



# Joy @ Work

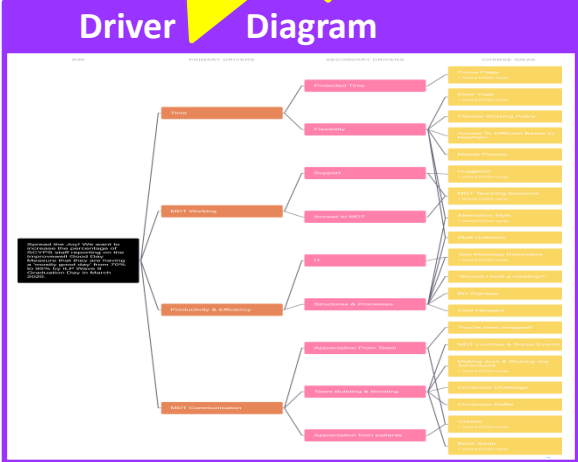
Savannah Senior and Natalie Blanchard  
Rebecca Daniels (QI Coach) and Jo Beckmann (QI Sponsor)

## JOY... First: SCYPS. Next: The WORLD!

**Aim: Spread the Joy!**

- Empower people
- Build a sense of community
- Improve wellbeing
- Create a Joyful workplace
- Improve communication
- Start a trend 'making change'

- Desk Yoga
- Huggles
- MDT Teaching Sessions
- MDT Socials
- Focus Flags
- Greatix
- Tests of Change
- Clinic Text Message Reminders
- Oat Mylk
- Flexible Working Policy
- Work Mobile Phones
- Book Swap



### The Impact

“showed that change is possible”  
“improved communication between teams”  
“I am seeing many more small acts of kindness”  
“I felt that our ideas were listened to”  
“brought us together as SCYPS”

“MDT Working!”  
“it has boosted staff morale and wellbeing at work!!”  
“I felt more comfortable engaging in the project because the staff leading it are just like me”

“Joy when I pick up my pencil”  
“more opportunities to share our ideas and feel like it’s ok to do this”

### Learning and what next?

*We have learnt that change can start at any level, communication is key to change and you can ‘be a lighthouse’ to attract others to create change. This work has started to connect the three geographical branches of SCYPS.*

*The QI tools that we have been armoured with will help us battle new challenges in the future!  
Joy Champions will continue meeting to maintain the momentum created by the project and help even more people make change!  
We would like to move towards Service User involvement (with a little i)!*



# Tell us your story in a nutshell

We wanted to change the world,  
So we used a pipe cleaner that twirled,  
We named it Joy,  
It can be a girl or boy,  
Poor Jamie didn't know what he had unfurled!

Our aim was to empower the people,  
We found ourselves facing a steep hill,  
We started with desk yoga,  
Not compulsory to wear a toga,  
Our afternoons became much more gleeful!

Huggles became the next change,  
Some people thought this was strange,  
But these little moments to pause,  
Helped us to unclench our jaws,  
And now these are the thing to arrange.

We turned our focus to the bigger picture,  
To go alongside our quick fixer,  
MDT teaching and flexible working,  
A bit more serious than our staff awards twerking,  
Important ideas in the mixer.

Someone suggested milk of an oat,  
Opposed to that from a cow or a goat,  
We gave it a go,  
The cash kitty did grow,  
Now SCYPS mylk with a 'y' is afloat!

No time to get things done, they cried!  
Headphones don't work, we know, we've tried!  
A little red flag,  
Put some time in the bag,  
The result: people feeling less fried.

There's so much love in our team,  
Much more than what it may seem,  
Throw in a cake,  
Some Joy it did bake,  
And post socials, boy, did we beam!

Our kitchen looked a bit empty,  
Happy Limited gave us books, times twenty,  
An idea it did spark,  
Shared books coming out from the dark,  
Now we are brimming with book shares aplenty.

Through this project, something we learned,  
Is that for implementation to truly be earned,  
Is that time is needed,  
For problems to be weeded,  
Don't yet think that all is adjourned.

Two speechies got roped into a forum,  
Full of doctors and managers, quick maintain decorum!  
The veil was lifted,  
With change ideas everyone's gifted,  
And now people know QI is for them!

A message for future QI'ers,  
A puncture we found in our tyres,  
Communication is key,  
That means transparency,  
It's a solution to fighting those fires.

Reflecting back on the project,  
Something we're learning to perfect,  
Is taking time out,  
From all that we're about,  
To help Joy and the world to connect.

And so let us be the lighthouse,  
Regardless if you're a lion or a mouse,  
The difference you initiate,  
Will then radiate,  
And a mighty chorus you will rouse!

Thank you for listening to our ditty,  
We know that our rhymes are quite witty,  
We loved your support,  
You've been a great sport,  
But now we're off to descend JOY on the city!!

