You too are only human
And it’s quite all right to say
You’re feeling pretty weary
And you’ve had enough today

Your working days are stressful
And things are really tough
And though you do your damnedest
It never seems enough

Step back and look again to see
You tried your very best
It’s all that anyone can do
When they’re put to the test

Think too about the good you’ve done
Those tasks you did get through
You’re here, you make a difference!
And you do some great things too!

If life was always easy
We wouldn’t learn or grow
Or test our own resilience
And true selves come to know

It’s always good to talk things through
To open up and share
To realise you’re not alone
That other people care

Look after you – you’re precious
To a family you belong
You owe it to yourself and them
To make sure you stay strong

What’s in and out of your control?
What’s out? - then let it go
Re-harness all your passion
For the things you love and know

Then focus all your energy
On things that you can do
And know that if you persevere
You can and will get through

Yes you are only human
And it’s quite all right to say
Though things are tough you will be back
To face another day

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More looking after yourself

If poetry is not your thing try this song by Rag'n Bone Man. It is called: “I'm only Human After All.”

https://www.youtube.com/watch?v=L3wKzyI1Nyk

LGBT Health Matters – online video resource for health care professionals

The purpose of the film is to increase awareness of Lesbian, Gay, Bisexual and Trans (LGBT) people’s experiences when using health care and to increase access to these services.

The film has been commissioned by CVS South Gloucestershire, working in partnership with the Diversity Trust, and the Therapeutic Media Company.

“This is such a well-made and useful film. I will definitely use it with, and recommend it to, my social work students as the messages cut across many professions.” Independent Social Worker and Teacher/Trainer

https://youtu.be/pD9MSNuhg0E

Ramadan

This year Ramadan begins on 26 May 2017 and is due to end at 24 June 2017. See the Equality web page for further information: http://nbsvr16/sites/askhr/EqualityandDiversity/Pages/default.aspx