

RWT Health & Wellbeing Offer



Full Offer:

<http://trustnet/workplace-wellbeing/> (Internal)

Emotional Wellbeing Offer:

<https://sway.cloud.microsoft/MIPdu9kKgINTqVo6?ref=Link> (External)

Email: rwh-tr.healthandwellbeing@nhs.net



Care Colleagues
Collaboration Communities



Welcome from the Health & Wellbeing Team

At RWT there is a Health & Wellbeing Team dedicated to supporting your health and wellbeing. The Team sits within the Occupational Health and Wellbeing Department and is a non-clinical team which works within the Trust to develop and maintain your wellbeing.

As a member of staff you have access to a holistic health and wellbeing offer which aims to support all aspects of your wellbeing. This booklet will consider 5 areas of wellbeing (physical, emotional, financial, career, and community) and will show you what you can access.

If you'd like to contact the health & wellbeing team their email address is rwh-tr.healthandwellbeing@nhs.net.

People Promise





Physical Wellbeing

Physical wellbeing plays an important role in our overall wellbeing, energy, and motivation levels. Having a healthy body means you are better equipped to fight off illnesses and deal with the challenges of everyday life

Health & MSK

Smear Testing for Staff: Are you due your cervical screening and have limited time to book or attend an appointment? Book onto a monthly clinic via email at rwh-tr.colposcopygpreferrals@nhs.net or by calling ext. 85157 (staff can expect a response between 9am – 4pm, Monday-Friday). Visit <http://trustnet.xrwh.nhs.uk/departments-services/c/cervical-screening-clinic-for-staff/> for more information.

Fast Track Physiotherapy for Staff: Aches and pains? Get an appointment with the physiotherapy team by accessing the PHIO system: <http://trustnet/computer-systems/p/phio/>

Self-Help: In some cases exercises can help to improve or prevent aches and pains. Visit <http://trustnet/departments-services/t/therapy-services/how-to-access-the-service/> for self-help exercises.

Flu Vaccine: Seasonal flu vaccine available to all staff. Keep an eye out in Trust communications during the vaccination season for more information.

Rest and Recharge: Need to recharge your batteries? Recharge rooms are available to staff 24/7.

NHS Staff Digital Weight Management Programme: Self-refer into the programme via <https://staff.wmp.nhs.uk/>.

Nuffield Health Joint Pain Programme: A programme designed to help adults manage chronic joint pain through exercise, education, and lifestyle support. NHS staff can access the programme free of charge by self-referring clicking <https://www.nuffieldhealth.com/preview?cms.db.previewId=00000193-96f7-d95c-ad9b-f7ffa65d0000&date=> and following the instructions on the page.

Holistic Therapy Service for Staff: Holistic therapy is a form of complementary therapy that takes a holistic approach to your physical and mental health. Appointments can be booked between 9am and 4pm on Tuesday's (New Cross Hospital) and Thursday's (West Park Hospital). For more information see <http://trustnet/departments-services/o/occupational-health-and-wellbeing-service/services-provided/holistic-therapy/>.

Live Well Wolverhampton: Live Well in 2025 with free support to quit smoking or lose weight. Website: <https://www.1centralhealth.co.uk/livewellwolverhampton>.

Menopause Café's: An informal gathering for any staff member to meet to openly discuss menopause. There are no clinical experts or guest speakers, but there are discussions between attendees where any staff member can discuss the menopause. See the wellbeing newsletter for more information.

Physical Activity & Exercise

The Everything App: The Everything App is your 1 stop shop to physical activity and wellness. Visit www.the-everything.app, if you have issues downloading the app please email hello@the-everything.app.

Discounted Gym Memberships:

- 15% off premium memberships for NHS Staff at Wolverhampton Swimming & Fitness Centre, visit <https://www.placesleisure.org/membership/>
- £28 corporate membership for NHS Staff at Cannock Chase / Rugeley Leisure Centre, visit <https://inspiringhealthylifestyles.org/memberships/cannock-chase-district/>
- 25% discount at WV Active on monthly memberships, which include access to the gym, swimming, and exercise classes. Find more information at www.wvactive.com.

