



Mental Health and Well Being Workshops

Supporting Your Teams in Challenging Times



Book now for our Mental Health and Wellbeing Workshop and Coaching Programme

We've developed a workshop programme to support our colleagues in these unprecedented times.

Staff working remotely have reported heightened levels of stress and anxiety. Feeling isolated from peers is often a contributing factor and can impact health and wellbeing.

Thankfully there are skills and practical strategies we can learn that make a real difference and help us to thrive – even during a global pandemic.

We are now offering mental health workshops online and the first workshop will be on May 14th so be quick if you want to book on. We will be running another training programme in June.

More details are [here](#).

Consultancy and Advice

Our consultancy and advice teams are running as normal during the COVID-19 crisis, with our work being carried out remotely.

We know that the coronavirus affects communities disproportionately. Inequalities have been starkly highlighted in the past few weeks and housing organisations need to respond.

We are currently helping organisations work on their equality, diversity and inclusion strategies in light of the pandemic, developing and running training programmes (at a distance), and looking at how housing can tackle some of the disparities that the pandemic has brought to the fore.

If you want a conversation with us to see if we can help click on the Email HDN button below.

Our Webinar Programme is proving to be a resounding success. Feedback from the first two sessions has been really positive and attendees have found them both inspirational and educational.

Our next two webinars are on the following dates:

18th May 2pm on the Gender Confidence Gap

2nd June 2pm on Making Diverse Boards Happen

You can book on our [Eventbrite](#) site

To get you started the presenter for the first workshop Jane Atherton has written an [introductory blog](#).

2020/21 Mentoring Programme Applications Now Open

We are pleased to announce that HDN is now accepting applications for our CIPD Award winning and CPD accredited Staff Mentoring Programme.

In these extraordinary times, we all need as much support and encouragement as possible. Many of us now have time to reflect and focus on personal and professional development. This is an ideal opportunity for your team members to take time out and to think about what they would like to get out of their working lives or career. The HDN Staff Mentoring programme and the allocation of a mentor can help them with this and we'll be starting the

programme a little later this year in the autumn, when of course we are all hopeful that the outlook will be brighter.

For more details click [here](#).

Board Members Wanted

HDN are looking to recruit new Board Members as we move forward as a social business. We are looking for people with the skills, experience, energy and time to commit to our vital work – we are particularly interested in hearing from people with experience and expertise in the finance and legal professions. You will be expected to attend four board meetings a year and contribute to the strategic direction of the organisation. The posts are unremunerated but expenses are paid.

More details on our [LinkedIn](#) page.

Introducing Pocketalk

Following feedback from our members we've joined forces with Pocketalk to offer members 10% off any devices that they order.

Pocketalk is the world's #1 translation device, enabling highly accurate conversation in up to 74 languages. UK Country Manager Daniel Bastone will be hosting a webinar at 2pm on Tuesday 12th May to demonstrate the capabilities of this device that is breaking down the language barriers within housing. Find out how Pocketalk is helping to improve the resident experience, improve efficiency and reduce cost.

To register, or to find out more, Daniel is at d-bastone@sourcenext.com.
