Health and Wellbeing Plan 2020/22

YAS 2022/23 Health and Wellbeing plan builds on much of the work undertaken in the last 24 months from the 2020/22 plan and includes recovery out of the pandemic. The priorities within the recently launched NHS Wellbeing Framework have been aligned to this plan. The NHS Wellbeing Framework focuses on a creating a culture of wellbeing supported by prevention. The plan is build on seven key pillars, all inter-linked whilst providing the Trust the flexibility to focus on pillars relevant to our local needs. This plan has also been influenced by the findings through the Health & Wellbeing culture diagnostic tool, Blue Light Mental Health at Work Commitment, AACE Employee wellbeing and suicide prevention toolkit, TASC Mental Health Continuum and staff survey results.

Underpinning this plan is the Trust People Strategy 2018/23. One of its five strategic aims is Health and Wellbeing to "create a healthy working environment enabling staff to perform at their best". The Trust aims to create and promote a positive health and wellbeing culture where staff feel empowered and confident to seek support when and where its needed.

Trust wide representation at both Health and Safety Committee and the Health and Wellbeing Group enables partnership working on a number of key priority areas for employee health wellbeing and safety including violence and aggression against employees, moving patients safely and DSE assessments. The Health and Wellbeing team are also working in partnership with the Quality Improvement team and our Public Health leads to address areas of concern such as suicide prevention and mental wellbeing.

Clear communication of our health and wellbeing agenda, how it links to Trust wide priorities and how it supports our values will help ensure our staff are fully aware of what is available to them and how they can access support.

HEALTH AND WELLBEING PLAN 2022-23

NHS FRAMEWORK THEME HEADING	YAS THEME HEADING	OBJECTIVE	ACTION	PERFORMANCE MEASURES / OUTPUTS	DATE TO BE COMPLETED BY	ACTUAL COMPLETION DATE	LEAD PERSON/S	RAG STATUS	PROGRESS UPDATE
		Reinvigorate the health & wellbeing champion element of the Cultural Ambassadors and working with them to develop a structured support programme	Develop structured training and continous CPD programme	Delivery of initial training Delivery of x1 CPD session	Mar-23		HWB & L&OD		21st July - MS met with PW to explore this. PW to arrange meeting with the ambassdors to discuss further 30.09.22 - priority to be reviewed in line with Trust-wide work on YAS WAY and Culture 05.01.23 - reaching out to all champions to gauge interest and meeting to be planned in for Feb to explore next steps to take this area forward 07.02.23 - 8 ambassadors responded with interest to support. Discussing next steps with them and training requirements. CARRY FORWARD to 2023/24 Plan
		Enhance the peer support and trauma risk practioners network and develop a structured programme of support	On-going promotion and recruitment to network	40 trained Trauma Risk Pracitioners 40 trained Peer Supporters	Mar-23		нwв		more TRPs booked in for 11&12th July. More comms to come over June and July seeking EOI for both roles. 15.08.22 - to date a total of 15 TRPs trained and 10 Peer Supporters. more training dates planned in for Oct, Nov and Jan. Optima receiving more EOI. Promotion will continue via Corporate Comms and HWB Team. 30.09.22 - Further training for both booked in Oct and Nov. More EOI required for both (particularly peer supporters). Due to capacity, some not wanting to pursue further. 06.12.22 - 14 Peer Supporters trained and 28 TRPs. Due to interest looking at training more than 40 TRPs with fewer peer supporters. Overall total of 80. 16.01.23 - two further dates booked in for Feb for TRP training, approx 20 individuals in total.
RELATIONSHIPS	HEALTHY RELATIONSHIPS	Develop fit for purpose and engaging communication to meet the differing needs of the workforce	Staff consultation to identify needs	Production of appropriate communication materials in consultation with staff	Sep-22	Sep-22	HWB & Corporate Comms		June 21st - Current Health and Wellbeing Provision Questionnaire rolled out to A&E OPS Staff. July - 437 respondents, what services know about and what they need. Less than 50% aware of EAP. Reviewing data and shared with Operations Board. 30.09.22 - Working with Sharon and Corporate Communications on the messaging, delayed due to resource capacity. Staff feedback document produced and shared with comms. This was not released, however, the information was utilised in the L&OD's 'You Said, We Did', which went out in November. HWB Pulse also live. 6/12/22 - Aspects linked to financial wellbeing were also actioned, as per line 15 objective update.
