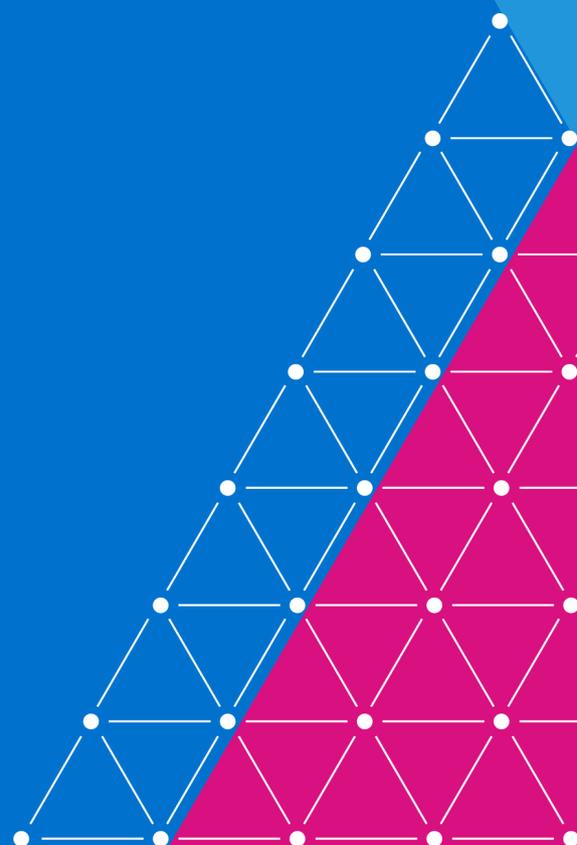


Your health and wellbeing at UHSussex

A handy guide to all the resources
available for staff across our
hospitals, supporting positive mental,
physical and financial wellbeing.



Mental wellbeing

Team support

Legacy BSUH....

HELP Service - Facilitated team debrief, contact the HELP team on ext. 63692

Schwartz Rounds and Team Talks - Contact Carrie Weller to request

Welfare Appraisals - Speak to your line manager

Legacy WSHT....

Staff Counselling Service - Facilitated emotional support groups, uhsussex.staffhealth@nhs.net

Schwartz Rounds and Team Time - Contact uhsussex.schwartzrounds@nhs.net

Welfare Appraisals - Speak to your line manager

Staff support

Vivup - Employee Assistance Helpline - 24/7 helpline and online resources. Call 03303 800658 or visit www.vivupbenefits.co.uk

Legacy BSUH....

HELP Service - Provides 121 confidential support, counselling and psychotherapy, call ext. 63691 or 67904

Connections - Listening service run by Health & Wellbeing, contact uhsussex.connections@nhs.net or call 67452

Legacy WSHT....

Staff Counselling Service - 1:1 confidential support and counselling, contact uhsussex.staffcounselling-strichards@nhs.net or uhsussex.staffcounselling-worthing@nhs.net

Listening Ear - In-reach Listening Ear is a signposting service for staff to help individuals/teams manage stress and look after their mental health. Contact uhsussex.staffhealth@nhs.net

Networks

BAME Volunteers - Providing support and guidance for BAME staff

Chaplains and Spiritual Care - Helping to promote positive wellbeing for all faiths: uhsussex.chaplaincy@nhs.net or joanna.elliott5@nhs.net ext. 64122

Staff Networks - Meet like-minded colleagues, access support and share issues affecting you, including:

- Celebrating Cultures - (legacy WSHT)
- SOAR (BAME staff network) - (legacy BSUH)
- Disability Forum
- LGBTQ+ Forum

Time out

Staff Lounges - Worthing Hospital: Southview meeting room (open 8am-4pm, M-F). St Richard's Hospital: Boardroom (open 8am-4pm, M-F). Princess Royal Hospital: Heroes' Lounge (24/7)

Project Wingman - Decompress with a chat to volunteer airline crew. Princess Royal Hospital: Heroes Lounge (M-10am-2pm). Royal Sussex County Hospital: Horizon Centre (M-F 10am-4pm). St Richard's Hospital: Boardroom (M-F 10am-2pm). Worthing Hospital: Southview meeting room (M-F 10am-2pm).

