



We hope this edition of our newsletter finds you well.

This month, as we mark Mental Health Awareness Week and look back on Stress Awareness Month, we want to acknowledge something that often goes unsaid: the emotional labour of care work is real. And while your skill and dedication are evident, your wellbeing matters just as much.

Honouring Nurses: The Beating Heart of Healthcare

Monday was International Nurses Day (12 May), so we want to say something simple to all nurses:

Thank you!

Thank you for your care, your courage, and your compassion. Whether you're on a ward, in the community, or between roles, the impact you make is real, and it matters. Remember to look after yourself too, it is okay to rest. You can't pour from an empty cup. Your energy is precious. Protect it.



Simple Self-Care for Nurses (That Doesn't Take Hours)

- ✦ Step outside for 5 minutes of fresh air
- ✦ Keep a “done list” — celebrate small wins
- ✦ Listen to music that lifts your mood
- ✦ Say no when you need rest — that’s brave, not lazy
- ✦ Find 5 quiet minutes before or after your shift — to breathe, stretch, or just pause
- ✦ Connect with someone who gets it — a colleague, a friend, or even us



Mental Health Awareness Week: Why Community Matters

Mental Health Awareness Week (13–19 May) reminds us how important it is to feel part of something especially in care roles, where emotional labour can be invisible and overwhelming.

There are some lovely events ongoing in the South West to build vital community spirit and boost mental health.

[Dorset](#)

[Bristol](#)

[Somerset](#)

[Devon](#)

[Cornwall](#)

This week reminds us that our mental health needs just as much attention as our physical health.

📺 Watch: [TED Talk: Why We All Need to Practice Emotional First Aid](#)

💡 **Make Work Work for You**

📄 **Access to Work Grant**

Support if you're disabled, neurodiverse, or living with a long-term health condition. [Learn more](#)

🛒 **Uniform Tax Rebate**

Claim back if you wash or replace your uniform. [Free guide](#)





🌱 Stress Awareness Month May Have Passed — But Stress Doesn't Follow a Calendar

As someone in a caring role, you've likely supported others to reduce their stress, but how are *you* doing?

Take a moment to check in with yourself:

- ✓ What's one thing that helps you decompress after a shift?
- ✓ Do you have someone you can talk to about the tough days?
- ✓ Are you giving yourself permission to rest, not just recover?

Some stress is normal — but when it becomes overwhelming, chronic, or constant, it's important to act:

- 💬 Talk to someone — connection eases pressure
- 📌 Set small, manageable goals — reduce overwhelm
- 🕒 Build tiny routines that create space for calm

Find the tips that work for you. [NHS tips to reduce stress](#)

And since **May is National Walking Month**, why not try getting outside for a short walk? Walking is a great way to practice mindfulness, reducing stress and boosting mental health.

Our Director Louise finds walking a powerful tool for protecting her own mental wellbeing, helping her reflect, reset, and move forward.

🌟 Job of the Month 🌟

Registered Mental Health Nurse / Registered Nurse (Dementia Focus)

📍 Burnham-on-Sea, Somerset | 💰 £21 per hour | ⌚ 12-hour shifts

Join a newly opened, beautifully refurbished Victorian care home offering personalised, outcome-focused care in a 22-bedroom, dementia-friendly setting.

🏠 **Owned by an established care company run by experienced mental health nurses**, this home blends professional excellence with a warm, supportive environment.

You'll be part of a small, friendly team delivering high-quality care, with access to spacious communal areas and tranquil gardens.

[👉 Apply today to make a real difference.](#)

📌 Further reading:

👉 [National Careers](#)

👉 [Mental Health Foundation: The Power of Community](#)

💡 Thought for the month:

"If you're preparing for an interview, remember — it's not just about impressing them. It's your chance to learn, ask questions, and see if their values align with yours."

👋 We'd love to hear from you:

What helps *you* manage stress or feel more supported at work?

Warm wishes for the month ahead.



Connecting compassionate care providers with skilled professionals to build strong, values-aligned teams that enhance care quality and service outcomes.