



University Hospitals Sussex
NHS Foundation Trust

Health and Wellbeing Media Pack

April 2024

Mental Wellbeing support for staff

- ▶ This [short video](#) aims to provide you with some guidance and techniques to support positive mental health and resilience, and to highlight signs that yourself or a colleague may be experiencing poor mental health
- ▶ The [UHSussex Mental Health video](#) gives a brief overview as to the initiatives available across the Trust
- ▶ The 54321 [Grounding Technique](#) is an effective coping skill for calming anxiety, by serving as an anchor for the present moment
- ▶ [Vivup 24/7 telephone and online support service](#) provided by a team of mental health specialists: 0330 380 0658
- ▶ [Managing mental health and wellbeing training](#)
- ▶ Stress in the Workplace – new Policy located in [HR Policies on the intranet](#)
- ▶ Freedom to Speak Up Guardian – [details on the intranet](#)
- ▶ Trust Ambassadors – [details on the intranet](#)
- ▶ Chaplaincy Listening Service
(St Richard's x35380, Worthing x84004,
Royal Sussex County x64122 or Princess Royal x68232)



- ▶ [Leading Wellbeing](#)
- ▶ [Relaxation](#) – How to keep calm
- ▶ [Energy](#) – Prioritising your Wellbeing



Scan for more info

Wellbeing e-Books



Mental Wellbeing support for staff

In-house counselling

Staff Psychological Support Service

- ▶ We offer free, short-term one-to-one Counselling, Psychotherapy, EMDR (Trauma) and CBT therapy to staff at the UHSussex NHS Trust.
- ▶ If you have been experiencing anxiety, depression, stress, burnout, grief, trauma, or other distressing life events, you are welcome to self-refer immediately.
- ▶ The service also provides support to teams across the Trust via Clinical Supervision, Psychological Debriefing, and Training.
- ▶ [Self-refer using the online referral flowchart](#)
- ▶ [Emotional Resilience Course on Iris](#)
- ▶ [Stress Management Workshop on Iris](#)


Scan for more info



Contact us

 uhsussex.staffpsychologicalsupport@nhs.net

 Worthing, St Richard's and Southlands **01243 788122** Ext. 31624

 Royal Sussex County, Brighton General and Princess
Royal **01273 696555** Ext. 63692

Financial Wellbeing support for staff

UHSussex Crisis Support Fund

Thanks to My University Hospitals Sussex Charity, the Trust is able to offer the following support for when staff find themselves in financial hardship:

- Supermarket vouchers for those in financial crisis of up to £50 per month for up to 10 months per year (assigned in blocks of 3 months if appropriate).
- One-off support for unexpected and significant items of expenditure or support for a drop in income due to unexpected circumstances (up to a maximum of £500 gifted in vouchers).

[Apply using the application form on the intranet](#)

NHSDiscountOffers

healthservicediscounts



BLUE LIGHT CARD.

Resources available on the intranet:

- Travel and Transport
- Vivup Salary Sacrifice Scheme
- National NHS Staff Discounts
- External and National Grants
- Childcare
- Discounts and freebies
- Credit Union
- Simplyhealth cash plans
- Food banks
- Car lease scheme
- Cycling and bikes

Scan for more info



Financial Wellbeing Support Officer



wave community bank
Local. Ethical. Together.



Tracy Cox-Horton

[07943 534 360](tel:07943534360)

[0300 303 3188](tel:03003033188)

tracy.cox-horton@wavecb.org.uk



As part of the Trust's Cost of Living support, funded by My University Hospitals Sussex Charity, Tracy will be offering [1:1 appointments](#) for staff. With years of experience in all aspects of financial services, she is looking forward to supporting staff at UHSussex with financial queries.

Tracy can support with:

- Budgeting household finances
- Debt advice/signposting
- Government entitlement signposting
- Saving and loans
- General financial guidance

Tracy's role is independent from the Trust and all appointments, advice, and any individual circumstances discussed are completely confidential and will not be shared with any persons from the Trust unless permission is sought from you. Key themes will be collated to enable an evaluation of the service. Appointments will be face to face or via Teams/Zoom, depending on preference.

To view availability and book please follow this [link to the booking form.](#)

Physical Wellbeing support for staff

Health Passport

A [supportive tool](#) for any staff that have long-term health conditions that may need to have a workplace or reasonable adjustment.

