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Transitioning into frontline practice webinar



Personal and professional preparation for returning to practice

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Personal preparation

Some questions

- **What is my personal situation?**
- **What responsibilities and pressures do I have?**
- **What can I offer?**
- **What would I need from an employer?**





Professional preparation

Some questions

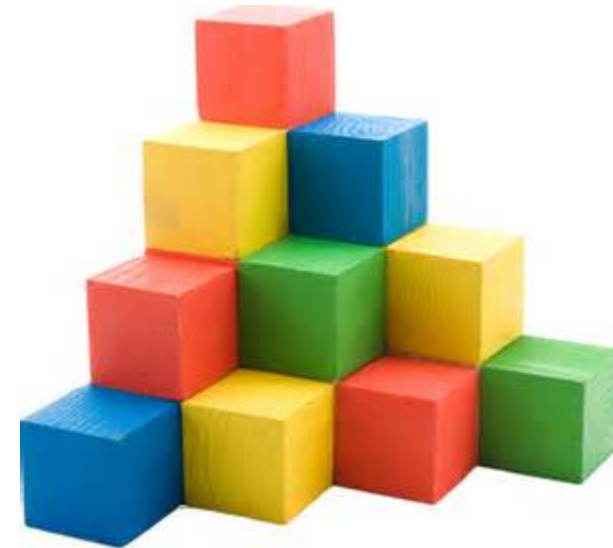
- **What experience do I have?**
- **Where could I be helpful?**
- **What capabilities do I have?**
- **What additional professional development do I need?**





Information

- **Public health and Health and Safety**
- **Law and policy and regulation**
- **Regulation**
- **Ethics**
- **Practice guidance**





Public health and Health and Safety

- **BASW's page of useful guidance**
- **<https://www.basw.co.uk/coronavirus-updates/social-work-resources-during-coronavirus>**
- **Government public health guidance**
- **<https://www.gov.uk/>**
- **Social Workers' Union health and safety at work Position Statement**
- **<https://www.basw.co.uk/resources/swu-health-and-safety-during-covid-19-position-statement>**



Law and policy and regulation

- BASW Cymru
- <https://www.basw.co.uk/basw-cymru-coronavirus-covid-19-guidance>
- BASW England
- <https://www.basw.co.uk/basw-england-updates-covid-19>
- BASW Northern Ireland
- <https://www.basw.co.uk/basw-ni-coronavirus-covid-19-updates>
- Scottish Association of Social Work
- <https://www.basw.co.uk/sasw-coronavirus-covid-19-guidance>

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Ethics

- Code of Ethics
- <https://www.basw.co.uk/about-basw/code-ethics>
- BASW's social work guidance
- <https://www.basw.co.uk/coronavirus-updates/social-work-resources-during-coronavirus>



Practice guidance

- BASW's social work guidance
- <https://www.basw.co.uk/coronavirus-updates/social-work-resources-during-coronavirus>

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Keep calm and visit
[https://www.basw.co.
uk/coronavirus-covid-
19-basw-updates](https://www.basw.co.uk/coronavirus-covid-19-basw-updates)

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SELF-CARE AND RESILIENCE

Dr Neil Thompson



SELF-CARE

Why is it important?

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SELF-CARE

We can't care *safely* for others if we are not caring for ourselves

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HOW DO WE DO SELF-CARE?





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HOW DO WE DO SELF-CARE?

The Three Ss





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HOW DO WE DO SELF-CARE?

The Three Ss

Support - being prepared to ask for support and not see doing so as a weakness





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HOW DO WE DO SELF-CARE?

The Three Ss

Support

Solidarity - recognising that we are
in this together. The more we pull
together, the easier it is for
everyone.





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HOW DO WE DO SELF-CARE?

The Three Ss

Support

Solidarity

Self-awareness - we need to be able to tune in to our own needs and not block them out





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HOW DO WE DO SELF-CARE?

The Three Ss

Support

Solidarity

Self-awareness





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Acceptance - that we can't do everything





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HOW DO WE DO SELF-CARE?

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Acceptance

Assertiveness - learning how to say
no





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HOW DO WE DO SELF-CARE?

The Three As

Acceptance

Assertiveness

Allowing - a balance between work
and personal life





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HOW DO WE DO SELF-CARE?

The Three As
Acceptance
Assertiveness
Allowing





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PROMOTING RESILIENCE

Responding to Adversity,
Vulnerability, and Loss

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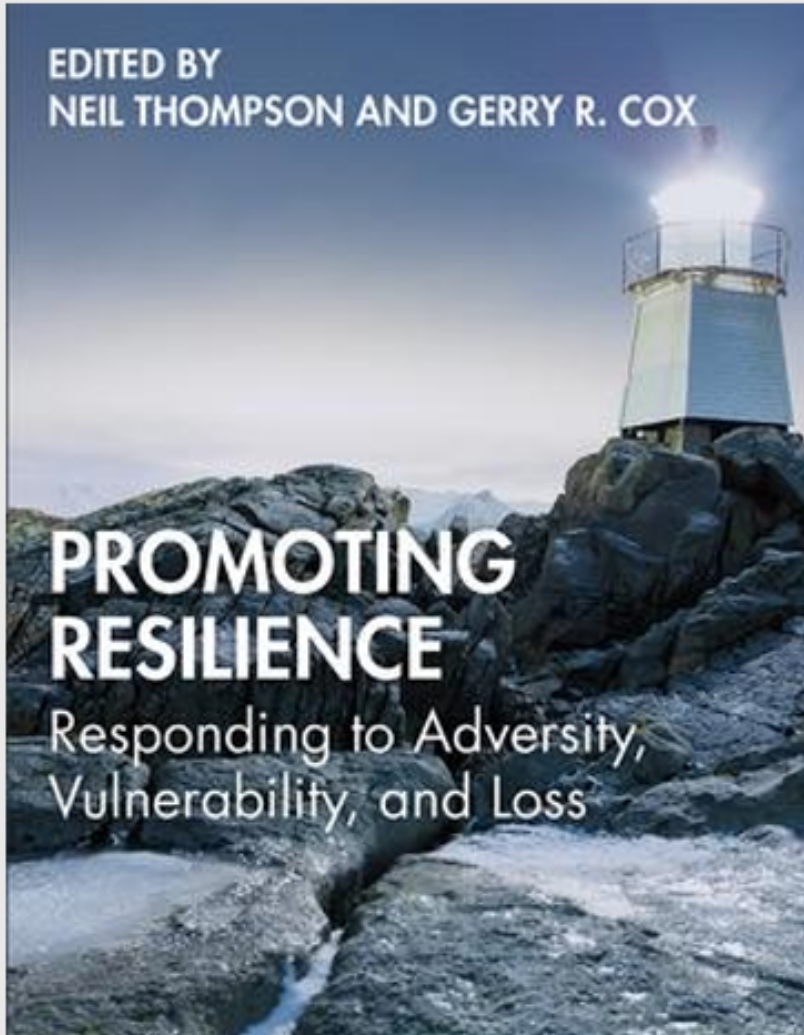
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A FEW WORDS ABOUT RESILIENCE ...



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- Not a personal characteristic (a complex psychosocial phenomenon)
- Not a stick to beat people with
- The social context can nurture or undermine resilience



Dr Neil Thompson

- Writer
- Educator
- Adviser

Free learning resources at
the Learning Zone at
www.NeilThompson.info

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Any questions?

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