Welcome!

#caringforthosewhocareaboutus
Where have we come from?

Liam Barnes – Trustee Chair
Ensuring Laura Lives On...

Mirroring Laura's selfless nature and desire to help other people, the Laura Hyde Foundation has been set up to ensure that those who care for us are cared for also.

We will always:
• Challenge the employers to deliver positive change
• Provide tailored mental health support, collateral and advice unique to the emergency services

Our Mission Statement

The objective of the Laura Hyde Foundation is to ensure that all medical and emergency services personnel have access to the best mental health support network available.

Our carers need caring for too.
Our Achievements so far
Some of our 2018 achievements...

• Started formation of resilience training module for Medical Students at Warwick University and 13 other establishments

• Promoting/Sponsoring Wellbeing Events at Swindon and Derriford Hospitals

• Held 18 different fundraising events ranging from cake sales to Halloween fun days to half marathons!

• Awarded corporate sponsorship from THB and gained donations from WHSmith, NFU Mutual and others
Some of our 2018 achievements...

• Delivered 3 pieces of charity collateral including our successful poster

• Created links with major charities The Samaritans and MIND

• Appointed our first celebrity patron Adam Kay

• Officially recognised in 19 trusts as a supported charity

• Created formal alliance with Gloucestershire NHS trust

• Developed our first promotional video with singer James Morrison backing
“I am honoured and absolutely humbled to have been asked to become a patron of the Laura Hyde Foundation. I passionately believe that we need to do so much more to look after the mental wellbeing of our healthcare professionals.

This is now more important than ever, with the NHS under unparalleled strain, and its staff under greater pressures than ever. Stories like Laura's are unbearably tragic and far too frequent.

It's time to do more to care for the carers"
Some of our 2018 website/social media achievements...

- Over 1,000 active social media followers
- 86,408 visits to laurahydefoundation.com
- Over 200,000 people reached
- 77,164 post likes
- 1.2k Facebook post shares
- 846 post comments
Some of our 2018 fundraising activities...

Sean Sweeney ran 13 half marathons in 13 days!

Lynsey Hellier scaled North Africa’s highest mountain (Mt Toukbal)

Held our flagship running event at the Great South Run with 21 runners!

Matthew Owen participated in a Charity Sailing Competition
Laura Hyde Foundation – Gloucestershire NHS Trust CEO Video
Laura Hyde Foundation Video
LHF Clinical View

Why we need change?

Stress is believed to account for over 30 per cent of sickness absence in the NHS, costing the service £300-400 million per year.

Compared to the general population and other professional groups, doctors have higher rates of mental illness.

Nurses and doctors are among occupational groups at increased risk of suicide.

Office for National Statistics (ONS) figures for England and Wales
LHF Clinical View

Why implement an effective health and wellbeing strategy?

• It’s the right thing to do
• It boosts productivity
• It makes good business sense
• The cost of not acting can be significant
• It values and promotes a diverse workforce
• Psychological health and safety is inherently linked to improved patient care.

You matter as much as your patients
The Next 6 months – What does it look like?
Objectives

• Deliver some key note speaking slots across the hospital trust network including the BACCN conference alongside our celebrity ambassadors to raise awareness

• Ensure that local hospital personnel have access to a fit for purpose mental health support network including a relatable self-help guide

• Expand our website based forum capability so people can engage with like-minded individuals online

• Work with local nursing trusts to provide free literature as part of their employee handbooks

• Expand our services nationally

• Extend our reach into the paramedic sector
2019 Fundraising Events

Official charity running events in 14 different locations with over 70 runners

2019 BACCN Conference and Fun Run

5 Open Water Swimming Challenges

1 Charity Ball and 2 Charity Quiz Nights

23 Charity Bake Sales

Land’s End to John O’Groats Cycle Ride

The Laura Hyde Foundation
Caring for those who care about us
Media Coverage
They work all hours but would be better off at McDonald’s. That can’t be right
CLOSER NEWS REPORT

WHY ARE SO MANY NURSES TAKING THEIR OWN LIVES?

Shocking new statistics show that female nurses are at risk of suicide than any other profession. Closer investigates the unique pressures on our careers...

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The families of nurses who have taken their own lives have spoken out in the hope others can learn from their pain.

Leta’s daughter Lucy shared her heartbreaking story with Closer. "She was a fantastic nurse. She had been working for 22 years at the same hospital before she decided to give up and take her own life. She was a wonderful nurse and everyone loved her."

Lucy was a dedicated nurse who was always there for her patients. She worked long hours and was often on call. Despite this, she still found time to spend with her family. Her husband, Mike, and their two children, Jack and Charlie, supported her throughout her career.

"She was a great mother," Lucy’s husband Mike said. "She always had time for her family and was always there when needed."

Lucy’s family was devastated by her death. They have set up a charity to raise awareness of the risks of suicide among nurses. "We need to do more to support our nurses," Lucy’s sister, Sarah, said. "They are under so much pressure and need our support."

PREVENTION

Leta, a former nurse who now works as a mental health nurse, says: "Nurses are under so much pressure. They are working long hours and often have little time for themselves. We need to start doing more to support our nurses."

The Royal College of Nursing has launched a campaign to raise awareness of the risks of suicide among nurses. They have also set up a helpline for nurses who are feeling vulnerable.

"We need to start doing more to support our nurses," Leta said. "They are under so much pressure and need our support."

REAL LIFE

‘THEY FELT THEY WERE BEING TREATED LIKE ROBOTS’

Lena Hartnett, 35, from Stockport, said: "I used to work in the Accident and Emergency department. It was a very fast-paced environment. I was on call almost every night. I felt like I was just a number." Lena felt unsupported and unappreciated by her employers. "I felt like I was just a number," Lena said. "I felt like I was just a number." Lena decided to quit and start a new career.

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OTHER STORIES

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In Laura's name: the charity that aims to prevent suicide among nurses

Analysis
Closing Statement
What we need from you

• Continue raising awareness of what we do and who we are

• Continue to suggest how we can help and further our services

• Challenge your employers to support you

• Look after your colleagues

• Look after yourselves