Other resources available via the intranet:

- Fitness, sports and social classes and activities
- Massage for staff
- Diabetes prevention programme
- Violence, prevention and reduction resources
- Domestic violence, sexual assault support
- NHS national programme links
- Menopause support and quarterly virtual cafes
- Stopping smoking services
- Display screen equipment policy and eye tests
- Carers passport
- Monthly clinical hypnotherapy workshops

Health Checks Nurse

Staff can sign up for a health check appointment [via the intranet](#), where blood pressure, BMI and pulse checks will be offered as standard, along with advice and signposting for lifestyle changes i.e. weight loss, stopping smoking, alcohol reduction and mental wellbeing.

Scan for more info



**WE HAVE
SIGNED!**

We pledge to support our employees going through menopause in the workplace




#MenopauseWorkplacePledge



Physical Wellbeing support for staff Occupational Health and Physiotherapy

Staff at Worthing, St Richard's and Southlands

 [01327 810269](tel:01327810269)

 team3@optimahealth.co.uk

Staff at Royal Sussex County and Princess Royal

 [01273 696 955](tel:01273696955)

 uhsussex.OH.Enquiry@nhs.net



Scan for more info



[Shoulder pain](#)



[Neck pain](#)



[Back pain](#)



[Elbow pain](#)

- ▶ [Self-referral form](#)
- ▶ Access to self-help treatments
- ▶ Online questionnaire
- ▶ Online booking system for telephone or in person treatments

Health & Wellbeing Calendar – how to add to Outlook



University Hospitals Sussex
NHS Foundation Trust

1)  Open your 'Calendar' tab in Outlook

You can now view all physical activity classes (colour coded by Hospital site), as well as both Health & Wellbeing and EDI monthly and annual events!

2)  Add calendar **Add a new calendar**

3)  Add from directory **Click 'Add from directory/address book'**

Please select an account to search from:

4)

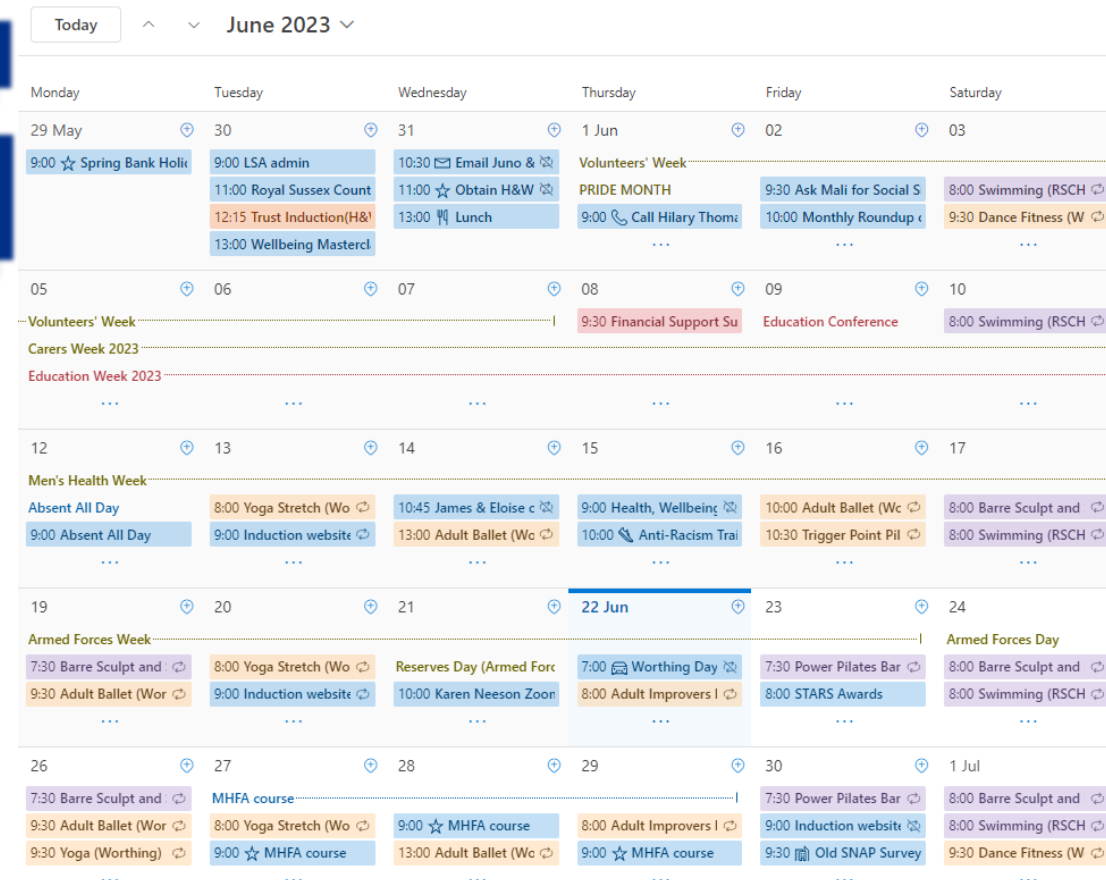
Choose your own email address using the dropdown list

5) **Search for and select STAFFHEALTHANDWELLBEING uhsussex.staffhealth@nhs.net**

Select a person, group or resource from your organisation's directory to view the associated calendar.



