



# Tavistock and Portman Charity

Understanding the life of the mind

## Tavistock and Portman Charity | Small Bids Reporting Form

<b>Project title</b>	Staff Wellbeing – Social pottery
<b>Name of successful applicant/ team</b>	Mental Health Support team

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

We recently had the chance to hold a well-being event for our team. Thanks to this funding, we were able to take a proper pause from the everyday pressures of work and spend some time focusing on ourselves and each other, which is challenging when teams are split across the borough and in different bases as we work in the community.

We started the day with a team morning meeting centred around well-being. We had an agenda for the morning centred around wellbeing had an agenda that gave space for sharing compliments and appreciation to colleagues. That felt really uplifting and set the tone for the rest of the day. It created space for us to slow down, connect, and show gratitude, not just for the work we do, but for who we are as a team. That's not something we always get the chance to do in the day-to-day rush.

In the afternoon, we had a pottery session which ended up being a massive success. It was such a refreshing experience, there's something really grounding about working with your hands and doing something creative with no pressure or outcome. It gave us all a chance to properly switch off, try something new, and just be present. It felt quite therapeutic and it was nice just enjoy each other's company outside of our usual roles.

We also used a Mentimeter afterwards to gather feedback, and the responses really showed how much everyone valued it. A lot of us felt more connected, relaxed, and seen. I think it reminded us how important it is to carve out these kinds of moments, and how powerful even small acts of care can be.

This event highlighted something we've all felt for a while, that we need more intentional spaces to be together as a team.

We're really grateful for the funding that made this possible. It's had a lasting impact, not just because we enjoyed the day, but because it's helped shift how we think about well-being in the team. It's encouraged us to keep finding small but meaningful ways to look after ourselves and each other, and to keep making space for moments like this.

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



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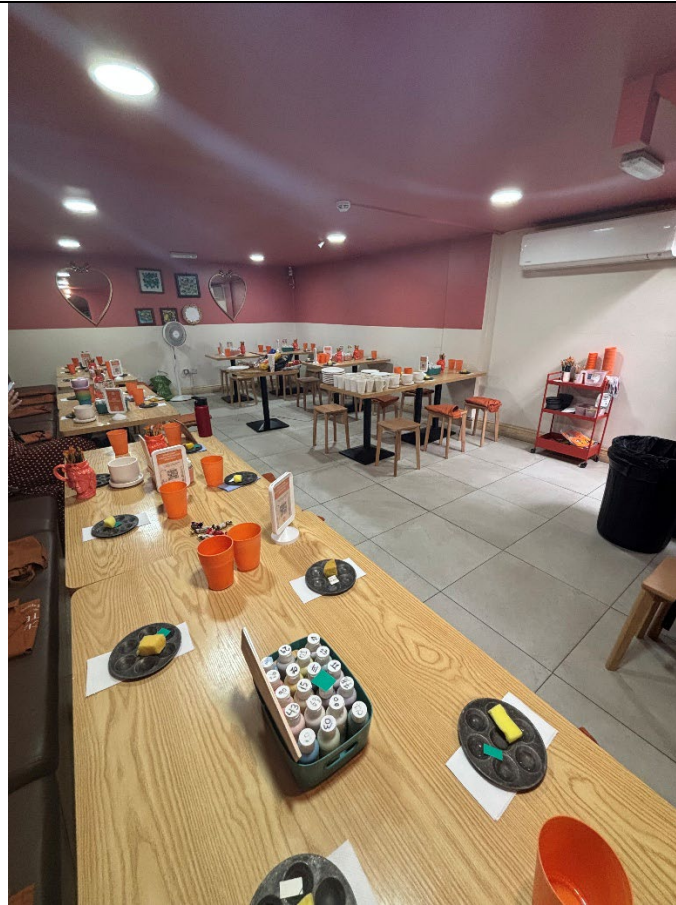
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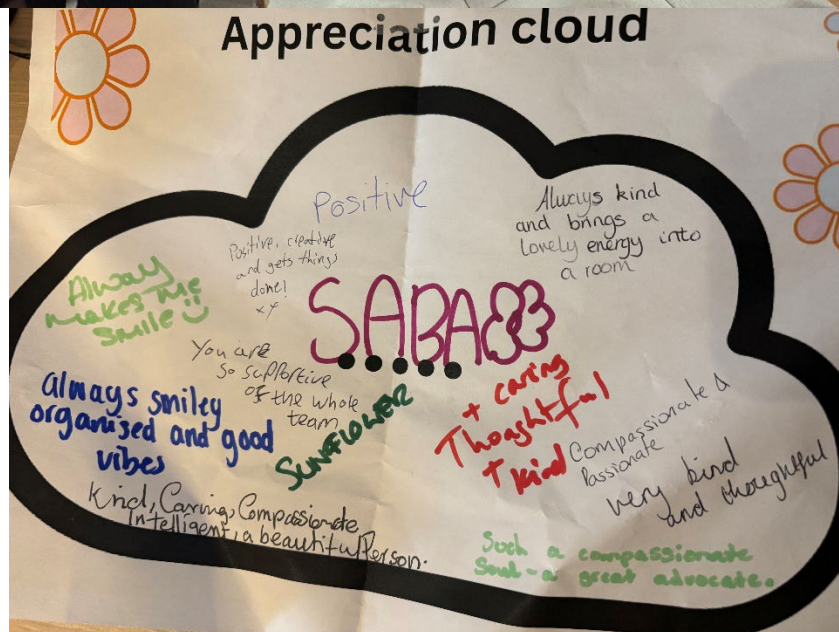


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## Appreciation cloud





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WHAT ARE YOUR HOPES FOR THE DAY?

To enjoy doing some city stuff	Connect with others Relax Have fun Laugh together	To get to know my colleagues a little more. To relax and reflect
Just to connect with the team and just have a nice day	To have the opportunity to spend time with the team without the pressures of work	Feeling more united as team
To get to know the team a little better outside of roles	Get to know and spend time with the team A break from emails Time away from laptops	Well being what it means really
To connect with the wider team and please, to reflect and be grateful		

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WORDS TO DESCRIBE THE MHST WELLBEING DAY

fun refreshing insightful connecting reflective

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