

East of England Staff Experience & Wellbeing Forum



Week: 28.04.25 – 02.05.25

Weekly round-up of this week's key messages



Financial Wellbeing with HSBC: May 'Always On' Schedule of Daily Webinars and other Support and Resources

Each month HSBC issue a schedule of free daily webinars on various aspects of financial wellbeing. 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.

These appointments can be held over the phone or in branch and are available to all regardless of where you bank.



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 Calendar – Meaningful May

Click [here](#) to access the May calendar from Action for Happiness which this month is full of ways to focus more on what really matters.

11	12	13	14	15	16
Look around for things that bring you a sense of awe and wonder	Listen to a favourite piece of music and remember what it means to you	Find out about the values or traditions of another culture	Get outside and notice the beauty in nature	Do something to contribute to your local community	Show your gratitude to people who are helping to make things better

East of England Retention & Engagement Update - April 2025

Click [here](#) to view the latest updates, resources, and opportunities designed to support retention, staff experience, and the well-being of our workforce.



Workforce Wellbeing Local Grants Fund Drop-In Sessions via MS Teams

Tuesday 27th May, 2pm - 3:30pm

Following the launch of the Workforce Wellbeing Local Grants Fund on 31st March, NHS Charities Together and NHS England will be hosting drop-in sessions in May to enable round one applicants to ask the Workforce Wellbeing Team focused questions relating to proposals ahead of the first application deadline of 9am on Friday 6th June 2025.

The first of these events (7th May), is now full but places remain on the 27th of May session.

Please book now to avoid disappointment

Click [here](#) for further information and [here](#) to book your place. Please state "Workforce Wellbeing Drop-In Request - 27 May" in the subject heading of your email.

Colleagues are reminded they can revisit the recording of the launch session, full fund details including key dates, guidance, a comprehensive toolkit (with FAQs) and the application form [here](#) on NHS Futures.

Please direct any queries to:

england.workforcewellbeing@nhs.net



Mental Health Awareness Week 2025 Monday 12th – Sunday 18th May

This year, [Mental Health Awareness Week](#) will take place from 12th to 18th May with a focus on the theme of community.

Click [here](#) for more information from the Mental Health Foundation and [here](#) to get help with your mental health.

**Mental Health Awareness Week
2025**

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