		Enhance health and wellbeing visibility building relationships across service lines	Regular drop-in sessions across different sites including hospitals communicating Health and Wellbeing offer	x4 station/dept/hospital visits per month	Mar-23	Continous throught the year, with weekly support during peak demand periods	нwв		June 21st - To date 11 station visits have been carried out, more visits across different sites getting planned in. 15.08.22 - July - supported the welfare vehicles and wellbeing vehicle - to support REAP 4 pressures due to hot weather and demand pressures. Weekly tour of wellbeing vehicle planned until early Sept. East - Aug surgeries, Preston 16th, Goole 2nd Sept. more dates to follow. Supported Bradford and doncaster investment days, some Doncaster sessions cancelled due to REAP 4. 30.09.22 - Fitness Week Roadshow (26th-30th Sept) attending approx 11 EDs, positive feedback received with further support around physical fitness requested. 06.12.22 - More vehicle routes now planned in to support winter pressures, supported by the directorate. Will continue provision at EDs, with particular focus during peak demand times.
		Working closely with EOC and IUC evaluate the success of the localised H&W teams and take learning into other service lines	Create a single point of contact to support the work of the team and review success	Evaluation report with recommendations	Oct-22	to be completed for March 2023	HWB/EOC & IUC/Estates		June 21st - Weekly Meetings with EOC, IUC, and A&E OPS wellbeing Sharon Whitton. 15.08.22 - offered support to Craig and Sharron on the report. 30.09.22 - Work on-going with the report 06.12.22 - Delay in completing due to work pressures. Working on March deadline
FULFILLMENT		Help build a safe and healthy workplace where staff are confident and encouraged to discuss issues, where they are looked after and feel that they belong	Develop a comprehensive health and wellbeing offer inclusive of the environment	Improvement in staff survey scores relating to the People Promise "we are safe and healthy" Health & Safety monitoring and improvements as part of the Inspection for Improvement process which incorporates Health & Wellbeing	1. Mar-23 2. Mar-23	1. 2. Jan 2023	1. HWB/All Staff 2. Ql Team		2. 30.09.22 - Working with Amanda Best form QI. Plan set in place to visit a few stations of varying size and go throuugh what the I4I process involves which will inform HWB input required. 10.11.22 - Station visited. Idea to trial notice baords on stations and add HWB questions to the I4I process. Working with Amanda to implement this trial. 12.01.2023 - Meeting held with Amanda from QI. They are going to add the 5 questions to ask managers on stations and they will be checking all stations for a wellbeing notice baord or folder with the relevant posters. They will begin this in April 2023. Amanda to inform Emma how the questions will come back to HWB but it will either be through the system or manually sent to us.

			Using data including Health Needs Assessment	1. Development of appropriate health and		1. 26 Sept 2022		
		Enhance self-management information provision and support to staff around mental and physical health, isolation, bereavement and general wellbeing	provide information in an accessible format to help staff maintain a healthy lifestyle inc supporting key national themes	wellbeing information provision on Pulse 2. Launch of the Health & Wellbeing App 3. Promotion of x3 key wellbeing campaigns	1&2. September 2022 3. March 2023	2. 16th Jan 2023 3. May 22, Sept 22, Dec-Jan 23	3	June 21st - Health Needs Assessment carried out over April-May (3 weeks), 401 responses received, data anlaysed and comms underway with next steps. 15.08.22 - comms went out via staff up-date on 22.07.22 - what you said and what we are doing. 1. Work well underway, with plan to forward all new content to Corporate Comms for early July. 15.08.22 - all data with CC, currently working on development of site. 30.09.22 - Pulse work nearing completion, a few minor changes to incorporate. Delay due to resource constraints outside of team control. Went live on 26th Sept, in line with fitness week Roadshow. 2. Working in line with point 1. 15.08.22 - plan to launch for mid Sept. 30.09.22 - delay in launch due to governance issues. test of app due to start mid Oct for two weeks. 27.10.22-Pilot started on 27th Oct and will run until 9th Nov. 06.12.22 - Waiting on DPIA sign-off and ICT support in getting App on works devices 3. 9-15th May first campaign focused on MH Awareness Week, went well. Next big campaign in Sept. 15.08.22 - coming up gone out in staff update on 12.08.22, arranging a week long tour starting 26th Sept working closely with operational colleagues. 30.09.22 - Fitness Week Roadshow (26th-30th Sept) successfully delivered with 11 EDs attended, and positive feedback received. Work due to start on third campaign focused on financial wellbeing. 06.12.22 - 6 week campaign went live on 02nd Dec - staff update, Pulse and HWB Pulse, posters at stations
