



# Tavistock and Portman Charity

Understanding the life of the mind

## Tavistock and Portman Charity | Small Bids Reporting Form

<b>Project title</b>	Wellbeing Room for staff at Gloucester House School.
<b>Name of successful applicant/ team</b>	Gloucester House staff team.

**Please describe the lasting impact of this funding and who has benefited (500 words).**

This room will enable staff who have been impacted on by the stress of working with traumatised pupils who show social, emotional and mental health presentations. These pupils show their dysregulation by their behaviour, and the words that they choose to use with the staff who support them. This can be physically harmful to staff or emotionally and/or psychological harmful. This, when experienced on a daily basis, can leave staff feeling equally traumatised as the process of projection, transference and counter transference take place on an unconscious level. Staff may also sustain injuries as a result of the pupils' behaviour. This has considerable short and long term impact on staffs' mental health and wellbeing.

With this in mind, a staff wellbeing and post incident survey was sent to staff in response to the Gloucester House Review. Staff had given feedback that there was no process in place to support their emotional wellbeing. The survey asked a variety of questions to be able to design the process for post incidents as well as come up with ways to support staff on a daily basis who experience stress (physical/emotional). The Wellbeing room is part of this process.

Staff have also been consulted about the design and layout of the room and what they would like to use to support their wellbeing.

The room has been identified and the staff and the Senior Leadership Team are grateful that this funding has been given so that staff wellbeing can be prioritised and underpins the Tavistock and Portman NHS Trust values of placing compassion at our core and having respect for each other.

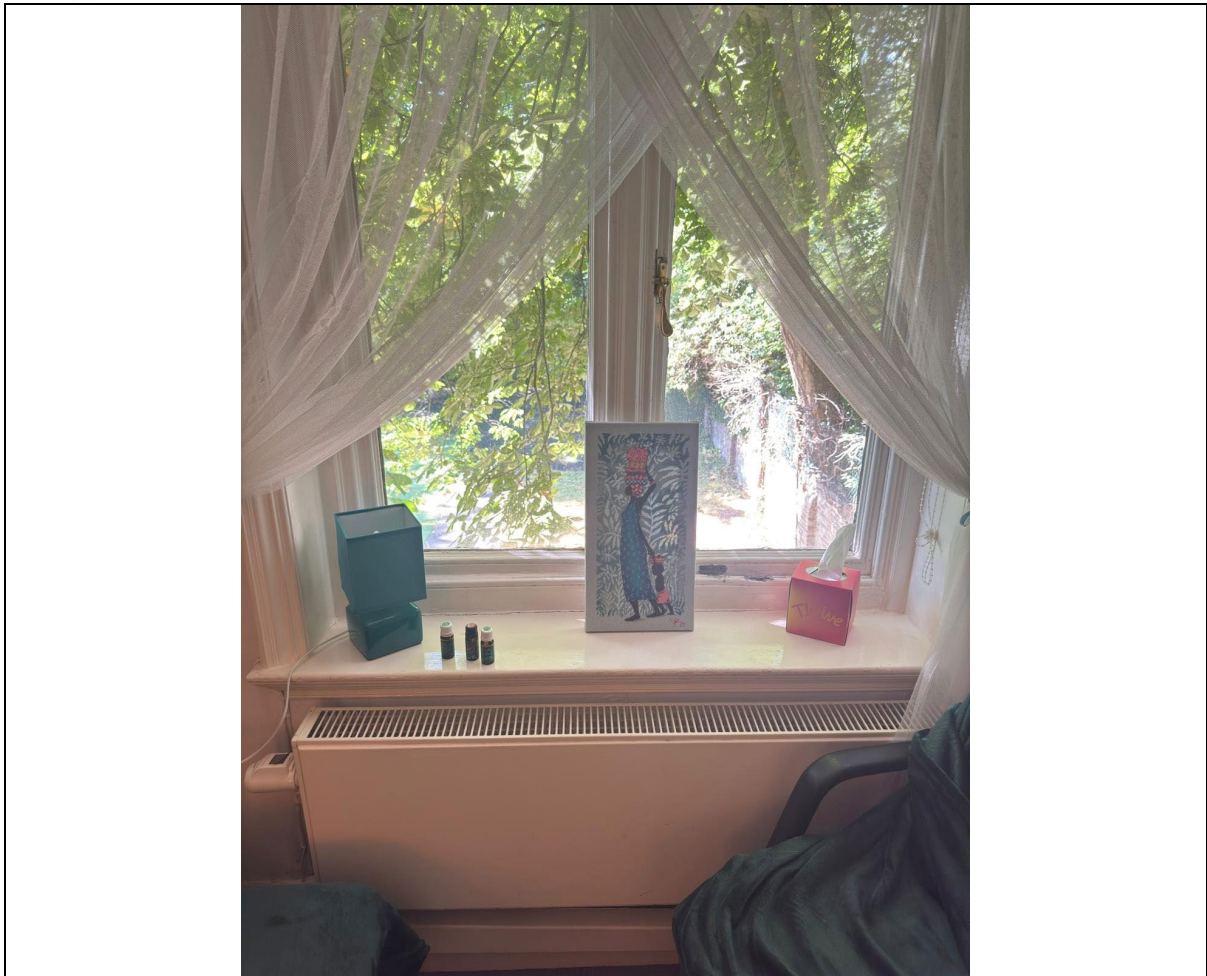
**Please provide us with any pictures or testimonials that can be shared.**

--



# Tavistock and Portman Charity

Understanding the life of the mind





# Tavistock and Portman Charity

Understanding the life of the mind

