

S Well – Our journey so far.....

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- Overview of where we are and how we got here

- **Intervention chosen** – Wellbeing Cards using Appreciative Enquiry





Timeline of key events

- Sept 2022 - First aware of research project
- Oct 2022 – Created an SCH PCCU Swell team
- Jan 2023 – Research approval gained
- 31st Jan 2023 – Delivered first intervention
- June onwards – More planned —◇—



So Far.....

- Recruited 28 PCCU colleagues over 6 different sessions
- Sample – Mostly nursing (Planned S/D's)
- Facilitation – Myself (flexibility and nature of my role)
- All delivered in person





So Far.....

My own reflections

- S/D's have made this possible
- Majority of recruitment is nursing
- Ideal group size 4-8
- Time to deliver intervention (Explain/consent/delivery)
- Longevity – already taken part/different approach/questions
- Data/feedback – Limited/?adapt
- Increase in my own confidence in delivery/adapting





In Summary

- A simple yet very effective method of discussing and exploring wellbeing
- Great conversations about many different aspects of wellbeing – mostly outside of work
- Will continue to use going forward for all new colleagues as part of their induction