		Enhance understanding of MSK issues and provide the right early intervention/s to reduce injuries that meet the needds of staff	Identification and analysis of MSK problems through annonymised surveys and signposting of appropriate support and resources	Production of appropriate communication materials to meet the identified needs	Mar-23		H&S - Moving & Handling Lead	15.08.22 - working with Shelley Jackson and IUC wellbeing team to create DSE chair adjustment video (including posture) 27.09.22 - Desk based exercises video created as part of National Fitness Week Campaign 04.10.22 - working on script at present. Script sent to Susan Oxburge 17/10/22. No response as of 7/12/22 - reminder email sent. 06.12.22 - Susan left YAS. No capacity in the learning development team to facilitate the DSE video. They highlighted that the DSE elearning had been updated. 16.1.23 - Current discussions with Jessica Pearson regarding the introduction of massage therapy for head, shoulder, wrist and hands. Purchased as part of HEE funding for delivery in March.
IMPROVING PEOPLE HEALTH & WELLBEING	YOUR HEALTH & WELLBEING	Revisit and enhance financial wellbeing offer	Initiate a Task & Finish Group to revisit draft proposal developed by the financial wellbeing group in 2020/22 plan	Offer approved and implemented	Aug-22	First meeting of group on 26tth July	HWB/key stakeholders	shortly. In the interim key signposting info went to Corporate Comms on 17th June for sharing with all staff Comms sent out in staff updated - 15/07/2022 First meeting held on 26th July. Successful meeting, passionate group who have some ideas on how we can help. Looking at signposting, building confidence in managers and gym discounts. 15.08.22 - regular group meetings now in diary and plans for more to begin. 30.09.22 - exploring additional opportunities such as laptop loan scheme, purchase of bluelight cards. Creating comms (winter package) with relevant signposting and tips for staff 02.12.22 - FW campaign started. Looking at 6 differnt topics. Added to pulse and advertised in Staff update and payslips. Group are also looking at other ideas such as loan laptops and blue light card. Evaluation - Number of online views: Week 1 - 450, Week 2 - 205, Week 3 - 200, Week 4
		Support all staff to maintain good mental health	Continue promotion of existing support to relevant areas such as psychological support sessions, Therapy Dogs and consult staff to identify additional needs	1. 10 psychological and Therapy Dog sessions delivered within the relevant teams 2. Report with additional recommendations 3. Development of Suicide pre and postvention tool	1. March 2023 2. August 2022 3. June 2022	1. Aug 2022 2. Jan 2023 3. March 2023	HWB/Corporate Comms	1. June 21st - 8th and 14th June two 6 hour psychological session provided by Optima - each session lasting 6 hours. Therapy Dog sessions - 9 completed sessions since April - 17th June 22 - 3 in EOC and 6 in IUC/PTS. 15.08.22 - Aug to Oct psychological sessions, every two weeks for EOC (6 in total). Looking into arranging some sessions with IUC, 6 sessions in total to cover Wakefield and Rotherham. Doncaster station first pilot 8th Aug, went well, another planned in for Weds 17th Aug, after which another 4 sessions will be delivered, following which will evaluate and proceed further accordingly. From April total of 22 Therapy Dog sessions delivered, over 220 people utilised it. 30.09.22 - pilots at PTS and Doncaster going well. 17.1.22 - reduction in therapy dog sessions due to service demand. However, they're still ongoing. Recently scheduled psychological sessions for IUC and EOC. Update will be added in additional activities. 2. 17.10.22 - Plan to present report to HWG group on 20th Dec meeting. 06.12.22 -
		Enhance the health and wellbeing induction for all new starters and embedding of it within the recruitment and training process	Expand the Health & Wellbeing information section within the 'Welcome to YAS' training package	Launch of revised Health and Wellbeing section	Oct-22	7th July	HWB/YAS Academy	June 21st - Corporate Induction slides and content now sent over to Academy Educator on 17th June. Will be ready to use for next planned induction on 7th July. Welcome to YAS package will be removed from e-learning over the coming months.
