



Hope everyone is keeping well and enjoying the warmer weather where possible.

How are you finding the summer months so far?

Summer can often bring a different pace across health and social care services. With annual leave, changing routines, and many services continuing to experience increased pressures and demand, it can sometimes be a particularly busy and challenging period for teams.

At the same time, the summer months can also bring opportunities to spend more time outdoors, enjoy lighter evenings, and embrace sunshine days, all of which can have a positive impact on wellbeing for both staff and service users.

Are you a fan of the summer months, or are you already counting down for the “ber” months and autumn to begin?



Disability Pride Month in July offers an important opportunity to reflect on the value of inclusion, visibility, and creating environments where disabled people feel respected, understood, and able to fully participate as themselves. It is a time to recognise individuals lived experience, and the importance of removing barriers that can limit access, opportunity, and belonging.

Research continues to highlight that disabled people can still face significant inequality across employment, health, and social participation. Around half of disabled people in the UK report experiencing some form of discrimination in their daily lives, reinforcing the importance of creating environments where inclusion is actively embedded in everyday practice.

In adult social care specifically, around 1 in 5 people working in the sector are disabled, highlighting the importance of ensuring workplaces are inclusive, accessible, and supportive. Research also consistently shows that disabled employees are more likely to experience barriers to progression and that reasonable adjustments are not always fully met, which can have a lasting impact on confidence, retention, and wellbeing.

In care and support roles, there is also a responsibility to ensure that disability is understood in a person-centred way that recognises individuality, strengths, and needs, rather than assumptions or limitations.

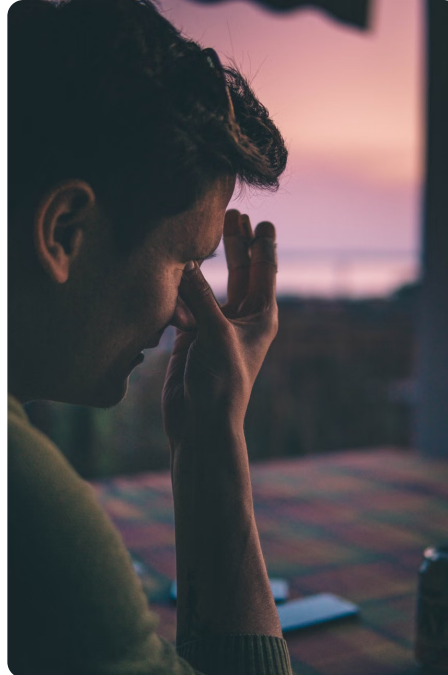
Some practical ways organisations and teams can strengthen inclusion include:

- Creating open and supportive conversations about access needs, without assumptions or judgement
- Ensuring reasonable adjustments are actively offered, reviewed, and genuinely implemented in practice
- Providing training and awareness opportunities that go beyond compliance and support real understanding
- Encouraging inclusive language and everyday practice that recognises different experiences and needs
- Building environments where people feel safe to disclose disability without fear of impact on opportunities
- Reviewing policies and processes to ensure they reflect accessibility in practice, not just intention

Taking part in Disability Pride Month is one way to show commitment to inclusion in practice, not just principle, and to create space for reflection on how services and workplaces can better support accessibility, representation, and genuine belonging.

Understanding Blocked Care in Residential Settings

The emotional demands placed on professionals working within residential care environments are significant. Research has highlighted clear links between burnout, secondary traumatic stress, and compassion fatigue within trauma-exposed caregiving roles, alongside evidence showing how closely the wellbeing of children and young people is connected to the emotional health, resilience, and support of the staff caring for them.



Over time, these pressures can contribute to blocked care, which may affect connection, empathy, communication, and emotional responsiveness within caregiving relationships. This can develop gradually in response to sustained stress, burnout, compassion fatigue, or repeated exposure to trauma and high-pressure situations.

Recognising these changes early and creating space for reflection, support, and supervision can make a meaningful difference, helping to protect staff wellbeing while also supporting more consistent, connected care for the children and young people being supported.

bMindful Psychology are hosting an upcoming webinar focused on [Recognising and Responding to Blocked Care](#) in Residential Settings, offering professionals an opportunity to explore this area of practice in more depth and reflect on relationship-based, supportive approaches within residential care environments.



Supporting Compassionate Conversations at End of Life

Rowcroft Hospice are offering a [free online event](#) aimed at supporting professionals during times when conversations around end of life care need to take place over the phone.

These discussions can often feel emotionally difficult when changes need to be communicated quickly, sensitively, and from a distance. Having conversations in this way can bring additional challenges around communication, reassurance, and emotional support.

Supporting individuals and families during periods of uncertainty requires not only clear communication, but also empathy, confidence, and the ability to respond compassionately when people may be distressed, anxious, or overwhelmed.

The session will explore:

- Communicating difficult or sensitive updates by phone
- Supporting families and loved ones with empathy and reassurance
- Building confidence in end of life conversations
- Responding thoughtfully to emotional reactions and uncertainty
- Reflecting on compassionate communication within palliative care settings

In practice, communication at end of life is often remembered deeply by the people receiving it. Feeling listened to, informed, and supported can make a meaningful difference during emotionally difficult moments, particularly when conversations need to happen remotely or under challenging circumstances.

This is a valuable opportunity for professionals and practitioners to strengthen confidence in end of life communication, reflect on current practice, and explore approaches that support compassionate, relationship-centred care.

