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Wellbeing Focus - David Butterworth on the Chaplaincy

In Chaplaincy, I've heard from those who suffer from bouts of mental health describe feelings around issues, that it can 'feel like a herd of elephants charging towards you *and there is nothing you can do to stop it...*'. Terrible...

It's been encouraging recently to hear well known celebrities and opinion-formers like Ruby Wax, Prince William and Jameela Jamil to name but a few... share their own experiences. Closer to home we know that Paul Thandi wishes us all to share in the opportunity to learn and appreciate more about mental health and well-being to reduce the damaging stigma around mental health issues. So to be focussed I offer you: See Twitter @headstogether 24/7 connects trained volunteers to callers via txts.... On the bus, in car, train, coffee queue or walking the halls – don't be alone if you've got 'head-funk!'. Please.

Wider, as part of the support available to all NEC Group staff and visitors to venue there are the Prayer & Quiet Rooms... these spaces are open to all if you wish to have 5 minutes recuperation to re-focus or more...

I'm really very glad the NEC Group offers the Wellbeing model and I would like us to perhaps stretch that somewhat by living within an ethos of Green Spaces. Clearly, on a long shift it can hard to get away from the desk or the work station, but everyone should try and plan some 'me time' at work. I recognise, if we are standing or walking for the duration of shift, to encourage someone to walk

further may sound unreasonable. But within the NEC campus there are several Green Spaces – not least the Lakeside and the Beach area. At the ICC and Arena, naturally the waterways can offer respite. The recent 'Bring your Wellies to Work' days and the Yoga groups are also invaluablely making connections and relationship with colleagues... But if you'd rather sit quietly in a 'mindfulness' way the Prayer&Quiet Rooms are perfect.

At the NEC campus we have moved our Interfaith Chaplaincy Prayer & Quiet Room to be near the escalators to the station and Hall 3. If you would like to use the spaces do just pop in. Likewise at the Atrium facility and at the ICC too.

Our email and other links are on the Chaplaincy literature and also the NEC Group staff intranet facilities. But we recognise that technology can on one hand, be so helpful with ready engagement but also it can be intrusively damaging... so that said, If you would find a conversation useful call us or email us... Jameela Jamil said, 'just by taking a minute to stop and to listen, really listen'. That's what Chaplaincy can quietly offer. In fact we all can...

Some NEC Group Staff colleagues have said 'we don't know what Chaplaincy does.... but we think you need to visit the Chaplaincy...'. That simple 'signposting' has encouraged several colleagues to unburden themselves of corrosive anxiety and self-doubt (if you would like to look at something discreetly I can recommend www.mentalhealth.org.uk and/or Twitter: @mentalhealth (But remember, if you need urgent attention call your Doctor or visit A&E).

But just in case...: T: 0121 767 2911 (it follows us) or David.Butterworth@necgroup.co.uk

David