



Ward 2A

In this project the staff at Ward 2a took photographs to represent what sustains and motivates them at work. The team describe valuing working with families, connecting with others, and making a difference. What sustains them in this busy role is "the family feel" and "teamwork" that distinguishes this vibrant, inclusive, and diverse multidisciplinary team (MDT). In reflecting on what sustains personal wellbeing and resilience in a busy healthcare role, one staff member took photographs of a cup of coffee and an orchid. She noted how she loves "to sit with a coffee and admire the it. The orchid is grounding to me, I reflect on what is important and not to sweat the small stuff. Beauty is all around us and we just need to take time out for ourselves."

As you engage with this photographic exhibition, take a moment to reflect on what sustains you and how you might integrate that into your own daily practices.









