



## PURPOSE OF INFO SHEET

The aim of this information sheet is to share links to materials which may be of value around network effectiveness and staff wellbeing. It was produced for the Q Community event in Scotland November 2023

## CONTACT

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## ROLES AROUND IMPROVEMENT

- Heads up a Scottish mental health and wellbeing charity.
- Convenes the staff wellbeing special interest group in Q
- Convenes the nurturing and weaving networks special interest group in Q
- Active in many networks

# LINKS TO MATERIALS

## NETWORK SKILLS RESOURCES

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Podcast introduction to Network Weaving [Link](#)

Validated self-assessment to identify network skills learning needs/areas for development [Link](#)

Suite of resources co designed with members of the Q community to support development of networks and networking skills [Link](#)

Checking in with the energy in your network and identifying ways to re-energise tool kit [Link](#)

Helpful tool for identifying roles within networks and meetings [Link](#)

Making emails work for you [Link](#)

## STAFF WELLBEING RESOURCES

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There are a significant amount of resources on the COPE Scotland site for staff wellbeing please visit [COPE Scotland website](#)

## LINKS TO SPECIAL INTEREST GROUPS WHICH MAY BE OF INTEREST

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Nurturing and weaving networks special interest group [Link](#)

Liberating structures users group [Link](#)

Staff wellbeing and quality healthcare special interest group [Link](#)

Improving Joy in work special interest group [LINK](#)