



fresh minds.  
by ProCare

# Strengthening Connections

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By combining team based and education aspects of the HIP model to promote clinic engagement

# Optimising Opportunities

**When:** Finding an existing, regular space such as morning huddles

**What:** Creating activities

**Why:**

- Enhance team bonding
- Promoting integration
- Allowing the team to get to know the HIP in a non-clinical space, great space for building connections
- Promote the cooling down of the stress response and promoting muscle relaxation
- Improve mood and morale
- Introducing a fun element in an otherwise very high pressured and stressful environment
- Education on health and wellbeing for team that can be shared with patient population

**How:**

- Promoting team competitions, Team quizzes using Kahoot inclusive of wellbeing tips; team relays; celebrating cultural diversity with staff dishes representing their country of origin; advent wellbeing calendars; promoting appreciation of nurses by doing mini-shout out videos from other disciplines in the team and many more.

# Cultural Lunch... A taste of home



# Quiz Winner



# Huddle Pass the Parcel

Everyone is a winner



# Celebrate Nurses Day

Various team videos to celebrate Nurses' Day

This is from the Admin team



# Feedback from Admin

“The activities you organize during Huddles is one of the power boosters for us being onsite. I say this as it removes all the pressure and stress gathered for workload build up from early morning. We always wait for the refreshing Wednesday huddles & have seen maximum staff attending Wednesday huddles without fail and the sole reason is activities that you bring up for staff. Also, the brain games help a lot manage stress and work in practical life too.

Definitely looking forward to more activities coming up, we know it'd be your last Wednesday next week but hope these type of activities are continued by other HIP's/HC's as well.”

“Having you on the team makes a huge difference, with your ideas and techniques on how to balance your daily work cycle.”

# Feedback from a Lead Doctor

“ Apart from Yvonne's work with patients, she has also led a number of other activities with our clinic staff. She has run regular sessions at our huddle meetings which have fostered team building, while also being educational, touching on many topics that are commonly encountered with patients and in our own lives like managing stress, sleep hygiene and healthy relationships to name only a few.

Best of all, these sessions have been fun with plenty of laughs, and I've appreciated the chance for us all to get to know each other better. She has also regularly posted wellbeing resources and exercises in Teams for the team to avail ourselves on. ”



# Feedback from Urgent Care Doctor

“Yvonne has brought great team-bonding and wellness activities to our clinic, so much so that Wednesday huddles are something I really look forward to! She has done quizzes and games, centering around wellness themes. After these activities I really feel much more prepared to take on the day!”

# Feedback from the Health Coach

“Engagement with the practice team is a vital part of our model. Not only is it important to connect with the practice team but it is also important to demonstrate the HIP/HC role by supporting staff wellbeing also.

Yvonne has supported staff wellbeing at The Doctors Middlemore in creative ways week after week, with games, resource connections, and contributions to meetings, bringing a smile to the faces of staff and giving them a little taste of what she brings into her consults with patients.”



“ For me, the clinic team matter as much as the patients we care for; and working as a HIP within this Integrated Primary Health Model has allowed me opportunities to enhance my colleague's well-being which in turn has enhanced mine.

It has been a very rewarding experience from the get-go. ”



