

The ndc: July Newsletter

What we talked about: Wellbeing

An open and supportive discussion about how certain situations impact our wellbeing and strategies we find useful to reset.



Key takeaways:

- Certain situations, specifically at work impact our wellbeing more than others, particularly when it comes to big changes such as office layouts. More consideration is needed to highlight the importance of consultation to minimise the impact on colleagues.
- Some find taking some time away from work is needed in particularly challenging times, to provide some headspace and engage in activities we usually enjoy.
- More work needs to be done to prevent time off being used to manage stress levels.

New partnership with Mates in Mind

- Kayleigh described a new mental health programme that Clancy are embarking on, as part of a partnership with Mates in Mind.
- The programme aims to improve mental health literacy for all staff,

also helping managers to understand and spot signs of declining mental health, contributing to a more positive workplace culture.

- More details will be shared as the partnership involves, but there will be good opportunity to include Neurodiversity awareness in the programme.

Display Screen Ergonomics (DSE) Update

- A small focus group have met twice to discuss changes to the DSE assessment to improve inclusivity.
- The group are reviewing the online module and improvements to the existing form and will provide an update once the work is complete.

Looking ahead: August session – Neurodiversity as a Disability

- **Session:** What are our views on Neurodiversity being defined as a disability?
- **Open discussion**

