

Scottish Ballet delivers new self-care workshops for health and social care staff in Scotland

- *Health at Hand*[™] is Scottish Ballet's self-care programme for health and social care professionals
- Scottish Ballet has partnered with NHS Scotland and Scottish Government to deliver a series of six new workshops as part of a national *Focus on Wellbeing* programme for the health workforce
- The workshops will open NHS Scotland's *Focus on Wellbeing* programme on Wednesday 17 February with more than 1100 staff signed up to participate in the opening sessions titled *Restore*, that aim to introduce staff to movement as a way of alleviating personal stress and pressure at work

Today, Scottish Ballet launches a new programme of online workshops for health and social care staff to help build personal resilience and enhance their wellbeing. Working in partnership with NHS Scotland and Scottish Government, these preventative sessions aim to empower participants to self-care and manage stress.

After successfully delivering live digital *Health at Hand*[™] sessions to energise staff and alleviate the pressures that frontline workers face in one health board, Scottish Ballet will open NHS Scotland's *Focus on Wellbeing* programme on Wednesday 17 February 2021, with more than 1100 people signed up to participate in the opening *Restore* workshops.

These sessions come under Scottish Ballet's *Health at Hand*[™] programme that was launched in 2020 in response to the COVID-19 pandemic. Addressing the physical and mental stress for those working in the NHS and social care services, Scottish Ballet created a series of movement and breath

videos. The programme comprises 10-minute videos titled *Energise*, *Rejuvenate*, *Relaxation* (for the start, middle and end of shifts, respectively) and a longer 20-minute *Restore* session for staff experiencing trauma stressful situations at work .

Following its success, *Health at Hand*TM won the 2020 Achatas Philanthropy Prize for Scotland and resources from the programme are now available to use for free on the Scottish Ballet website.

CEO/Artistic Director of Scottish Ballet, Christopher Hampson, said:

‘At Scottish Ballet, the importance of connecting with our communities continues to drive the work that we do, as we share our passion and the positive benefits of dance to all.

We are committed to using our skills and expertise to deliver dance and movement to our communities, and are delighted to continue collaborating with Scottish Government and NHS Scotland to deliver sessions for those who are positioned on the frontline in Scotland.’

Director of Engagement at Scottish Ballet, Catherine Cassidy, said:

‘We are delighted to have developed such creative and collaborative relationships with the Scottish Government Health & Social Care Directorate, Health Boards and Health and Social Care Partnerships and we are proud to support staff wherever they work at this critical time.’

Scottish Government’s Mental Health Minister, Clare Haughey, said:

‘We are committed to improving the health and wellbeing of health and social care staff and have taken immediate action to provide support while they respond to the pandemic. We are also working to build a sustainable culture that will continue to prioritise staff wellbeing in the future.

That is why we supported Scottish Ballet to deliver a *Focus on Wellbeing* programme for our health and social care workforce, and unpaid carers. Their *Restore* sessions programme will offer a creative outlet to help alleviate stress and are a great way for people to learn how dance techniques can enhance personal wellbeing.’

For more information on the programmes available at Scottish Ballet, visit:

<https://www.scottishballet.co.uk/>

NOTES TO EDITORS:

A press pack, including high res photographs, can be found available for [download here](#).

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About Scottish Ballet

- Scottish Ballet, founded in 1969, is Scotland's national dance company. Based in Glasgow, the company performs regularly across Scotland, throughout the UK and internationally – promoting Scotland's pioneering spirit far and wide.
- Under CEO/Artistic Director Christopher Hampson, Scottish Ballet presents bold, adventurous performances rooted in strong classical technique, accompanied by the Scottish Ballet Orchestra. The company's broad repertoire includes new versions of the classics and ground-breaking commissions for stage and screen.
- Scottish Ballet runs an extensive engagement programme, tailored to the needs of diverse communities, promoting confidence, fostering wellbeing, and encouraging creativity through dance.
- *Health at Hand*TM has been supported by Walter Scott Giving Group.
- Scottish Ballet is funded by the Scottish Government.

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