

Current Health & Wellbeing Initiatives

- We have been working hard, our psychology, staff counselling and HR teams, as well as our external partners, Birmingham and Solihull Mental Health Trust (BSMHT) and University of Birmingham (UoB), to be available to provide a service to staff which includes emotional and psychological support; a dedicated telephone support line; drop-in wellbeing sessions; plus staff health and wellbeing hubs as a safe space for rest, relaxation, self-care resources and someone to talk to.
- We will also be developing listening sessions through the operations centres in order to create more ways in which to hear the voices of our staff, as well as, senior managers being visible and available to speak to on your wards and departments. In order to maintain a healthy state of mind it is important to keep talking and we encourage staff to speak to their manager if there is anything which is troubling them.
- The Trust has invested in increasing the number of Counsellors which are available to provide a range of services to staff and in addition our Chaplaincy Team are available for pastoral care, along with the Inclusion and Wellbeing Team for support and guidance.
- We have been told that many of our staff are finding it difficult to sleep with the events of the day replaying through their mind. Sleep is an essential part of feeling well and feeling happy however sleep disruption can be common when you are feeling emotionally overwhelmed. We have put together some useful information that may help on Covid webpage under Health and Wellbeing.
- We have created Wellbeing Hubs in the libraries on each of the four hospital sites which offer staff a relaxing space to take a 5 minute break, reflect and have a free drink. There will be expert psychological support available on Tuesdays and Thursday from 12pm until 2pm for those staff in need of a listening ear or someone to talk to.
- We are providing hot meals and sandwiches for staff in hours and out of hours, and in response to staff telling us that they cannot get to the supermarkets, we have set up 'pop up shops' on all sites where staff can pick up essential groceries and toiletries.
- We have developed a wealth of information on the dedicated health and wellbeing staff support page on the Covid site on the intranet with resources for staff to manage their mental and physical wellbeing, guidance for managers supporting staff at home, domestic violence advice, child care resources and online self-help tools, as well as, hard copy H&W leaflets and posters and pull up roller banners around the Trust to promote wellbeing and sign post for support.

