

Week: 29.04.24 – 03.05.24

Weekly round-up of this week's key messages

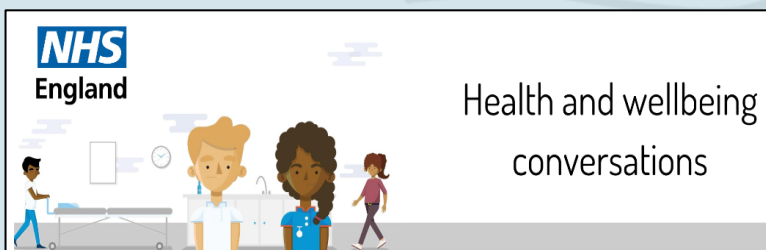
Health and Wellbeing Conversations: E-learning Course Now Available

NHS England's Staff Experience Team are pleased to have launched the 'Having Safe and Effective Health and Wellbeing Conversations' e-learning course via the NHS Learning Hub.

This course is designed for line managers and colleagues working across the NHS in roles which have a caring responsibility for staff (e.g. clinical and educational supervisors, team leaders, staff network members, Health and Wellbeing Champions and Wellbeing Guardians).

Whether you are new to the course or undertaking it as a refresher, this e-learning resource has been designed to support all learners to hold safe and effective wellbeing conversations with colleagues and those that they support.

Click [here](#) to access the course and for more information. If you do not yet have an NHS Learning Hub account, you can create one on the joining page.



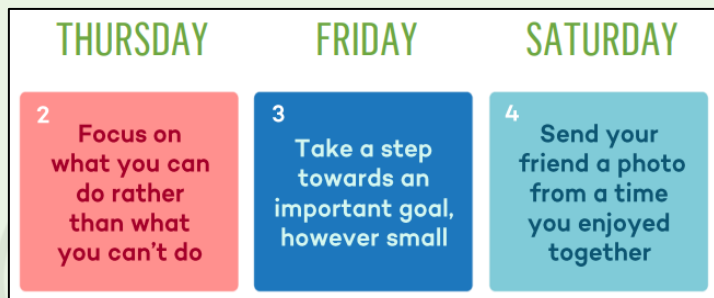
Staff Health & Wellbeing Support

Click [here](#) to access the latest staff support provision.

Do reach out, you are not alone and help is available.

Action for Happiness – Meaningful May Calendar

Action for Happiness have shared their latest calendar which this month focuses on the things that make life meaningful. Click [here](#) to view the calendar.



Health & Wellbeing Champions Community of Practice Session: Managing Stress with Headspace

[Thursday 30th May, 12pm – 1pm](#)

NHS England continue to deliver Community of Practice sessions to our national network of Health & Wellbeing Champions, focussing on key topics to help build knowledge and skills to provide effective support to staff.

Click [here](#) to register for the next event 'Managing Stress, with Headspace'.

Menopause Special Interest Group 2024/25 Meeting Schedule

Meeting dates for the national Menopause Special Interest Group have now been announced and will be held at 11am – 12pm on the following dates:

Date/Time	Teams Joining Link
Wednesday 22nd May	Click here to join
Wednesday 31st July	Click here to join
Wednesday 20th November	Click here to join
Wednesday 19th February '25	Click here to join

The May session will cover:

1. An overview of existing national menopause resources
2. An overview of a newly launched evaluation guide as a flexible framework to help you evaluate your menopause projects

Please use the links above to join the meetings.

For any queries please contact:

england.lookingafterourpeople@nhs.net

Financial Wellbeing with HSBC: May 'Always On' Schedule of Daily Webinars

Each month HSBC issue a schedule of daily webinars on various aspects of financial wellbeing. The topics differ from month to month. Click [here](#) to view the May schedule.

A reminder that all staff across East continue to have access to a free, 30 minute financial health check with an HSBC Financial Health Specialist. Click [here](#) to book. These appointments are held over the phone and are available to all regardless of where they bank.

All materials and resources from our recent programme of financial wellbeing webinars can be accessed via our NHS Futures site [here](#).

Join the conversation on our [EoE NHS Futures page](#) and stay up to date with the latest information