

East of England Staff Experience & Wellbeing Forum

Week: 20.12.21 – 24.12.21

Weekly roundup of this week's key messages.



Upcoming Events

Wellbeing Conversations: Daily training available throughout January 2022.
Book [your place here](#).

Wellbeing Champions: Supporting diversity within your organisation (13th January 2022)
Complete the [E-learning](#) programme here.

Staff Resilience & Wellbeing Hubs

Whilst Christmas can be a joyous time for many, it can also be a challenging time for some. Especially following the accumulating challenges presented through the pandemic. Know that support is available throughout this festive period via our 4 regional staff resilience & wellbeing hubs who are on hand to identify individual needs and signpost to appropriate support. [Access the 4 wellbeing hubs here](#).

Working in partnership with Occupational Health teams to deliver a positive health and wellbeing service to staff, the regional hubs are complimentary to existing local offers.

Listen to Sam's story here [Staff Mental Health Hubs - Sam's story. - YouTube](#)

Sharing Best Practice

Wellbeing Conversations

Ricky Somal has developed a fantastic resource to help colleagues facilitate supportive wellbeing conversations with suggested coaching style questions. Find out more [here](#)

Staff Survey

Employee Experience and Engagement

Join the community bringing colleagues from across the NHS in England interested in Employee Experience and Engagement. Join [here](#)

National Quarterly Pulse Survey (NQPS)

Helpful resources are now available to support colleagues in promoting the NQPS, including: [Comms toolkit](#) [FutureNHS](#) page