

Message from the Chairman 2021



The 2020 festive message from the AHCS President mentioned the signs for change being good, and that 2020 taught us to be flexible, to focus on what is important to make the best of challenging times, and to support each other. Wise words to end the year.

However, we still have a long way to go, with the next few months promising to be difficult once again; whilst the New Year is traditionally a good time to look forward, it's also a good opportunity to look back and see how far we have come.

As an Institute we have grasped opportunities to move to online collaborations, communication, and education. We have overcome difficulties with website and IT facilities and used our network of worthy volunteers to glue together what might have been the most fragmented year in the history of our organisation.

Some members may be feeling a massive pride in all that they have achieved in these extraordinary times, but many may feel battered and bruised by their experiences in 2020, be that at work, or in their personal lives.

At the start of 2021, let us all think about regrouping, rebuilding and gathering each other up to face the future together. I hope you use the IMI network to ask for help when you need it, to offer praise when you witness the success of others, and share best practice to support those less fortunate than yourself. The strength of an Institute is not in the individuals who work to make things happen, but when we work together to face the challenges ahead of us.

Whilst working over the Christmas period in my own department, we talked about how we could keep ourselves going this year. Someone suggested we take on a practice shared by NHS Greater Glasgow & Clyde ... as you put on your coat, think of one thing that did not go so well that day, then let it go. As you walk out of the door, think of three things that were good, hold these with you and end your day on a positive note.

You will be amazed how effective this one daily exercise can be – try it and share with me how you get on.

Best wishes for 2021, *Jane*

Going Home Checklist

- ✓ Take a moment to think about today
- ✓ Acknowledge **the most difficult** thing at work today, and then let it go
- ✓ Be **proud** of what you did at work today
- ✓ Consider **three** things that went well
- ✓ Check on your colleagues before you leave: **are they ok?**
- ✓ **Are you ok?** Your colleagues are here to listen to and support you too
- ✓ Now switch your attention to home. **Rest and recharge**

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