Walking Routes around New Cross Hospital: visit <http://trustnet/workplace-wellbeing/physical-wellbeing-home/> to download.

Couch to 5K: NHS Couch to 5K will help you gradually work up towards running 5km in just 9 weeks. Visit <https://www.nhs.uk/better-health/get-active/get-running-with-couch-to-5k/>.

Live Sessions: Ad-hoc live sessions delivered by exercise professionals, details in Trustwide communications.

Park Run: Locate your local park run:

- Wolverhampton, visit <https://www.parkrun.org.uk/wolverhampton/>.
- Walsall, visit <https://www.parkrun.org.uk/walsall/>.
- Sandwell, visit <https://www.parkrun.org.uk/sandwellvalley/>.
- Cannock, visit <https://www.parkrun.org.uk/cannockchase/>.
- Dudley, visit <https://www.parkrun.org.uk/dudley/>.

RWT Fitness Guide: download via <http://trustnet/workplace-wellbeing/physical-wellbeing-home/>.

NHS Fitness Studio: Instructor led fitness video's, including aerobic exercises, strength and resistance training, and yoga. For more information visit <https://www.nhs.uk/live-well/exercise/>.

Home Workout Videos: A series of 10 minute home workouts. For more information visit <https://www.nhs.uk/better-health/get-active/home-workout-videos/>.

Pilates for Knee Problems: NHS video demonstrating Pilates exercises that are suitable for those with knee pain. For more information visit <https://www.nhs.uk/live-well/exercise/pilates-and-yoga/knee-problems-pilates-exercise-video/>.

Pilates for Arthritis: NHS video demonstrating Pilates exercises that are suitable for those with arthritis. For more information visit <https://www.nhs.uk/live-well/exercise/pilates-and-yoga/arthritis-pilates-exercise-video/>.

Pilates for Back Pain: NHS video demonstrating Pilates exercises that are suitable for those with back pain. For more information visit <https://www.nhs.uk/live-well/exercise/pilates-and-yoga/chronic-back-pain-pilates-exercise-video/>.

Head 4 Health Football: Fun and inclusive football sessions for males 18+. Tuesday 4.00 – 5.00pm, Wolves Foundation Indoor Arena at WV Active Aldersley Road WV6 9NW. £2 per session. For more information/to attend email healthadmin@wolves.co.uk, or jasminpatel@wolves.co.uk, or stevemaiden@wolves.co.uk, or call 07971 900 257

Move Through Menopause at Wolverhampton Swimming & Fitness

Centre: 12-week course designed to help people stay strong, energised, and in control throughout perimenopause and menopause. There is a cost attached to this programme: £45 for members, £80 for non-members which includes a free complimentary membership (discounted to £45 for NHS staff). Visit <https://www.placesleisure.org/move-through-menopause/> for more information.

Healthy Eating

Healthier Food Options: Onsite at both Greggs and Trust Food Outlets.

Better Health Healthy Recipes: access quick, easy healthy recipes. Visit <https://www.nhs.uk/healthier-families/recipes/>.

Recipe Cards: quick and easy recipe cards you can download via <http://trustnet/workplace-wellbeing/physical-wellbeing-home/>.

Alcohol, Drugs & Smoking

Swap to Stop: Government funded scheme to support smokers to quit by providing a vape starter pack and 12 weeks worth of vape supply with advisor support. Visit <https://www.wolverhampton.gov.uk/health-and-social-care/health-and-wellbeing/quit-smoking/swap-to-stop> for more information.

Better Health Quit Smoking: access stop smoking information and support visit <https://www.nhs.uk/better-health/quit-smoking/>.

Drugs Addiction Info: information about getting help visit <https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/>.

Alcohol Support: information about getting help visit <https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>

Frank: Helpline for anyone concerned about drug or solvent misuse. Website: <https://www.talktofrank.com/>. Helpline: 0300 123 6600 (24Hr). SMS: 82111.