		Full review and options appraisal of the Occupational Health and specialist provision to meet the future needs of the Trust in readiness for when the current contracts expire early 2023	Production of Business case for TEG approval followed by procurement of respective services (to inc vaccination programme)	Introduction and promotion of newly procured provision	Mar-23	Feb-23	HWB/relevant stakeholders	June 21st - Gate 2 to go to TEG in Sept. Stakeholder engagement sessions to be run between June - Aug, inc F2F sessions, MS Teams and Pulse survey. Looking at contract extension of 12 months. Waiting on recruitment and start of project manager to support this work. 15.08.22 - Contract extension approved, expire 31st March 2024. Stakeholder engagement underway, survey out, Teams sessions underway with staff, HWB Group 16th aug, TMG 31st Aug, HR 6th Sept, Staff side - Sept, date 30th Sept, staff networks. 30.09.22 - TEG - options discussion on 05.10.22 and Option 2 agreed to explore further (full procurement exercise) 06.12.22 - work on-going, to take to TEG, F&IC and Trust Board for sign -offs latest end of Jan 2023. Seceficiation development stakeholders engagement sessions taking place - 06/09/12/14 December via MS Teams 11.01.23 - Business case going to TEG on 18th Jan for approval, TMG 25th Jan, F&IC 31st Jan and final sign off at Trust Board on 2nd Feb 2023.

		Pilot decompression sessions and develop business case for proposed offer		Pilot and evaluate decompression sessions	Evaluation of the pilot Business case	1. January 2023 2. March 2023	I I	HWB/key stakeholders	Working with Humber & North Yorks Hub - Vicky Ayres. 15.08.22 - planning to start some sessions for Sept. 30.09.22 - a number of proposals being worked up for piloting 06.12.22 - February go live for with some self-help developed tools and start of monthly staff drop in sessions 08.02.23 - 2nd Feb as part of Time to Talk Day held a drop in session via MS Teams, no engagement with session. Reviewing plan on how to progress further, looking at possibly running station surgeries - some drop in and some focused sessions. New self-help tools created and uploaded to Pulse. Struggling for engagement with monthly drop in sessions via MS Team, will not continue moving forward. Will continue to build on self-help offers.
			Build capacity for prevention of staff burnout and fatigue		Positive staff experiences gathered through discussions Improvement on 2021 staff burnout and morale score as part of NSS	Mar-23	I I	HWB/TEG/Corpor ate Comms	1. 30.09.22 - End of shift pilot working well with positive feedback being received. to continue to monitor 06.12.22 - end of shift working well with evaluation undertaken. Overtime being offered, recruitment on-going, working with system planners, looking at deflection processes, IUC Change Champions in place, Rest Breaks SOP - from 1st Dec staff stood down at commencement of their rest break, exception if crew attending Cat 1 prior to starting break. Shift rotas being reviewed and remote working piloted (IUC). Being reviewed as part of continous improvements moving forward.
1			Develop a mental health and wellbeing policy setting a clear vision and direction of travel for the Trust	Draft policy to be developed for approval at PDG	Launch of policy	Feb-23	I I	HWB/key stakeholders	30.09.22 - work due to start imminently 06.12.22 - work on first draft well underway, looking at pulling together relevant stakeholders to review and progress for approval over the coming months. CARRY FORWARD to 2023/24 Plan
	MANAGERS & LEADERS	LEADERS	Working closely with L&OD and HR equip managers/leaders across service lines and areas with the relevant skills and resources utilising the Mental Health Continuum and Wellbeing Passport to model good health and wellbeing behaviours in line with Trust Values.	Develop a training package to include active listening skills and holding compassionate	50% of managers trained	Mar-23	ŀ	HWB/L&OD/HR	15.08.22 - work on first draft of package underway by L&OD, aim to start training roll- out for Oct/Nov 30.09.22 - L&OD working on package to have completed in Q3 to start delivery phase 06.12-22 - Work on package development on-going. Reviewing NHSE 'How to have safe and effective wellbeing conversations' training - members of HWB Team and some South Ops TLs attending 11.01.23 - Using model of national package, Sheffield Teaching Hopsitals have redesigned package to meet their needs. The team are reviewing this and working with the ICBs to help bespoke it to YAS needs. 08.02.23 - package re-drafted to bespoke to YAS needs. Work due to start over the coming weeks to develop this into a training video. 02.03.23 - Pilot due to start in coming weeks within call centres. CARRY FORWARD to 2023/24 Plan