6)  **Tick the new calendar to display the entries**



Today ^ v June 2023 v

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 May 9:00 ☆ Spring Bank Holi	30 9:00 LSA admin 11:00 Royal Sussex Count 12:15 Trust Induction(H&I) 13:00 Wellbeing Mastercl	31 10:30 Email Juno & 11:00 ☆ Obtain H&W 13:00 Lunch	1 Jun Volunteers' Week PRIDE MONTH 9:00 Call Hilary Thom	02 9:30 Ask Mali for Social S 10:00 Monthly Roundup c	03 8:00 Swimming (RSCH) 9:30 Dance Fitness (W)
05 Volunteers' Week Carers Week 2023 Education Week 2023	06	07	08 9:30 Financial Support Su	09 Education Conference	10 8:00 Swimming (RSCH)
12 Men's Health Week Absent All Day 9:00 Absent All Day	13 8:00 Yoga Stretch (Wo) 9:00 Induction website	14 10:45 James & Eloise c 13:00 Adult Ballet (Wc)	15 9:00 Health, Wellbeing 10:00 Anti-Racism Trai	16 10:00 Adult Ballet (Wc) 10:30 Trigger Point Pil	17 8:00 Barre Sculpt and 8:00 Swimming (RSCH)
19 Armed Forces Week	20 7:30 Barre Sculpt and 8:00 Yoga Stretch (Wo) 9:00 Induction website	21 Reserves Day (Armed Forc 10:00 Karen Neeson Zoon	22 Jun 7:00 Worthing Day 8:00 Adult Improvers I	23 7:30 Power Pilates Bar 8:00 STARS Awards	24 Armed Forces Day 8:00 Barre Sculpt and 8:00 Swimming (RSCH)
26 7:30 Barre Sculpt and 9:30 Adult Ballet (Wor) 9:30 Yoga (Worthing)	27 MHFA course 8:00 Yoga Stretch (Wo) 9:00 ☆ MHFA course	28 9:00 ☆ MHFA course 13:00 Adult Ballet (Wc)	29 8:00 Adult Improvers I 9:00 ☆ MHFA course	30 7:30 Power Pilates Bar 9:00 Induction website 9:30 Old SNAP Survey	1 Jul 8:00 Barre Sculpt and 8:00 Swimming (RSCH) 9:30 Dance Fitness (W)

Health & Wellbeing Wheel / Other Resources

To be added to the distribution list for the monthly Health and Wellbeing Roundup Newsletter, please contact our team via: uhsussex.staffhealth@nhs.net

- [Staff Networks](#)
- [Leaders Toolkit](#)
- [Healthy Travel](#)
- [Key Policies](#)
- [Check Out Campaign](#)
- [Fitness, Sports and Social Activities](#)
- [Suicide Awareness](#)



Scan for more



Freedom to Speak Up - Core Training for All Workers

Freedom to Speak Up Training for Line and Middle Managers - 'Listen Up & Follow Up'

Understanding the role of the Professional Nurse Advocate (PNA) – opens on Iris



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To care for others, we need to take care of ourselves. Find out what staff health and wellbeing support is on offer.

For all of our Health & Wellbeing Initiatives please scan the code below



Mental & Emotional

- Counselling Service
- Chaplaincy Service
- Resilience Workshops
- 24/7 Psychological Support
- Wellbeing Apps

Networks

- Armed Forces Network
- Carers' Network (in development)
- Disabled Staff Network
- LGBTQI+ Network
- Religion and Belief Network
- SOAR Allies Network
- SOAR BAME Network
- Trans and Non-Binary Group

Health & Wellbeing Initiatives

Physical

- Fast Track Staff Physio Service
- Cycle to Work Scheme
- Discounted Gym Membership
- Exercise Classes
- Free Eye Tests
- Free Online
- Menopause Café
- Occupational Health Service

Financial

- Cost of Living Support and Advice
- Green Travel Initiative
- NHS and Local Discounts
- Salary Sacrifice Schemes

Find them on our Social Side Card, please scan the code above



Social Groups and Initiatives

- Find them on our Social Side Card, please scan the code above