Release: Free and confidential drugs helpline that also provides free legal advice on drug issues for people who use drugs and their families. Website: <https://www.release.org.uk/>. Helpline: 0207 324 2989. Email: ask@release.org.uk.

With You: With You provide a free, confidential webchat service to those in need of addiction support or for their families. Website: <https://www.wearewithyou.org.uk/>.

Families Anonymous: Telephone helpline and other support services for families and friends of drug users. Throughout UK there are around 50 groups offering help and support to members via a 12 step programme. Website: <https://famanon.org.uk/>. Helpline: 020 7498 4680.

Live Well Wolverhampton - Stop Smoking and Weight Loss: Support with weight management and stopping smoking. Website: <https://www.1centralhealth.co.uk/livewellwolverhampton>

Podcasts

An array of wellbeing related podcasts can be accessed through the BHSF EAP portal. To access visit <https://bhsf.tercltd.co.uk/UK/> and enter the code 207505.

Men's Health

Dedicated pages on the subject of men's health are available via <http://trustnet/workplace-wellbeing/mens-health/>

Women's Health

Dedicated pages on the subject of women's health are available via <http://trustnet/workplace-wellbeing/womens-health/>



Emotional/Mental Wellbeing

Emotional wellbeing is about how we think, how we feel and how we behave.

Support

IMMEDIATE HELP: If you are in crisis and need immediate support with your mental health, please do not wait. Call NHS 111 and press option 2. If you are at risk of harming yourself or another person please access A&E or dial 999.

Employee Assistance Programme (EAP): Support available 24/7. Counselling, self-help, legal and financial support. Tel 0800 015 7284, Or visit <https://bhsf.tercltd.co.uk/UK/> and enter access code 207505.

Able Futures: AF could give you nine months' advice and guidance from a mental health specialist who can help you learn coping mechanisms, build resilience, access therapy or work with your manager to make adjustments to help your mental health at work. Delivered in partnership with the Department for Work and Pensions and their Access to Work Mental Health Support Service. Call Able Futures free on 0800 321 3137 from 8am to 6pm, Monday to Friday to find out more about their online mental health support or visit <https://able-futures.co.uk/mental-health-support-for-individuals/apply-for-able-futures>

Maximus: If you are in employment and have a mental health concern that is affecting your work, you can access 9-months' worth of wellbeing support for emotional wellbeing issues that are affecting staffs work life. Delivered by the department of work and pensions. Call 0300 456 8114 or Fill out a quick form at <https://atw.maximusuk.co.uk/our-services/support-for-individuals/>

Lewis Psychology: Psychological support for staff, chargeable to the member of staffs department. Speak to your manager for more information.

Occupational Health and Wellbeing Service: OH can assist with fitness to work and recommending reasonable adjustments. Call 01902 695450 (Mon-Fri 08.30-16.30, closed bank holiday's & weekends).

Mental Health First Aiders (MHFAiders): MHFAiders are available to support staff and signpost them to mental health support. Visit <http://trustnet/workplace-wellbeing/emotional-mental-wellbeing-home/> to access the database.

NHS Staff National Text Support Service: Confidential text support service, text SHOUT to 85258 for support 24/7.

Gamblers Anonymous: Gamblers Anonymous is a fellowship of men and women who share their experience with each other to solve common problems. Aids including a forum, a chat room, literature, and a meeting finder (meetings take place every day of the week across England and Wales). Helpline: 0330 094 0322 Website: <https://gamblersanonymous.org.uk/>

GamCare: National Gambling Helpline (free and confidential) advisers are available 24 hours a day on Freephone 0808 8020 133 or via <https://www.gamcare.org.uk/>

Practitioner Health: Free, confidential NHS primary care mental health and addiction service for secondary care doctors, dentists and senior NHS staff. This service is able to provide comprehensive assessments and treatment of a wide range of mental health and addiction issues. For more information (including info about how to access the service) visit <https://www.practitionerhealth.nhs.uk/healthcare-staff-in-england>

