

Let us know how we can continue supporting you... Please complete the NHS Quarterly Pulse Survey by 31 January and share your thoughts

Last year was a challenging year, and we know that this new year feels just as pressured. That is why it is vital we continue to check in on how you are feeling so that we make sure you are supported and listened to. One of the most effective ways to hear from you is through regular surveys that just take a few minutes to complete and are completely anonymous.



Everyone is a leader at LPT – we all have a voice and can make a difference. Your views have been vital in shaping our vision, strategy and leadership behaviours for all as well as in our Road to Recovery and enhancing our health and wellbeing offer throughout the pandemic. Continuing to share your views is a key part of ensuring we build on what is working, address barriers and remain stronger together.

Please [complete the People Pulse survey by 31 January 2022](#).

What is the quarterly People Pulse Survey?

We will be giving you the opportunity to share your views on how supported you feel through a short quarterly People Pulse survey. The results will help us ensure that we continue to move in the right direction to Step up to Great together. All Trusts will be asking staff to complete the quarterly survey so we can see how we are doing compared to our peers.

The survey is **completely anonymous and takes just five minutes to complete**. Results are managed and reported on nationally. It includes eight core questions about your health and wellbeing, how you're feeling and what support you may need; plus an additional nine questions that mirror the annual staff survey questions with a focus on staff engagement.

[FAQs](#) are available if you have any further questions about the People Pulse survey.

Why should you take part in the People Pulse Survey?

By sharing your views in the People Pulse, you will be helping to ensure the best staff support and experience at work for your health and wellbeing, and in relation to equality, leadership and culture across the Trust.

How can you complete the survey and share your thoughts?

[Click now](#) to take part in the People Pulse or scan the QR code to access the People Pulse on your smartphone.



The survey will be open until **31 January 2022**.

Your voice counts and we want to hear from you.

[Click now](#) to take part in the People Pulse – your voice counts



The National Quarterly Pulse Survey

Our experience at work changes. It's important that we listen to you regularly and respond.



Please scan the QR code to participate in the National Quarterly Pulse Survey

Let us know how you are feeling

Make 2022 about you and your health and wellbeing...



Leicestershire Partnership
NHS Trust

Health and Wellbeing

Ensure you are set up correctly to help your posture



**Attend our
mindfulness
sessions (look out
in enews for
further details!)**



**Positively Supporting
your Mental Health**

Use the support sheets and resources available on staffNet to help maintain your health and wellbeing whilst working through this pandemic

Use our Going home checklist to help you switch off (it works even if you are working from home!)



Visit our StaffNet page for more tips and resources on how you can support your health and wellbeing:
<https://staffnet.leicspart.nhs.uk/your-working-life/health-and-wellbeing/>