CC = Corporate Communications

	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	EVALUATION MEASURES
Campaign 1			MH Awareness Week - 9th-15th											
2022/23 Plan on a Page				Artwork produced by Design Team ready for use, add MH at Work Commitment Logo	Promotion of the Corporate Channels &	& on HWB Pulse page								
Vaccination Programme				Artwork content drafted up by HWB	Artwork produced by Design Team ready to use		CC publicity to help ger	nerate interest - staff to b	ook in vaccinations. Use loca	l route also for publicit	у			
HWB Pulse Pages				I ne HWB Team build in Mental Commitment and logo		IWB Pulse pages								
HWB App							CC to support with launch of the App							
Peer Support & Trauma Risk Practitioner EOI				CC to support in generating interest	CC to support in generating interest		CC to support in generating interest		CC to support in generating interest					
Campaign 2				Content and challenge draft the HWB ¹	ed up and organised by	any design work	Publicity - Check Date Launch - 27th National Fitness Day							
Menopause Day						Publicity Starts		19th Oct 'World Menopause Day' - Launch of policy if ready, tie to comms from HCNY Hub & tie						
Self-Care Awareness					HWB Team working with agency to pull programme together		Promotion of alcohol awa importance		11-16th Alcohol Awareness Week 14-20th Self Care Week Movember Men's Health Awareness Month					
Campaign 3								Content to be drafted up and organised by the HWB Team Financial Wellbeing - Winter Pack	All material and content to CC Publicity Starts for 6 weeks	Publicity continues	Publicity continues			
Health Needs Assessment												HWB Team to pull together content for survey	Publicity Starts - ends 1st week of May	
Other Campaigns to mention in general publicity		Stress Awareness Month 28th On Your Feet Britain	International Walking Month	6-12th Bike Week 13-17th BNF Healthy Eating Week 13-19 Men's Health Week 20-26th Cervical Screening Awareness Week			6-12th Know Your Numbers 10th World Suicide Prevention Day 17th World Patient Safety Day	Breast Cancer Awareness Month 7-14th National Work Life Week 10th World Mental Health Day	2nd stress awareness Day		16th Jan - Blue Monday	4th Feb Time to Talk Day	8th International Women's Day 14-20 Nutrition & Hydration Week 18th World Sleep Day Ovarian Cancer Awareness Month	

25/05/2022 H&WB update to the DS 12/05/2022 Pilot EOC Schwart roun A Fitch - 26/07.22 Mary Lock Crawford - 02.08.22 to Team Planning Day Andy Shepherd - 21.06. Julie Oliver - 05/07.22 kg Chris Cochrane - 28/05. 20/05/05/2022 to Team Planning Day Andy Shepherd - 21.06. Julie Oliver - 05/07. 200. 20/05/2022 to Team Planning Day Chris Cochrane - 28/05. 20/05/2022 to Seaumont - 12.07.22 kg Chris Cochrane - 28/05. 20/05/2022 to Seaumont - 12.07.22 kg Chris Cochrane - 28/05. 20/05/2022 to Support to operations of temperatures, and exter which deployed to support operations use temperatures in West op being vehicle deployed, and Bradford Royal Infinity of the Chris Cochrane - 28/05/2022 to Support to perations use temperatures in West op being vehicle deployed, and Bradford Royal Infinity of the Infinity of Infini		Where did the request come	<u> </u>		ı													
Date	What is the work?	from (if applicable)	How many staff seen/supported?	What was the feedback? Found it helpful looking at statistics and life events of individuals who ended their lives through														
		West Yorkshire Suicide		suicide. Felt it would have been useful having guidance on what to say and how to support. SafeTalk														
