

Farhan

38, Band 7 Nurse



What happened?

Farhan enjoyed the free online webinars on wellbeing put on during the COVID-19 pandemic.

- ⚠ After the peak of the pandemic, wellbeing support was reduced.
- ⚠ Farhan wondered what his employer now offered to support staff wellbeing.
- ⚠ Farhan saw talks being given during Wellbeing Week by academics and clinicians, but could not attend due to his shift pattern.
- ⚠ Farhan really would have liked to attend the Pilates session too, but there was no way he'd be able to attend because he was on shift.

And then?

On Farhan's break, he spoke to his colleague, Grace, who mentioned that the unit had a wellbeing group, who helped collate information about wellbeing activities and who helped staff make connections with colleagues.



Farhan was unaware of the Wellbeing group but decided he would join.



How to improve

- ↑ Wellbeing opportunities need to be made **available** at times that **all staff can attend**. Information about them needs to be shared in the staff wellbeing newsletter or on the website.
- ↑ Employers need to **prioritise staff wellbeing**, offer genuine support, and ensure it is accessible to all.
- ↑ Structured conversations in the form of a **Wellness Plan** with **Social Prescribing** can help staff prioritise their wellbeing and make it a formal part of their working life.