

Diwali

As part of our Diwali celebrations we are giving staff the opportunity to win a £10 high street voucher simply by filling in the quiz below. All of the answers to the questions are available in previous editions of focus or during the event in the Medical Academic Unit this Friday.

1. Diwali is known as the “Festival of _____”
2. On this day, Hindu’s celebrate the homecoming of which king?
3. How many days are the Diwali celebrations traditionally spread over?
4. Name of the Indian treats available in the MAU on the day of the Trust’s celebrations
5. On which of these days is the main day of Diwali
6. Hindu’s decorate their houses with small clay lamps lit with wicks, these are known as _____?
7. During Diwali, Hindu’s worship the Goddess of Wealth, Goddess Lakshmi. They do this by performing a ritual know as _____?
8. During Diwali houses are decorated with brightly coloured symmetrical patterns, called _____?
9. Name one of the things Hindu’s traditionally do to celebrate Diwali.
10. How many dancers performed in the MAU during the Trust’s celebrations?

Once you have filled in your quiz, send it to Helen West in the communications office via email at helen.west@meht.nhs.uk, or drop it in to the MAU during the Diwali event.

Team building for occupational health

In September the Occupational Health Department embarked on a team building event with inspiring results! The team were introduced 'Appreciative Inquiry' which is a process that acknowledges what is good and what works well, instead of focusing on the negative. Often we focus on what our problems are and as a result we tend to magnify those problems, which only contribute to a downward spiral of feeling helpless and hopeless. With Appreciative Inquiry we get to reconnect with what we love about work, when we are at our best and leaves people feeling inspired to take action to create more positivity in the workplace.

By the end of the session the group were left feeling inspired with realistic actions, that were genuinely created and owned by them. With a lot of laughter and a lot of no-nonsense talk about what needs to happen, the group now have to build on the momentum of the day and they certainly seemed ready to!

The day was facilitated by Denise Mortimer and Andy Smith of AI Consulting. Denise was fortunate enough to train with Andy in this process and he agreed to support this first session with her.

If you want to know more about Appreciative Inquiry if you think it may help your team to reconnect with a sense of purpose and meaning, then contact Denise for more information, ex: 4178 or via email.