13/06/2022	Suicide prevention session with west yorkshire suicide	Prevention Training (suicidepreventionwestvorks)		prevention-training-front-line-workers-leeds) offer free sessions, when availabe, to staff on how to	1													
	prevention project lead.	ire.co.uk) REAL TALK ABOUT		support someone who is suicidal. One EOC Wellbeng member has signed up to a session in	1													
		SUICIDE Free online training	9 attendens	Wakefield.	1													
		ITOTI ZETO SUICIDE ATTAINE		Appreciate the overview and H&WB resource Pack. Requested we attend the BME Quarterly	1													
25/05/2022	H&WB update to the DSN Quartely Meeting	OI		Meeting. Staff and facilitators felt it was useful and successful.	ł													
,,	Doncaster Station Investment Days:				1													
	J Campbell - 19.07.22 Muz				1													
					1													
	Andy Shepherd - 21.06.22 & 09.08.22 Brett Hague				1													
		Chris Parkes (Georgina Goods																
09/06/2022	Jo Beaumont - 12.07.22 & 30.08.22 - Emma	South Admin Support)			1													
15/06/2022																		
18/07/2022	Support to operations due to exceptionally high		25+ A&E PTS 4	Positive feedback from staff, they were appreciative of a vehicle been sent from headquarters to	1													
	Suicide prevention session with west yorkshire suicide prevention project lead. John			in the high temperatures along with conversations to do with the mental health/anxiety	1													
	5/2022 H&WB update to the DSN Quartely Meeting 5/2022 H&WB update to the DSN Quartely Meeting 5/2022 Mot EOC Schwartz round																	
	Sudde prevention seadon with west yorkshine suicide prevention resident stander prevention proyect lead. West Versians Sudde prevention resident properties of the properties	35+ A&E 10 PTS																
	temperatures in West operational area health and well-			themselves in the high temperatures, and the general health and well-being. Some good														
				conversations around mental health especially relating to male members of staff who were less likely to have that conversation.														
19/07/2022	snacks to crews. full day martyn & Jeremy			40/7/22 C	1													
19/07/2022	BME staff network meeting - H&WB update			powerpoint.														
				Due to be delivered as part of Alcohol awareness week 11th-16th Nov	ĺ													
		FTSU lead																
	FOC Psychological Wellheing Sessions																	
	Monday 15th August 2022 - 09.00 - 15.00							. !	1 1									
		EOC Wellbeing team	Potential for 6 per session - 36 in total					. !	, 1									
.,,	Wednesday 28th September 2022 - 16.00 - 22.00							. !	, 1									
ı	Friday 14th October 2022 – 09.00 – 15.00							. !	, 1									
									$\neg \neg$									
22/0/22	Sicilide prevention session with west yorkshire suicide prevention project lead. (2022 H&WB update to the DSN Quartely Meeting Project lead. Doncasts Tstation investment Days: A Fitch - 26.07.22 Martyn Wake J Campbell - 1907.22 Muz Jock Crawford - 02.08.22 (sorry unable to cover this due to Team Planning Day) Andy Shepherd - 21.06.22 & 09.08.22 Brett Hague Julie Oliver - 50.07.22 & 23.08.22 - Ernma Crivia Cortina - 25.07.22 & 03.08.27 - Ernma Crivia Crivia Cortina - 25.07.22 & 03.08.27 - Ernma Crivia Crivia Crivia - 25.07.22 & 03.08.27 - Ernma Crivia Crivia Crivia - 25.07.22 & 03.08.27 - Ernma Crivia Crivia Crivia - 25.07.28 & 03.08.27 - Ernma Crivia Crivia Crivia Crivia - 25.07.28 & 03.08.27 - Ernma Crivia Crivia Crivia - 25.07.28 & 03.08.27 - Ernma Crivia Crivia Crivia Crivia Crivia - 25.07.28 & 03.08.27 - Ernma Crivia							. !	, 1									
	31/8/22 - 4pm-10pm - califlex	March Marc																
	Secretary Committee Commit							. !	, 1									
I		1	I	I	1 1	I			, 1		1					1		
Sep-22	Enhancing partnership working across the three ICS			monthly meetings to be scheduled supporting partnership workship working across Yorkshire]													
12/09/2022						\neg			$\overline{}$			T						
	HWB App testing Group							. !	, 1									
	(Apprentice) olivia.slater1@nhs.net, Sharon Sykes (Call							. !	, 1									
								. !	, 1									
	Barry (Team Leader) natalie.barry3@nhs.net.							. !	, 1									
	Health and Wellbeing), Mark Hughes (ECA								, 1									
									1 1									
