

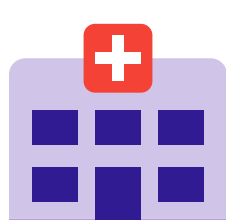
# 'Frame your own Tale'



Belfast Health & Social Care Trust is the largest Trust in Northern Ireland, employing 31% of all Health & Social care staff – approximately 18,000 wte people.

## Since Oct 2017

the BHSCT has worked with the Point of Care Foundation to establish Schwartz rounds for its entire staff



Further expansion of rounds in 2020 was interrupted by **COVID**.



## However, the pandemic meant

that connecting and sharing stories has never been more important.



As our staff continue to provide patient care, they are battling difficult circumstances, both in work and at home.



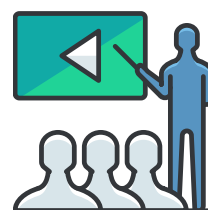
## The Belfast Schwartz team

were keen to support staff members and so....



## 12 Schwartz facilitators

undertook Team Time training offered by the PoC Foundation in 2020.

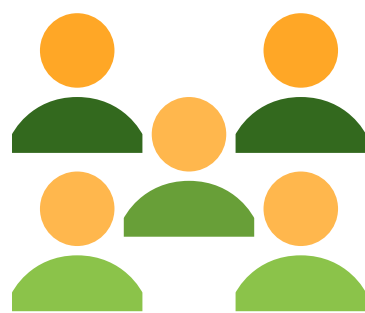


Team time offers an online reflective forum for each individual team and follows a format similar to that of a Schwartz round, with 2 story tellers and time for collective reflection.

Although people are physically distant when joining on line, the connectivity afforded by these sessions allows people to 'frame their own tale and step out of the empty box'

**By June 2020, the 'Schwartz team' was ready to offer open access to Team Time sessions, which were publicised via Trust media and word of mouth.**

By the end of March 2021, **15 Team Time sessions** had been facilitated with a diverse range of clinical and non-clinical teams, providing emotional and social support to **over 200 staff**.



Feedback has been overwhelmingly positive and **over 80% of attendees would recommend Team Time** to their colleagues.



## Participant feedback

Comments included:  
'Insightful and emotional -helped me understand the team better'

'This protected time and opportunity provided me with the opportunity to show my support and connect with staff to hear their experiences of living through covid19'

'As a storyteller I was emotional and a little nervous but the facilitators were exceptional and it felt very safe and confidential'

'I had an opportunity to thank my team for all the hard work, to tell them how proud I was of their effort'



## Facilitators also find Team Time a positive experience.

Comments from facilitators included:

'Our facilitator support forum is such a great way to share and improve on what we are doing'

Such positive feedback from attendees and facilitators strengthens the resolve within the Trust to continue to build on what has already been achieved.

**'People who don't construe their own life and don't frame their own tale, stay on the side-lines, remain only an act without a story and turn into an 'empty box'.**

Erik Pevernagie Belgian Artist