Cavell Nursing Trust: Cavell provides grants, advice and a listening ear to nurses, midwives and healthcare assistants. Call 01527 595 999 or visit the <https://cavell.org.uk/>

Doctors in Distress Weekly Support Group: All healthcare professionals welcome to join this weekly support group. Held via Zoom each week 12:30-1:30pm supported by an experienced facilitator. Participants will be encouraged to chat informally and confidentially with other healthcare professionals on themes led by the group. Topics led by participants, may be around: stress, burnout, and selfcare. Whatever is discussed will be confidential and the space will be space to talk openly about challenges, share experiences and advice. No pre booking required, express your interest via <https://www.eventbrite.co.uk/e/doctors-in-distress-weekly-support-group-tickets-615742481337>. Please note, you may have to join via a personal device to access Zoom.

Wolves Walk & Talk: A free group walk around West Park. Friday's 1.30 – 2.30pm, meet at West Park at the Southgate entrance. Everyone welcome, email healthadmin@wolves.co.uk, or jasminpatel@wolves.co.uk, or stevemaiden@wolves.co.uk, or call 07971 900 257 for more information/to attend.

Wolves Check In & Chat: Free weekly drop in session aiming to get people talking about their memories of all things Wolves. Sessions open to all adults aged 18+. Mondays 2.00 – 3.00pm, Molineux Stadium. For more information/to attend email healthadmin@wolves.co.uk, or jasminpatel@wolves.co.uk, or stevemaiden@wolves.co.uk, or call 07415 629 554.

Wolverhampton Talking Therapies Plus: Hosted by Black Country Healthcare, Wolverhampton Talking Therapies Plus is a free and confidential service for individuals 18 and older who are registered with a local GP. Visit <https://www.aspiring-futures.co.uk/counselling/talking-therapies-plus/> for more information or see <https://www.aspiring-futures.co.uk/counselling/tplus-referral/> to self-refer into the service.

Wolverhampton Talking Therapies: Talking therapies for people aged 16 or over, registered with a Wolverhampton GP and not receiving treatment from another mental health service. Visit <https://www.wolverhamptontalkingtherapies.nhs.uk/>

Sanctuary Hubs: Feeling lonely, overwhelmed, or that things are too much right now? The Sanctuary Hubs are here for you. Open for drop-in's every Monday to Friday 6pm – 11pm, and Saturday and Sunday 12(noon) to 11pm.

- **Dudley Sanctuary Hub:** DY1 Community Centre, Stafford Street, Dudley DY1 1SA
- **Sandwell Sanctuary Hub:** Hope Place, 321 High Street, West Bromwich, B70 8LU
- **Walsall Sanctuary Hub:** 1 Queen's Parade, Bloxwich, Walsall, WS3 2EX
- **Wolverhampton Sanctuary Hub:** 84 Salop Street, Wolverhampton, WV3 0SR

If you can't visit a hub you can self-refer, or be referred (with consent) by contacting the Black Country 24/7 helpline by phone or text (call NHS 111, option 2 or text 07860 025 281).

Apps/Tools

Bright Sky: Bright Sky is a free to download mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know. For more information visit <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/bright-sky/>

Stay Alive: The Stay Alive app, developed by Grassroots Suicide Prevention, is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. For more information visit <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/stayalive/>

Unmind: Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment, and nutrition. They have now extended their free offer and are offering free access to NHS staff until the 30 June 2026. For more information visit <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/unmind/>

Self-Assessment Tool: A self-assessment for Health and Social care staff with a direct link to mental health support resources. For more information visit <https://checkwellbeing.leadershipacademy.nhs.uk/>

Your Mind Plan: Answer 5 questions in this interactive quiz to get tips and advice for you. For more information visit <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

Reflective Wellbeing Tool: Reflective writing is a powerful wellbeing tool. Journaling and reflective writing allow us to list our thoughts, feelings, and questions to gain a deeper understanding of what we are feeling and how we relate to the world around us. Visit <http://trustnet/workplace-wellbeing/emotional-mental-wellbeing-home/> to download.