	Stephanie Grasby, Paramedic							. !	1 1									
								. !	, 1									
	Claire Staiano, TL							. !	, 1									
								. !	1 1									
	SIBANDA, Kathryn Coggins								1 1									
								. !	1 1									
	HR - Lauren Jones, Ellie Mack								1 1									
								. !	1 1									
	Support for the launch of YAS Women's and Allies	'																
21/10/2022	Network, health and well-being vehicle visited minimum three sites per day through the week.and			large numbers signing up to the network both female and male staff, positive feedback from all														
	supported with planning roadshow route and	Dawn Adams	100+ engaged with and supported,															
				Information and documents regarding alcohol awareness of grey area drinking and how alcohol can														
17/11/2022	31/8/12 - 4pm-10pm - calliflex 13/9/22 - 3-pm - wakefield 12/9/22 - 9-spm - wakefield 14-spm-14-spm - pm-14-spm -	Freedom to Speak		was run in canteen at Spring Hill one, large number of staff happy to engage and to take information														
,,	Alcohol awareness event	r recoon to opeak	conversations															
				team leaders and staff from IUC/EOC were coming and asking for information and advice that may														
	temperatures in West operational area health and we being webtic deployed, to claderdale Royal infirmary. Supplying drinks and 37/2022 SMC staff network meeting. H&WB update Mchople Awareness Campaign - to raise awareness of the impact and consequences of drugs/alcohol and the signpost to sources fo support. ECC Psychological Wellbeing Sessions Monday 15th August 2022 – 930.0 – 15.00 – 15.00 Friday 16th September 2022 – 160.0 – 15.00 – 15.00 Friday 16th September 2022 – 160.0 – 15.00 Friday 16th September 2022 – 16th Septemb			ambulance service one member of Morehouse was out on the health and well-being mobile unit in														
21/11/2022	2022 Pilot EOC Schwartz round Doncaster Station Investment Days: A Fitch - 26.07.22 Martyn Wake I Campbell - 19.07.22 Muz Jock Crawford - 02.08.22 (sorry unable to cover this: to Team Planning Day) Andy Shepherd - 21.06.22 & 03.08.22 - Emma Menopause task and finish group. Policy and training 2022 Jose Beaumont - 12.07.22 & 30.08.22 - Emma Menopause task and finish group. Policy and training 2022 Support to operations due to exceptionally high temperatures, and extended patient handover times Scarborough Detrict Hospital, health and well-being verhicle deployed to supphy drinks and snacks to crew Verhicle crewed by Jeremy and Martyn Full Developed 2022 Support to operations due to exceptionally high temperatures in West operational are a health and well-being verhicle deployed to supphy drinks and snacks to crews. Full day martyn & Jeremy 2022 BMS staff network meeting - 18.8W Bupdate 2022 Janks to crews. Full day martyn & Jeremy 2022 BMS staff network meeting - 18.8W Bupdate 2023 Alcohol Awareness Cannepign - to raise awareness of the impact and consequences of drugs/alcohol and to signpost to sources fo support 2024 EOC Psychological Wellbeing Sessions Monday 15th August 2022 - 03.00 - 15.00 21 Tuesday 30th August 2022 - 03.00 - 15.00 22 Firiday 16th September 2022 - 16.00 - 21.00 23 Firiday 16th Cotober 2022 - 03.00 - 15.00 24 Firiday 16th September 2022 - 16.00 - 21.00 25 Firiday 16th Cotober 2022 - 03.00 - 15.00 26 Firiday 16th Cotober 2022 - 03.00 - 15.00 27 Firiday 16th Cotober 2022 - 03.00 - 15.00 28 Firiday 16th September 2022 - 16.00 - 21.00 29 Firiday 16th Cotober 2022 - 03.00 - 15.00 20 Firiday 16th Cotober 2022 - 03.00 - 15.00 20 Firiday 16th September 2022 - 16.00 - 22.00 21 Firiday 16th September 2022 - 16.00 - 22.00 22 Firiday 16th September 2022 - 16.00 - 22.00 23 Firiday 16th September 2022 - 16.00 - 22.00 24 Firiday 16th September 2022 - 16.00 - 22.00 25 Firiday 16th Cotober 2022 - 16th September 2022 26 Firiday 16th September 2022 - 16th September 2022 27 Firiday 16th September 2022 - 16th S	Helen Edwards																
	### App. 12 of eaumont 1.20/22 & 30.08.22 - Emma Menopous tes skan dinish group. Policy and trainin Stop/2022 Internation to developed			engagement from all levels of staff, and all areas which included AandE, PTS, HART as well as														