Professional Curiosity in Safeguarding Practice

When working with children, families, or vulnerable individuals, safeguarding is not only about recognising risk, but also about building trusted relationships, noticing changes, and creating space for honest conversations.



In practice, this often means feeling confident enough to stay curious, ask questions sensitively, and respond appropriately when something doesn't feel quite right. Small observations, conversations, or changes in behaviour can sometimes become important pieces of a wider picture.

We were pleased to see an upcoming [Connected Curious Concerned session](#) from Somerset safeguarding partners, exploring the role of professional curiosity and relationship-based safeguarding practice across services and support settings.

The session will explore:

- Understanding the importance of professional curiosity in safeguarding
- Recognising when further exploration or conversation may be needed
- Building confidence in having supportive and sensitive conversations
- Strengthening relationship-based approaches within safeguarding practice

- Reflecting on how curiosity and connection can support earlier intervention

This is a valuable opportunity for practitioners and professionals to reflect on safeguarding practice, strengthen confidence in professional curiosity, and explore approaches that support compassionate, person-centred care and early support.



DBS - Barring & Legal Duty to Refer

Skills for Care are hosting a Zoom session focused on [Barring and Legal Duty to Refer](#), offering professionals and employers an opportunity to strengthen their understanding of DBS processes and reflect on how safeguarding responsibilities are applied in practice.

Understanding when and how to make a referral, alongside what it means for someone to be placed on a barred list, is a key part of safeguarding practice and organisational responsibility.

This is a valuable opportunity for leaders and practitioners to strengthen their confidence in DBS processes, reflect on legal responsibilities, and consider how safeguarding is embedded across everyday practice.

Strengthening Confidence in Palliative and End of Life Care

Providing compassionate, person-centred support at the end of life requires more than clinical knowledge alone. It also involves communication, emotional awareness, dignity, and understanding how to support both individuals and those close to them during what can often be an incredibly difficult and uncertain time.



For many professionals working across health and social care, palliative and end of life care can bring complex emotional, practical, and clinical challenges. Having the confidence to respond thoughtfully, recognise changing needs, and support comfort and quality of life can make a real difference to the experiences of both individuals and families.

Hospiscare are hosting a [Foundations of Palliative Care session](#) on 17th July in Exeter, offering professionals an opportunity to strengthen their understanding of core palliative care principles and reflect on compassionate approaches within everyday practice.

🌟 Job of the Month 🌟

Children's Home Registered Manager

📍 Gloucester | 💷 Up to £52,500 DOE + £5,000 Welcome Bonus + £5,000 Annual Quality Bonus | 🕒 Full-time, 40 hours

Our client is a specialist provider of therapeutic, child-centred care and support for children and young people. Their approach is grounded in the belief that every child deserves a nurturing, structured environment where they are seen, heard, and supported as an individual. Through a multi-disciplinary model that brings together care, education, and therapeutic input, they focus on helping young people develop resilience, confidence, and brighter futures.

This opportunity is particularly exciting as it involves leading the opening of a brand-new Children's Residential Home in Gloucester, supporting up to four young people who have experienced adverse childhood experiences. It offers the chance to shape the home from the ground up, establishing a strong, values-led culture from day one.

The home will be built on a foundation of safety, consistency, and emotional warmth, with a clear focus on trauma-informed practice. Children and young people will be supported through structured care planning where their voices are central, ensuring they are actively involved in decisions about their lives and futures.

This is a role for someone who leads with presence and purpose, someone who can balance operational responsibility with emotional intelligence, and who is committed to building a service where both children and staff can thrive.

In return, you will join an organisation that invests in its people and values quality of care, offering strong financial rewards, ongoing professional development, and the opportunity to be part of something newly created and deeply impactful.

Looking for a new role? Explore all of our latest vacancies [here](#).

📌 Further reading/watching:

👉 [Supporting Children with Selective Mutism](#)

👉 [International Non-Binary People's Day: What You Need to Know](#)

💡 Thought for the month:

Can you believe we are already over halfway through the year? It can feel like time moves quickly, especially in the care sector. This midpoint in the year can offer a chance to pause and notice how things have been for you so far.

Has it felt like a positive one? Or have you found areas of your work or personal life a challenge? However the year has felt, it can be helpful to take a moment to reflect on your own wellbeing and what you might need moving forward.

This time of year brings a focus on self-care and mental health awareness, with International Self-Care Day and Samaritans Awareness Day both highlighting the importance of looking after emotional wellbeing and knowing support is available when things feel difficult. In busy working environments, especially across health and social care, it can be easy for personal wellbeing to take a back seat while supporting others remains the priority, but it is important to remember that you cannot take care of others without taking care of yourself too.

With around 1 in 2 care staff reporting high stress levels linked to their work, and studies suggesting that between 1 in 4 and 1 in 3 care workers experience symptoms of anxiety or depression, it is a timely reminder of how important it is to actively look after your own wellbeing as part of everyday practice.

As we move into the second half of the year, it may be a helpful time to gently check in with yourself, notice what has supported you so far, and consider what might help you feel more balanced and supported in the months ahead.

 We'd love to hear from you:

What would make the biggest difference to how supported you feel in your role and wellbeing?

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.



[Our Website](#)

You've received this email because you've subscribed to our newsletter.

[Unsubscribe](#)