We’re listening

Does your organisation take positive action on health and wellbeing?

The health and wellbeing of staff is paramount to us, and there are lots of initiatives to promote this. A monthly calendar of health and wellbeing topics is distributed to over 100 health and wellbeing champions to share across the trust. Each clinical directorate also has a steering group to identify health and wellbeing initiatives specific to their areas. Don't forget Amica and the staff physiotherapy service, as well!

Mental Health First Aid (MHFA) training is being rolled out, as well as mindfulness courses which are available to book on to via uLearn. A stress management elearning module is also being devised. As well as this, the first free distance learning course on health and wellbeing, 'Step into Health', has been completed by 44 colleagues, with another course available in January. Menopause awareness raising is also underway, with two clinics to support staff having already taken place. Don't forget to come to the next annual health and wellbeing event on 19 November to find out more!

Sounds good - is there any training available on the topic?

We know there’s more to do.
We’re still listening.

Complete your 2018 Staff Survey by 30 November. It is confidential and has been sent to you by email.