

East of England Staff Experience & Wellbeing Forum



Week: 11.07.22 – 15.07.22

Weekly round-up of this week's key messages



East of England Wellbeing Festival Countdown: 9 Weeks to go!

[Monday 12th - Friday 16th September](#)

Would you like to Host a Session? Showcase your Work? Run an Activity?

The regional Staff Experience and Engagement Team invite colleagues from across the region to submit expressions of interest to host a session during the festival.

Please share how you would like to contribute to the week by emailing gemma.goodey1@nhs.net



Looking After You Too (LAYT)

LAYT is a free coaching service for Black, Asian, and Minority Ethnic (BAME) staff working in the NHS. This free one to one wellbeing support offer is provided by trained BAME coaches. Click [here](#) for more information and details on how to book a session.

Changes to the Bespoke Samaritans Helpline

As of today, Friday 15th July, the bespoke Samaritans helpline set up for staff during the height of the pandemic will no longer be in use.

Considerations have been put in place to ensure the user journey is impacted as little as possible and include callers to the line reaching a recorded message transferring them to the core Samaritans helpline for the next six months.

A reminder that there is a comprehensive package of health and wellbeing support in place including:

- Our regional [Mental Health and Wellbeing Hub](#) for all health and social care staff
- The [FRONTLINE](#) text service by texting to 85258 for support 24/7
- A wide range of health and wellbeing initiatives available to all staff which can be accessed [here](#)

East of England Staff Experience and Wellbeing Collaborative

Our next meeting will be held on:

[Monday 25th July: 10am – 12pm](#)

Violence Prevention Reduction & Public Health Online Course with Liverpool John Moore University

There are still places available for NHS staff on the CPD Violence Prevention, Reduction and Public Health online course.

The course is aimed at NHS colleagues who currently have a role within aggression and violence management in security and/or clinical settings in the NHS. Click [here](#) for more information and details of the application process.

Health & Wellbeing Framework Workshops

Workshop 6: Data Insights

[Thursday 11th August: 1pm – 2.30pm](#)

This session will focus on the 'data insights' element of the framework.

Click [here](#) for more information and to register for the event and [here](#) to view the slides and recordings from previous workshops, links to register for forthcoming sessions and other additional resources.

Speaking Up Support Scheme

NHS England has launched the redesigned 'Speaking Up Support Scheme' which provides a range of support for NHS workers who have experienced challenges in moving forward with their professional or personal lives following a formal speak up process.

Click [here](#) for more information.

Join the conversation on our [EoE NHS Futures page](#) and stay up to date with the latest information