



We are  
**safe** and  
**healthy**

# STAY WELL THIS WINTER

Supporting the health and wellbeing of our workforce is critically important at any time. Looking after our people enables them to provide the best care for patients. Join our Wellbeing Community and stay informed about the latest offers and information available to you and your team. Your health matters, and we're here to help you navigate the winter season with confidence.

## 1 Leadership Support Team Wellbeing Guide



This guide supports any team seeking to improve their health and wellbeing, through a culture change approach. It is inclusive of all teams working across healthcare, primary care, social care and voluntary sectors.

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## 2 Wellbeing Conversations



Wellbeing conversations are intended to be regular, supportive, coaching-style 1:1 conversations focusing on the whole wellbeing of an individual and identifying areas where the individual may need support.

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## 3 Promoting a Healthy Work Environment



This infographic, fully updated and revised for 2023, provides a range of up-to-date key statistics and facts about the impact of hydration, nutrition, sleep, breaks and facilities on workforce wellbeing.

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## 4 Occupational Health and Wellbeing (OHWB) Service



Your OHWB service and professionals are a key source of expert support, advice and insights to inform approaches to health and wellbeing. The Grow OHWB strategy provides a vision to meet organisational wellbeing needs.

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## 5 Winter Workforce Preparedness



Given the additional, operational pressures the NHS faces during winter and recognising the importance of continuing to grow the workforce to meet demand, this resource summarises the most important wellbeing support and interventions available through these winter months.

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## 6 Health & Wellbeing Champions



Health and Wellbeing Champions are knowledgeable about the range of local and national Health and Wellbeing support offers available and can signpost colleagues to the support they need.

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## 7 The Wellbeing Community



A wide variety of roles exist within our organisations to support colleague wellbeing, but they do not always come together as one group meaning they have less opportunity to influence strategy as one voice.

The Wellbeing Community is created to boost the effectiveness of these roles by building awareness of them all and an understanding of how they can support each other and their colleagues to create positive working environments.

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**NHS**  
England

## 8 Keeping Warm This Winter



This guidance provides advice for colleagues on how to stay warm and well during winter. Anyone can become unwell if they get too cold. It is important to follow this guidance so that you are prepared for cold weather and can take action to keep yourself warm.

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## 9 Flu/Covid Vaccinations



Join the Health and Social Care Workers Winter Vaccinations Campaign 2023. Resources and assets are available to encourage all NHS professionals to get their vaccines. Get vaccinated now and be a part of the collective effort to ensure a resilient healthcare system this winter.

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## 10 Seasonal Affective Disorder (SAD)



Seasonal Affective Disorder is a condition that affects a significant portion of the population usually during the darker, winter months. Research by Mersey and West Lancashire Teaching Hospitals NHS FT raises awareness about SAD to help those impacted.

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## 11 Keeping Well This Winter Booklet



Shared by Cheshire and Merseyside Resilience Hub colleagues, this fabulous guide has been created to equip colleagues with the knowledge and resources needed to stay healthy and resilient throughout the winter months.

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## 12 Children and Winter Illnesses



'Is My Child Too Ill for School?' Making the right decisions can be a complex task. The NHS guide offers invaluable insights and guidance to help you determine when it's best for your child to stay home or head back to school.

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## 13 Digital Parenting Hub



In today's digital age, guiding our children through the intricacies of the online world is more crucial than ever. Vodafone's Digital Parenting Hub is your comprehensive resource for understanding and managing your whole family's digital journey.

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## 14 Financial Wellbeing and Cost of Living Support



With the costs of living still high, managing our finances can be a daunting task. At times, it may seem like our money just isn't stretching as far as it used to, and this can lead to stress, anxiety, and a sense of hopelessness.

The North West Health and Wellbeing team have updated their offers and support pages for 2023 to help grow your understanding of how you can make your money work better for you and build a healthy financial future.

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FURTHER RESOURCES CAN BE FOUND ON [FUTURE.NHS.UK](https://future.nhs.uk)