

Workplace Wellbeing UHBW: What's available at Bristol

Psychological Wellbeing

For individuals: 1:1 support

- 24/7 confidential counselling & advice; phone or web-based support ([Care first](#))
- In-house counselling ([Occupational Health](#))
- 1:1 wellbeing check-in ([Psychological Health Service](#))
- Bereavement, Spiritual & Pastoral [Care](#)
- [Support for Doctors & Dentists](#)

For individuals: self care tools

- [Self-care guides](#): (Switching off from work, sleep, traumatic events, bereavement, and more)
- [E-learning](#) sessions to help prioritise yourself
- [Reading Well](#) (self-help books available)
- [National offer](#) of excellent Apps, websites, and phone-lines.

For teams

- [‘Schwartz Rounds’](#) & [‘Team Time’](#)
- [Team debriefs](#)
- [Team check-ins](#)
- [Wellbeing training](#)

For Managers supporting colleagues

- [E-learning & guides for Managers](#)
- [Wellness Action Plans](#)
- [Risk procedure](#): when concerned for a colleagues safety

Additional Resources

- [Wellbeing Advocate Network](#)
- [Risk Assessment Guidance](#)

Supporting Policies/Governance

- [Workplace Wellbeing Strategic Framework 2020-25](#)

- [Staff Forums](#)
- [Staff Side \(Union\) Support](#)
- [Employee Services \(HR\)](#)

- [Smoke Free Policy for Staff](#)
- [Maternity Leave Policy](#)

- [Supporting Positive Behaviours guide](#)
- [Freedom to Speak Up Advocates](#)
- [PPE guidance](#)

- [Supporting Attendance Policy](#)
- [Violence & Aggression \(conflict\)](#)

- [Green Initiatives](#)
- [Arts & Culture Programme](#)
- [Health and Safety](#)

Physical Wellbeing and Healthy Lifestyles

Physical wellbeing for individuals

- [Physical activity advice](#)
- [Physio Direct – MSK support](#)
- [Buzzer Challenge](#)
- [UHBW Runners club](#)
- [UHBW Cycle schemes](#)
- [#doingourbit fitness platform](#)
- [Online yoga platform](#)
- [UHBW dental treatment](#)
- [Flu vaccinations \(Oct-Feb\)](#)
- [COVID-19 vaccinations](#)

For Managers supporting colleagues

- [Avon NHS Partnership Occupational Health Service](#):
- [Contamination injury](#)
 - [Health surveillance](#)
 - [Physiotherapy](#)
 - [Management referrals](#)
 - [Immunisations](#)

Healthy Lifestyles for individuals

- [Healthy eating guidance](#)
- [Weight management advice](#)
- [Support to stop smoking](#)
- [Alcohol guidance](#)
- [Sleeping well](#)
- [Money advice](#)
- [Menopause guidance](#)
- [Domestic violence and abuse support](#)
- [POWR wellbeing platform via My Trust Benefits reward website](#)
- [Free wellbeing apps for NHS](#)
- [Nursing You app](#)
- [Staff benefits and discounts](#)
- [Childcare guidance](#)
- [Carer guidance](#)
- [Green spaces map](#)

Our NHS People: wellbeing offer:

guides, apps, bite size learning, support lines, coaching and more..

Please visit the [Workplace Wellbeing intranet page](#) for more information or contact the Workplace Wellbeing team:

wellbeing@uhbw.nhs.uk