14/10/22 Friday 14th Setpember 2022 – 09.00 – 15.00 Wednesday 28th Setpember 2022 – 15.00 – 22.00 Friday 14th October 2022 – 09.00 – 15.00 IUC Pyschological Wellbeing Sessions 22/8/22 - 7-1pm – callfles 21/8/22 - 31/8/22 - 7-1pm – wakefield 12/9/22 - 33h – wakefield 12/9/22 - 9-3pm – wakefield 12/9/20 - 9-3pm – wakefield 12/9/20 - 9-3pm – wakefield 12/9/20 - 9-3pm – wakefield 14/9/20 - 9-3pm – wakefield 15/9/20 - 9-3pm – wakefield 16/9/20 - 9-3pm – same first, Olivia Slater (Aper – wendy smite, Idea – Peneca Jufford, Peneca Juffo			ancillary services															
	Justice prevention resident with wearly potablers suited prevention project lead. International projec		Upwards of 50 to 60 staff across a															
22/11/2022		number of sites in both North and	unit in Scarborough, and a second member of Morehouse staff was initially at Doncaster Station for															
			South	three hours and then spent time out with the small welfare than in the area. Both staff reported														
		March Marc																
40.4	Alachel aurani	III 0 14/- III - 1	35+ staff engaged in	alcohol can have a detrimental effect on physical health as well as mental health. Event took place at														y end of March
13/12/2022	Alconol awareness event	IOC wellbeing team		health advisers et cetera were happy to engage and interested in the information that was on offer.														
				All spare documentation was left with the health and well-being team in Rotherham, and they still														
grades to				Drop in session with IUC to support Brew Monday. Initial intentions was to hold a stall, but it was														
1//01/2022	IUC drop in session	IUC wellbeing team	_	soon apparent staff felt conformable in a confidencial space, so the session was adapted. The session														
			5	Date Time Site Location														
				1pm)														
				26/1/23 09:30 – 15:30 IUC Rotherham														
				31/1/23 16:00 - 22:00 IUC Wakefield														
47/04	IUC and EOC psychological wellbeing drop in	118147	Possibility of 120 staff to be	8/2/23 09:30 – 15:30 IUC Wakefield														
17/01/2022		H&WB sourced budget		9/2/23 09:30 – 15:30 IUC Wakefield														
	*			13/2/23 11:00 – 17:00 IUC Rotherham														
				14/2/23 10:00 – 16:00 IUC Wakefield														
				17/2/23 13:00 – 19:00 IUC Wakefield														
				28/2/23 12:00 – 18:00 IUC Rotherham														
				1/3/23 10:00 – 16:00 EOC Wakefield														
			Multiple number of staff will be															
	loadore and stoff to set up a monte compart	Emma Robinson team lead-	supported with this initiative, we've	Ongoing project for approximately six months, now set up and running feedback has been positive														
01/02/2023	group around general well-being in particular		had two members of staff who have	for the assistance we have given, also had contact with them regarding 5 side football league they														
			and trauma risk practitioner roles as	man to make algriposted them towards Correcting tas Charity														
	AACE £50k non-recurrent funding for Call		tne main support for the team															
		AACE Funding	Working with both the control rooms,	successfuly secured the £50k to support a number of initiatives. £15k for psychological wellbeing sessio	ns, £9k hot meal	vouchers for ea	ch staff mer	nber (£5 ez	ıch), remair	nder to purchase V	irgin Pulse Go	o Pro app, er	ngagement p	olatform w	rith challenges link	ed to HWB. To	be used by	end of
Jan-23	UEE 0004 0E2																	
	HEE £204,950 non-recurrent funding for HWB		To be used by and of March 2022 Com-	ered a range of things, merchandise, support to purchase marchandira for weapon actuarly China to	ds App. purcha	a of giveauer and	es peried -	overty esc	ducts tran-	scedental meditor	on, hot food t	for welfare	ehicles vac-	cination 6	idges.			
	HEE £204,950 non-recurrent funding for HWB		To be used by end of March 2023. Cov	ered a range of things, merchandise, support to purchase merchandise for womens network, Shiny Min	nds App, purchase	e of giveawy pri	ces, period p	overty pro	ducts, trans	scedental meditation	on, hot food f	for welfare v	ehicles, vacc	cination fri	idges,			