

# ASKET NEWSLETTER

The latest news and how to get involved

## Service Updates

**The NHS turns 75!** –Join us for a summer BBQ to celebrate the 75<sup>th</sup> anniversary of the NHS on Wednesday 12<sup>th</sup> July from 12pm in the car park. The event will be hosted by Asket Croft and Asket House, all service users and staff welcome!

### A Short History on the NHS

On the 5th July 1948 an historic moment occurred in British history, a culmination of a bold and pioneering plan to make healthcare no longer exclusive to those who could afford it but to make it accessible to everyone. The NHS was born.

The National Health Service, abbreviated to NHS, was launched by the then Minister of Health in Attlee’s post-war government, Aneurin Bevan, at the Park Hospital in Manchester. The motivation to provide a good, strong and reliable healthcare to all was finally taking its first tentative steps.

### Celebrating 75 years of Windrush

On 22 June 1948, HMT Empire Windrush arrived in the UK, carrying over 1,000 passengers from the West Indies.

Mainly former service personnel, this was the first wave of post war immigration with many of the passengers taking up roles in the NHS, which launched just two weeks later.

Faced with overt racism, discrimination and public outcry, they were not always welcome. The same experiences were faced by those who followed over the next few decades.

Today, ethnic minority colleagues make up almost a quarter of the NHS workforce and 42% of medical staff.

**Eid ul-Adha** was celebrated for 4 days starting on Tuesday 27<sup>th</sup> June ending on Saturday 1<sup>st</sup> July with a quarter of the human family celebrating across the world. Eid Mubarak to all especially our Muslim service users, staff and their family and friends.

### In this Summer

#### Issue:

- Service updates
- R&R projects & Activities
- You said we did
- Wellbeing message from psychology



Big thank you to all those who helped and attended our Co-Production afternoon tea event. It was a great afternoon of lovely company and fab food! The aim of the event was to launch our Co-Production projects within R&R and start to celebrate the work we create together between service users and staff. Our next Service User Involvement meeting will be on Wednesday 19<sup>th</sup> July at 1pm at Asket House.



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## Upcoming Projects

If you are interested in the following service project please speak you your Service user Leads.

### R&R Service Video

We are creating a number of service videos to show people what we do here at R&R, we are looking for people who would like to share what recovery means to them and talk about their experience at Asket Croft and Asket House. The videos will be used in our Recovery Training and on our website. You can feature in the video, write a short piece, create an audio or co-direct the video. We have options to remove your identity if you wish. Anyone who participates will be given a Love to Shop Voucher for their time.



### You said we did

**You said:** You wanted the linen trolley labelling detailing what item of bedding is available.

**We did** – Placed labels on the trollies.

### A wellbeing message from Psychology

#### Wellbeing Corner:

It is easy for all of us to feel fed up, frustrated or anxious at times and this can often lead to us feeling critical of ourselves. These are the times when learning to be compassionate to ourselves can help.

“Self – compassion is giving the same kindness to ourselves that we would give to others.”

A useful self - compassion exercise:

Either write on a piece of paper or think about:

- A time when someone you care about felt bad about themselves or was struggling.
- How did you respond to them – what would you do, what would you say, what tone of voice would you use?
- Think about a time when you felt bad about yourself or were struggling. How did you respond to yourself – what did you do, say and what tone of voice did you use?
- Is there a difference you notice?

What changes could you make so that you responded to yourself in the same way you respond to people you care about?