The Shiny Mind app: A free app for nurses, midwives and health care support workers providing a unique evidence-based mental health and wellbeing app cocreated with the NHS. Visit <https://shinymind.co.uk/> to download.

Workshops

Workshops: The Health & Wellbeing Team organise workshops regularly throughout the year. Have you missed a workshop? To access recordings visit <http://trustnet/workplace-wellbeing/workshops-hub/>

Wolves Head 4 Health: 8 week course aiming to improve mental and physical wellbeing. Sessions open to all adults aged 18+. Programme offers a safe environment to talk whilst engaging in informative workshops and light physical activity. For more information/to attend email healthadmin@wolves.co.uk, or jasminpatel@wolves.co.uk, or stevemaiden@wolves.co.uk, or call 07971 900 257.

Metal Wellbeing Workshops: Ad-hoc workshops delivered by experts. See Trustwide communications for details.

Training

MHFAid Training: MHFAid won't teach you to become a mental health professional, however you will learn the skills to support someone who requires mental health assistance and learn how to appropriately signpost them to help. Email rw-h-tr.healthandwellbeing@nhs.net for more information.

ZSA Suicide Awareness Training (full 20 minute version): 20 minute suicide awareness training to give you the skills and confidence to help someone who may be considering suicide. To access the training visit the <https://www.zerosuicidealliance.com/suicide-awareness-training>

Wellbeing Conversations: A short e-learning designed to give you the skills and knowledge to be able to deliver a wellbeing conversation to colleagues. To access log into MyAcademy, search Wellbeing Conversations, enrol, and complete

Podcasts

An array of wellbeing related podcasts can be accessed through the BHSF EAP portal. To access visit <https://bhsf.tercltd.co.uk/UK/> and enter the code 207505





Financial Wellbeing

Financial wellbeing is about feeling secure and in control of your finances, both now and in the future. It's knowing that you can pay the bills today, can deal with the unexpected and are on track for a healthy financial future. Financial wellbeing can have a huge impact on our overall mental health and wellbeing.

Tools and Information

An array of tools and information from trusted sources:

- Budget Planner <https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner>
- Debt Advice Locator <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/debt-advice-locator>
- Debt Help Information <https://www.moneyhelper.org.uk/en/money-troubles/dealing-with-debt/help-if-youre-struggling-with-debt>
- Benefits <https://www.moneyhelper.org.uk/en/benefits>
- Budgeting <https://www.moneyhelper.org.uk/en/everyday-money/budgeting>
- Redundancy & Losing your Job <https://www.moneyhelper.org.uk/en/money-troubles/cost-of-living/job-loss>
- Family and Care <https://www.moneyhelper.org.uk/en/family-and-care>
- Scams <https://www.moneyhelper.org.uk/en/money-troubles/scams>
- Loan Sharks <https://www.hsbc.co.uk/help/money-worries/what-is-a-loan-shark/>
- Loan Sharks 'The Hidden Trap' <https://learn.salaryfinance.com/uk/credit-and-borrowing/the-hidden-trap-why-borrowing-from-loan-sharks-is-a-financial-nightmare/>
- Report a Loan Shark <https://www.gov.uk/report-loan-shark>

Support

Salary Finance: Affordable loans repaid through salary. Withdrawal of up to 40% if earned salary before payday. Visit the <https://home.salaryfinance.com/rwt> for more information.

HSBC Pop Ups: Every month the HSBC team will be onsite to talk to staff about their financial concerns, regardless of who they bank with. See the monthly health and wellbeing newsletters for more information.

NHS Staff Telephone Support Line: 0800 448 0826. NHS people can call this support line, provided by the MoneyHelper Service, for free and impartial money guidance. Monday to Friday, 8am to 6pm.

NHS Staff WhatsApp Support Chat: Add +44 7701 342 744 to your WhatsApp and send the MoneyHelper Service's national support team a message for help with sorting out your debts, credit questions and pensions guidance.

