

Welcome to November. This month, we reflect on a range of important themes that highlight awareness, remembrance, and wellbeing across our communities. **Islamophobia Awareness Month** encourages us to challenge prejudice and promote understanding, fostering inclusive environments for all. The trust are hosting a webinar on the 26th November (4-5pm) to cover key themes for this years topic. **Novmber** shines a spotlight on men's health—particularly mental health, suicide prevention, and prostate and testicular cancer—reminding us of the importance of early intervention and support. **UK Disability History Month** begins mid-November, celebrating the achievements of disabled people and raising awareness of ongoing challenges in accessibility and equality. This month the library are focused on helping you gain knowledge. Why not get involved with our 'Know'vember coffee morning—supporting colleagues to build connections and learn from each other, attend our E-resources training session or lunch and learn to gain insights into delivering person centred care. We will be taking a moment to honour those who served and sacrificed in conflicts past and present on Remembrance Day (9th November). Finally, we would like to give a huge shout out to all our psychological professionals—you can join up for free events **PPN - Programme** to learn more about these roles or connect with others.

Other dates for your diary include:

International Stress Awareness Week 3-7th Nov

Anti-bullying Week 10-14th Nov

International Men's Day—19th Nov

Psychological Professions Week—10-14th Nov

Trans Awareness Week 13-19th Nov

National Self Care Week—17– 23rd Nov



KNOWVEMBER

THIS 'KNOW'EMBER WE WOULD LIKE TO CONNECT COLLEAGUES WHO HAVE BEEN INVOLVED OR ARE INTERESTED IN RUNNING A QI PROJECT.

What?

A virtual coffee connect meeting – held over Teams with another colleague from the Trust from a different team or department. This year we would like you to share your experiences of running or being a part of a QI project. What worked, what challenges did you face, how you overcame these or what you would do next time? If you haven't been involved in any projects – but are interested in finding out more—this is a great opportunity to chat with someone in the trust who has been through the process.



Why?

This is the perfect opportunity to network across the Trust and foster connections.

The chance for:

- dedicated meaningful work discussions
- internal collaboration
- sharing your own knowledge and evidence/ success stories
- engaging with different work circles/ teams



How?

Any member of staff across the Trust can get involved; both clinical and non-clinical.

1. Send us your email address and job title.
2. Let us know if you have been involved in a QI project or just interested in hearing about others experience
3. We will match you up with another colleague who doesn't work in your team.
4. You decide the date and time to meet on Teams (20-30 min call).
5. Have a chat and start building your connections.

If you're interested please send your email details to:
Katie.roper@lscft.nhs.uk



How Do I?

Learn more about the Library E-resources?

Join our training session Tuesday 11th November (12-12:30) focusing on our e-resource collection. Including BMJ Best Practice, Royal Marsden, The Library and Knowledge hub and service user resources featuring live demonstrations. Email: academic.library@lscft.nhs.uk for an invite

• SHARING KNOWLEDGE •

LUNCH AND LEARN

WORK WELL TEAM - SUPPORTED EMPLOYMENT FOR THOSE WITH MENTAL HEALTH CONDITIONS

**Wednesday 19th
November
12:00- 13:00**

WorkWell

WHAT TO EXPECT

WorkWell Blackpool provides tailored employment support for individuals facing health-related barriers to work, including mental health challenges and recovery from medical conditions. Their team offers one-to-one guidance, wellbeing referrals, CV and job search support, and help navigating the journey back into employment. Learn about how to refer your service users to the team and the impact this could have on their recovery.

GET INVOLVED

Email katie.roper@lscft.nhs.uk if you would like a Teams invite to be extended to you, your colleagues or your department.

For any more information, support or queries regarding any resources in this newsletter please email:

Academic.library@lscft.nhs.uk

Opening Hours:

9:00am – 4:30pm Monday to Friday

Gosall Library | Lantern Centre | Vicarage Lane | Preston | PR2 8DW