Wellbeing and Meditation Apps Free subscriptions for NHS staff

External

Staff in Mind - Confidential support hub for NHS staff www.sussexstaffinmind.nhs.uk

NHS Mental Health Helpline
0300 131 7000 (7am – 11pm 7 days a week) or text 'Frontline' to 85258 (24/7)

BMA Helpline - 0300 1231233 www.bma.org.uk

Physical wellbeing

Limited mobility

You don't need to have full mobility to experience the health benefits of exercise. If injury, disability, illness, or weight problems have limited your mobility, there are still plenty of ways you can use exercise to boost your mood, ease depression, relieve stress and anxiety, enhance your self-esteem, and improve your whole outlook on life. We have put together a range of resources to help with this:

- www.nhs.uk/live-well/exercise/easy-low-impact-exercises/
- www.helpguide.org/articles/healthy-living/chair-exercises-and-limited-mobility-fitness.htm
- intermountainhealthcare.org/blogs/topics/live-well/2017/03/5-exercises-to-improve-mobility-for-seniors/
- www.gympanzees.org/

Alternatively you can see a selection of videos on the Physical Wellbeing page of the Health & Wellbeing website

#doingourbit

#DoingOurBit is a platform of over 40 free workouts for NHS staff created by leading fitness industry businesses who wanted to 'give back' and 'do their bit' to support hardworking staff. Get free access to the 28 personal trainer workout videos ranging from yoga and pilates to core training and family fun by signing up on the website: www.fit4thefight.org/nhs-welcome

Classes & activities

We are working with class instructors to bring back our wide range of classes and activities as restrictions ease. Check Staffnet or www.bsuhwellbeing.nhs.uk for updates.

NHS One You

One You is here to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself, One You can help you make small, practical changes that fit in with your life. Visit: www.nhs.uk/oneyou



NHS Fitness Studio

The NHS Fitness Studio has everything you need to keep healthy when at home. Take your pick from 24 free instructor-led videos across our aerobics exercise, strength and resistance and pilates and yoga categories. These workouts have been created by fitness experts at InstructorLive and range from 10 to 45 minutes. There are exercises to tone your abs, raise your heart rate, and tone your upper arms. You will also find workouts suitable for new mums, such as postnatal yoga, or health problems, such as pilates for back pain. Visit: www.nhs.uk/conditions/nhs-fitness-studio/

Financial wellbeing



Home Electronics Scheme

Vivup's Home Electronics Scheme helps you to afford the things that matter to you as you spread the cost through your pay. Simply sign up on the Vivup website and browse through a huge range of products from the UK's leading technology retailers in computing, mobile phones, home cinema, small and large home appliances, cameras and much more.

Cycle to Work Scheme

Vivup's cycle to work scheme runs monthly and is open to all substantive members of staff. To enjoy tax free bikes and accessories for your commute to work, simply sign up on the Vivup website then browse and order at Evans Cycles or visit local, participating bike shops to select any brand of bike or accessory.

Visit www.vivup.co.uk and register as an employee of the Trust or call on 01252 784544

NHS discounts

Visit: www.england.nhs.uk/coronavirus/nhs-staff-offers for a comprehensive list of all NHS discounts.



Car lease scheme

Fleet Solutions have partnered with the Trust to provide a car lease scheme for all substantive staff. The scheme provides staff with the option of purchasing a new vehicle of their choice at a competitive price, whilst at the same time having the opportunity to make monetary savings through salary sacrifice. Staff participating in the Vehicle Lease Scheme would receive a new car for family or business use that is fully taxed, insured and maintained.

Call 03448118228 or visit www.nhsfleetsolutions.co.uk and register as an employee of the Trust using the following VPD numbers depending on your location; 279 for legacy WSHT and 379 for legacy BSUH.

Bus pass scheme

The Trust is a corporate member of the Easit Network, providing staff who pay £5.05 for an Easit Network card with savings, such as 15% off rail travel and discounts on local bus services, visit www.easit.org.uk

For legacy BSUH substantive staff can have an annual bus pass deducted over 12 months (Salary Sacrifice optional) or apply for a free intersite bus pass between PRH and RSCH by contacting uhsussex.transport.bureau@nhs.net.