Wolverhampton Credit Union: Affordable low interest loans. Save money via payroll deduction visit the <https://wccul.co.uk/> for more information.

Pension Support Service: Independent and reliable resource to inform and advise on personal situations. Visit the <https://royalwolverhampton.pensionsupportservice.net/>, call 0800 327 7260 or email info@pensionsupportservice.net

Wolves Financial Wellbeing: Support around cost of living, budgeting, and making money work better for you. Weekly 1:1 support programme. Face to face or online support available. Contact garryleslie@wolves.co.uk or call 07507 296 064 for more information.

Education

Salary Finance: Financial education via salary finance, visit <https://home.salaryfinance.com/rwt> for more information.

HSBC Webinars: every other month the HSBC team will be hosting financial education webinars on MS Teams for RWT and WHT colleagues, regardless of who they bank with. Please see the health and wellbeing newsletter for more information. If you can make a session don't worry, Please visit <https://www.hsbc.co.uk/financial-fitness/fitness-score/> to access national sessions.

Day to Day Costs

Schemes and support available to staff to help to ease those day to day costs: visit <http://trustnet.xrwh.nhs.uk/workplace-wellbeing/financial-wellbeing-home/employee-benefits-and-rewards/> for more information.

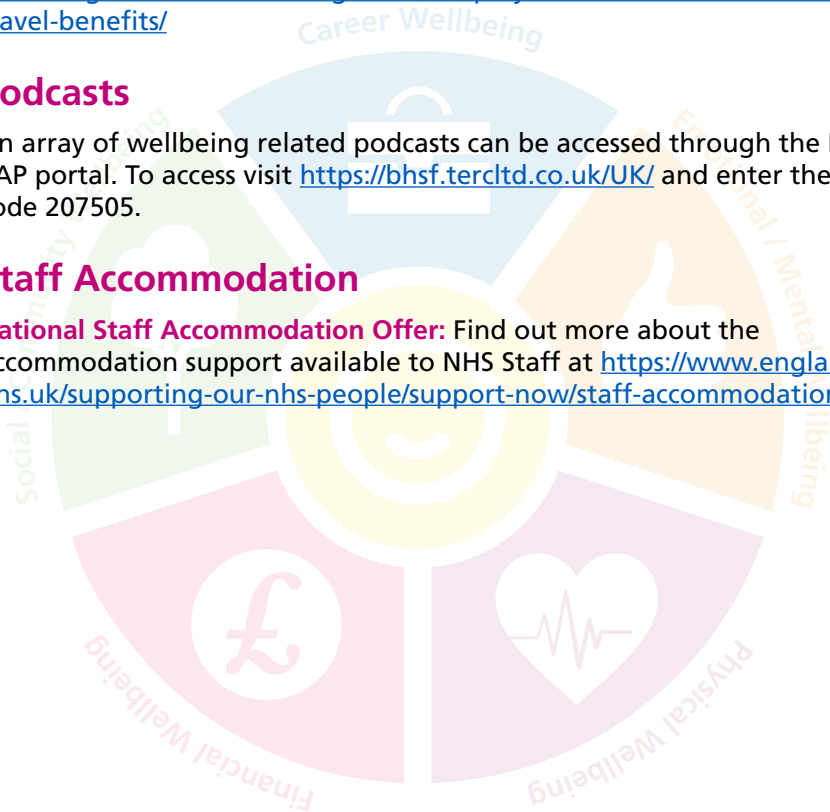
National Express: NHS West Midlands has been working with National Express West Midlands so that you can now order and renew your discounted travel pass online. This new web-based ordering process will replace the corporate travel scheme to become your gateway to organise and buy your travel products; including annual, one / four week passes and day savers! Find out more at <http://trustnet.xrwh.nhs.uk/workplace-wellbeing/financial-wellbeing-home/employee-benefits-and-rewards/travel-benefits/>

Podcasts

An array of wellbeing related podcasts can be accessed through the BHSF EAP portal. To access visit <https://bhsf.tercltd.co.uk/UK/> and enter the code 207505.

