

KIRKLEES, CALDERDALE AND WAKEFIELD INTEGRATED SCHWARTZ ROUNDS

FEELING THE HEAT: HOW SUMMER AFFECTS US AT WORK AND AT HOME

Thursday 9th July 2026 - 12:15-13:30

MS TEAMS - USE THE PLACE-BASED QR CODE OR LINK BELOW TO BOOK YOUR TICKET

What does summer mean for you - and how does it affect the way you work, care and connect with others?

For many of us, summer is a season we look forward to - longer days, brighter weather, time outdoors, holidays, family gatherings and opportunities to rest and recharge. Yet summer can also bring its own unique pressures and challenges.

For those working in health and care, warmer weather can mean long shifts in hot environments, working in uniforms or PPE, supporting patients and colleagues who may be struggling with the heat, and managing increased service demands while teams navigate annual leave and staffing pressures.

Outside of work, many people are balancing family commitments, childcare responsibilities, caring roles, financial pressures associated with school holidays, and the ongoing challenge of finding time to look after their own wellbeing.

At the same time, summer can create opportunities for connection, kindness and joy. It may be a season of community events, time spent with loved ones, moments of laughter with colleagues, or simply finding space to pause, reflect and appreciate the things that matter most.

This Schwartz Round offers a safe and supportive space to explore both the challenges and rewards of the summer months. Together, we will reflect on how summer affects us personally and professionally, sharing experiences of compassion, resilience, connection and the small moments that help us thrive.

Whether your reflections focus on work, home, relationships, wellbeing or the people you care for, we invite you to join the conversation and consider the human side of life during the summer season.



If you are based in **Kirklees** or **Calderdale**, please use this QR code or link to reserve a place.



[https://bookwhen.com/
kc-staff-dev](https://bookwhen.com/kc-staff-dev)

If you are based in **Wakefield**, please use this QR code or link to reserve a place.



[https://FeelingTheHeat
SchwartzRound.eventbr
ite.com](https://FeelingTheHeatSchwartzRound.eventbrite.com)

Open to all colleagues working or volunteering in Kirklees, Calderdale and Wakefield Health and Care Services

For further information please contact: michelle.dooling@cht.nhs.uk

Those who care need to be cared for

Ken Schwartz

(Schwartz Rounds were developed in his legacy)

COULD YOU SHARE YOUR EXPERIENCE DURING OUR SCHWARTZ ROUND?

We are looking for storytellers for this Round. Your story does not need to be dramatic or extraordinary. We are interested in hearing about real experiences, emotions and reflections from working and living through the summer months.

You may already know what you would like to share of perhaps one of the prompts below resonates with you. To discuss further please contact michelle.dooling@cht.nhs.uk.

WORKING IN HEALTH AND CARE DURING THE SUMMER

- Can you recall a particularly hot day at work? What was it like and how did it affect you?
- How does working in hot weather affect the way you feel physically and emotionally during a shift?
- What is it like caring for others when you are feeling exhausted, overheated or uncomfortable yourself?
- Have you ever found yourself struggling with uniforms, PPE or working environments during periods of hot weather?
- Can you remember a time when a patient, resident, family member or colleague was particularly affected by the heat? How did that impact you?
- How do staffing pressures, annual leave and service demands change during the summer months?
- Have you ever felt guilty taking annual leave during a busy summer period, or guilty about not taking it?
- What happens to your own wellbeing when everyone else's needs seem to come first?
- Have you ever experienced a moment when a colleague's kindness, humour or support helped you through a difficult summer shift?

LIFE OUTSIDE OF WORK

- How do you balance work with family commitments, childcare, caring responsibilities or school holidays during the summer?
- Have financial pressures associated with summer holidays, childcare or increased household costs affected you or your family?
- What does "switching off" look like for you, and how easy is it to achieve during the summer?
- Can you recall a time when work and home pressures collided during the summer months?

COMPASSION, CONNECTION AND JOY

- Can you share a moment of joy, connection or laughter that stands out from a summer at work?
- Have you ever experienced an act of compassion that made a difference to you during a particularly busy or challenging summer?
- What helps you find balance, restore your energy or stay connected to what matters most?
- What has working through summer taught you about yourself, your colleagues or the people you care for?
- When you think about summer, what story comes to mind that captures both the challenges and the rewards of working in health and care?