and team members in Kirklees and Calderdale Place	<ul style="list-style-type: none"> <li>• A confidential and structured space to come together and reflect on the emotional impact of the work we do.</li> <li>• Rounds can support people to feel less isolated and increase insight and awareness of each other's experiences and emotions.</li> <li>• This Round will focus on the theme of <b>'Thinking Differently.'</b></li> </ul>	<p>Thursday 11<sup>th</sup> September  12:15 – 1:30pm</p>	<a href="#"><u>Kirklees &amp; Calderdale Staff Development Hub</u></a>

## OCTOBER 2025

Looking After Ourselves	A 1.5-hour online wellbeing webinar for all staff, volunteers, and team members across the ICB.	<ul style="list-style-type: none"> <li>• Understanding wellbeing using a range of different models and frameworks.</li> <li>• Recognising burnout and compassion fatigue</li> <li>• Practical strategies to manage stress.</li> <li>• Thinking about barriers to wellbeing and how to overcome these.</li> <li>• Thinking about practical strategies for fostering a positive and resilient team environment.</li> </ul>	Wednesday 1 <sup>st</sup> October 10:00am – 12:00pm	<a href="#">Select tickets – Looking After Ourselves: A Wellbeing Webinar</a>
CrISSP Fundamentals	A two-hour online workshop for all staff, volunteers, and team member across the ICB.	<ul style="list-style-type: none"> <li>• Raise awareness of potentially traumatic events at work.</li> <li>• Understand common responses to high-impact events.</li> <li>• Consider supportive factors.</li> <li>• Raise awareness of when and how staff affected can access support.</li> <li>• Introduce the Critical Incident Staff Support Pathway.</li> </ul>	Wednesday 8 <sup>th</sup> October 10:00am – 12:00pm	<a href="#">Book Training Place – Fundamentals: Critical Incident Staff Support Pathway (CrISSP)</a>

## NOVEMBER 2025

Coaching for Teamworking	Three half-day online sessions designed for team leaders and managers across the ICB.	<ul style="list-style-type: none"> <li>• Support team leaders to work more effectively with their team members through coaching models and skills.</li> <li>• Gain an understanding of how coaching can support your team to work effectively to deliver safer care and adapt to change.</li> </ul>	Wednesday 5 <sup>th</sup> November Wednesday 12 <sup>th</sup> November Wednesday 19 <sup>th</sup> November  <b>* You must be able to attend all dates*</b>  9.30am – 12:30pm	<a href="#">Select Tickets - Coaching for Teamworking</a>
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Kirklees and Calderdale Schwartz Round	An online Schwartz Round for all staff, volunteers and team members in Kirklees and Calderdale Place	<ul style="list-style-type: none"> <li>• A confidential and structured space to come together and reflect on the emotional impact of the work we do.</li> <li>• Rounds can support people to feel less isolated and increase insight and awareness of each other's experiences and emotions.</li> <li>• This Round will focus on the theme of <b>'Finding your way through organisational change.'</b></li> </ul>	Thursday 13 <sup>th</sup> November 12:15 – 1:30pm	<a href="#">Kirklees &amp; Calderdale Staff Development Hub</a>
CrISSP Team Leader Training	A one-day online workshop designed for Team Leaders and Managers across the ICB.	<ul style="list-style-type: none"> <li>• Equip Team Leaders and Managers to provide responsive support following a high impact event.</li> <li>• Promote an awareness of the factors that contribute to staff stress/distress at work.</li> <li>• Build skills in recognising and understanding the psychological impact of trauma.</li> <li>• Review how to engage in trauma-informed wellbeing conversations with staff.</li> <li>• Consider how Team Leaders and Managers can embed their learning within working practices.</li> <li>• Provide a forum for Team Managers and Leaders to connect as peers to problem solve barriers to supporting their teams.</li> </ul>	Tuesday 18 <sup>th</sup> November 9:30am – 4:00pm	<a href="#">Book Training Place – Team Leader Training: Critical Incident Staff Support Pathway (CrISSP)</a>