Staff Accommodation

National Staff Accommodation Offer: Find out more about the accommodation support available to NHS Staff at <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-accommodation/>





Community/Social Wellbeing

Community and Social Wellbeing is about our relationships and connections with others.

Disabilities & Long Term Conditions EVG: The Disability and Long-Term Conditions Employee Voice Group is active in raising awareness on key disability matters including:

- Improving disability access for staff and patients
- Making reasonable adjustments for staff in the workplace
- Raising awareness of disability and long-term conditions

For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/disability-and-long-term-conditions/>

Lesbian, Gay, Bisexual & Transgender + EVG: The LGBT+ (Lesbian, Gay, Bisexual and Transgender+) Employee Voice Group aims to support LGBT+ employees and raise awareness of issues in the workplace. By working alongside staff, the Trust can ensure policies and procedures are inclusive of LGBT+ staff members and discrimination is eradicated.

The network is fully inclusive of bi+ people and trans people – including non-binary people, trans men and trans women. We also welcome staff who do not identify as LGBT+ to become an ally and help the group with promoting LGBT+ interests and equality at work. For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/lgbtq/>

Black Asian & Minority Ethnic EVG: The BAME Employee Voice Group (EVG) is an employee voice network which provides an opportunity for staff to feel involved and listened to. The group meets once a month to celebrate each other and contribute experiences and ideas to promote equality, diversity, and inclusion at The Royal Wolverhampton NHS Trust. For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/black-asian-and-minority-ethnic-bame/>

Carers EVG: The Carers Employee Voice Group has been launched for all staff within the Trust who have caring responsibilities or wish to support their fellow carers.

A carer is someone who provides unpaid care and support to a family member or friend due to their disability, health condition, frailty, mental health problem, addiction or other health and care need. If you are looking after a child, including your own child, who has special physical or mental health support needs, then you are also a carer.

Being a working carer can mean that your needs at work might be different, and you may require additional support, a different work pattern, or simply a sympathetic manager or peer network. For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/carers/>

Armed Forces Network: The Armed Forces Staff Network is open to all armed services personnel, including veterans, cadets, reservists. For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/armed-forces-staff-network/>

Neurodiversity EVG: The Neurodiversity Employee Voice Group is for RWT and Walsall Healthcare staff who identify as neurodivergent, have family or friends who are neurodivergent, wish to support neurodivergent colleagues or would like to expand their knowledge around neurodiversity. For more information visit <http://trustnet.xrwh.nhs.uk/working-at-rwt/employee-voice-groups/neurodiversity/>. To join, please email rwh-tr.neurodiversitynetwork@nhs.net

Women's Health Forum: A place for staff with an interest in women's health to come together to discuss key issues. Email rwh-tr.womenshealthforum@nhs.net for more information.

Men's Health Forum: A place for staff with an interest in men's health to come together to discuss key issues. Email rwh-tr.menshealthforum@nhs.net for more information.

Royal Readers Book Club: The Royal Wolverhampton NHS Trust's Bell Library and Knowledge Hub has launched a book club called the Royal Readers. Visit <https://royalwolverhampton.libguides.com/knowledge2/rwtreaderswriters> for more information.

RWT Singers: The main concept behind the choir is to enable staff from across the Trust to come together and improve staff morale. The friendships and support network that choir members form not only help to support staff retention but also further enhance patient and visitor experience as the choir perform throughout the Trust. Further details can be found at <http://trustnet.xrwh.nhs.uk/working-at-rwt/our-charity/arts-and-heritage/the-rwt-singers-the-rwt-choir/>.

Wolverhampton Boardgames Days: A welcoming group of people who enjoy board games, games are available there and you are welcome to bring your own. There's free tea and coffee throughout the day all we ask is a donation to the church of £2, there is also a convenience store and chip shop opposite the church. All experience levels are welcome! Whether you're a seasoned strategist or just in it for the snacks and fun, there's a seat at the table for you. Bring a friend or come solo — you'll leave with new ones! Let the games begin!

