Wobble Room

Balvinder Dosanjh, Clinical Engagement, Access & Inclusion Co-ordinator at **Leeds & York Partnership NHS Foundation Trust** shares her experience of creating a team wobble room.

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Q1 IMPROVING MENTAL HEALTH SAFETY
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1. What were you trying to solve?
I was trying to help improve team morale and spirits during these difficult times by creating a safe, therapeutic, calming environment for staff to access when they were feeling upset or struggling to deal with their emotions, or simply needed a few minutes to reflect away from the pressures of work during these difficult times.

2. What did you do?
I did a number of things to develop the wobble room:
- Researched the theory and looked at the resources I would need to create a warm, relaxing and nurturing space.
- Asked family and friends about local faith organisations who could also offer support with donations as my role very much links in with supporting local BME communities engaging and accessing mental health services.
- Shared my ideas on the room with management, various staff members and listened to everyone's feedback.
- Approached local community champions and local organisations with a letter on how they can help.
- Created wall art using positive mindfulness quotes to put around the room for staff to read and gain comfort.
- Placed a 'feelings book' on the coffee table for staff to note down their thoughts and feelings during these difficult times, but also to have something to reflect on in the future of how they supported one another and gained inner strength from difficult situations and got through them together as a team.
- Gave thank you letters to everyone that donated items to the Wobble Room and tweeted pictures of their kindness on social media.

3. How did it go?
In relation to donations, this was amazing and very overwhelming - community spirit was at its highest with everyone going above and beyond with their generosity and kindness. I received donations of various food and drink items, soft furnishings, selection of large plants, word puzzles, magazines, hand creams, aroma sticks etc. I bought a lamp and a blue tooth speaker for the room as staff said these items would be helpful. The response from the team has been very positive and I have received many lovely comments about how staff have benefited from having this space:

"I went in there on Monday just for 5 minutes after a very busy and non stop duty day. The environment is so lovely, calming and peaceful, it was a relief to have somewhere to go and just get away from my desk for 5 minutes to gather myself. It really helps lift spirits and morale. It was really nice to leave a message in the little book as well to say thank you and let other staff know we are still thinking of each other."

"Thanks so much for setting this room up – I haven't used it yet but very reassuring that there is a dedicated space if we need it! Have had a look inside and it looks lovely, very cosy and relaxing. I think if I was having a bad shift/day it would make me feel loads better. Nice that it's off the ward too so you can properly get some headspace."

"It has been safe space for staff to have time out, take a breather in a relaxing environment, recharge for a bit, all the resources give the option to take your mind off things for a while and it is a comforting space to have supervision with colleagues supporting each other. There are so many positive messages in the room and the fact so many things were donated brings a warm message in itself."

4. What did you learn and would like to offer as advice to others?
Such a simple idea has had a massive impact on improving staff health and wellbeing whilst working under extreme pressures during COVID-19.

The importance of team work and supporting one another, being flexible and thinking out of the box all help during these difficult times. Understanding that it's okay to have a wobble now and then, we are human but it's how we support one another through this that counts.