- 11am - 8pm, 2nd Saturday each month
- Christ the King Church
- Pendeford Avenue, WV6 9EJ

For more information contact leigh.mason3@nhs.net

Sedgley Boardgames Group: Whether you're a seasoned gamer or just curious to try something new, our board game group is the perfect place to unwind, laugh, and connect with great people. We're a relaxed, welcoming bunch who love everything from quick party games to deep strategy sessions — and we're always happy to teach newcomers! Bring your own games or play other people's, all are welcome regardless of gaming experience!

- 7.30pm - 10.30pm, 1st Wednesday and the 2nd Friday each month
- Festival Lighthouse
- The Beacon Centre
- Wolverhampton Road, WV4 6AZ

For more information contact leigh.mason3@nhs.net



Career Wellbeing

Career wellbeing is about feeling connected to and satisfied with our work, having time to enjoy life outside of work, respect, being able to bring your whole self to work and feeling as though the working environment is catering to your wellbeing.

HR Policies/Support

There are a number of policies designed to support and protect your wellbeing. Visit <http://trustnet/strategies-policies/corporate-policies-procedures-guidelines/human-resources-policies/> for more information.

Support/Apps/Tools

Neurodiversity Handbook: Handbook developed to support both staff and managers. Visit <http://trustnet.xrwh.nhs.uk/workplace-wellbeing/career-wellbeing-home/> to download the handbook.

Health and Wellbeing Champions: Health & Wellbeing Champions work within the Trust to promote health and wellbeing. To find your local wellbeing champion visit <http://trustnet.xrwh.nhs.uk/workplace-wellbeing/career-wellbeing-home/> and click the Health & Wellbeing Champion Database excel link. To become a champion email rwht-tr.healthandwellbeing@nhs.net for more information.

Menopause Champions: Menopause Champions work within the Trust to promote health and wellbeing. Email rwht-tr.healthandwellbeing@nhs.net for more information.

Menopause Guidance for Managers and Menopause Guidance for Staff: Guidance for both staff and managers, available via the HR Advisory Toolkit. Visit <http://trustnet/strategies-policies/corporate-policies-procedures-guidelines/human-resources-policies/hr-advisory-toolkit/> for more information.

HR Advisory Toolkit: a variety of guidance documents, template letters, tools and reports in relation to HR policies with the aim of providing guidance and a framework to Trust managers.

It is designed as an aid and supportive document and therefore should always be read in conjunction with the policy (detailed for each attachment), which can be found on Trust intranet pages.

Please contact the HR Advisory team for further advice and support, or see <http://trustnet/strategies-policies/corporate-policies-procedures-guidelines/human-resources-policies/hr-advisory-toolkit/> for more information.

Wellbeing Training career Wellbeing

Mental Health First Aid (MHFAid) Training: MHFAid won't teach you to become a mental health professional, however you will learn the skills to support someone who requires mental health assistance and learn how to appropriately signpost them to help. Email rwht-tr.healthandwellbeing@nhs.net for more information.

ZSA Suicide Awareness Training (full 20 minute version): 20 minute suicide awareness training to give you the skills and confidence to help someone who may be considering suicide. Visit <https://www.zerosuicidealliance.com/suicide-awareness-training> to access the training.

Menopause Awareness Sessions: Menopause awareness sessions for managers and staff, delivered by Menopause Advocates across RWT & WHT. See Trustwide communications for more information.

Menopause Awareness E-learning: A short e-learning designed to improve your understanding of menopause and how it can impact the workplace. To complete log in to MyAcademy, search Menopause Awareness, lick on the Menopause Awareness E-learning option, enrol, and complete.

People Development Courses: Delivered by the Corporate Learning Services Team: An array of courses designed to develop your skills and knowledge, leading to personal and professional growth. For more information visit Corporate Learning Services - Training [Corporate Learning Services - Training](#)

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。