

Financial Wellbeing with HSBC:

December 'Always On' Schedule of Daily Webinars and 'Coping with Cost of Christmas' Webinar Recording

HSBC offer a range of helpful tools and resources to support financial wellbeing, and to help you reach your financial goals. These include [free daily webinars](#), [free 30-minute financial health checks](#) and [online tools to assess your financial fitness](#). You do not need to be an HSBC customer to access these resources.

[December's 'Always On' Schedule of Webinars](#) includes:

- Pension Essentials: Preparing for a comfortable retirement
- Creating a Budget
- Making the Most of your Money

Webinar Recording: 'Coping with Cost of Christmas'

Colleagues can now [view a recording](#) of the recent HSBC 'Coping with the Cost of Christmas' Webinar.



National Grief Awareness Week 2025

[Tuesday 2nd – Monday 8th December](#)

[The Good Grief Trust](#) has become the UK's leading bereavement network, connecting more than 1000 specialist services under one umbrella.

This year's [National Grief Awareness Week](#) theme is centred around the message 'Growing with Grief' - working together to find ways to become stronger, healthier and laying down roots for the future. Through a range of UK wide events, the campaign aims to help people feel less alone and encourage open conversations around loss.

Colleagues are reminded of the [national staff health and wellbeing support](#) available, and of local support provision at your organisation, such as Health & Wellbeing Champions and Mental Health First Aiders.

Other organisations that can provide specific support around bereavement include: [The Samaritans](#), [Cruse](#), [Mind](#), [Macmillan Cancer Support](#), [Sands](#) and [SHOUT](#).



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: Do Good December

Action for Happiness have shared their [December calendar](#) which this month focuses on small acts of kindness.

7 Give kind comments to as many people as possible today	8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them
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East of England Violence, Prevention & Reduction New Community of Practice

The East of England region is establishing a dedicated Community of Practice (CoP) for Violence Prevention and Reduction (VPR).

The new CoP will support organisations to take action to prevent and reduce violence and abuse against staff. We hope to provide a space to co-produce with participants, to be practical and action focused, and to share lived experience.

We invite VPR Leads to [complete this short MS Form](#) to help us ensure the right representation in the CoP, and to allow you to participate, or nominate any colleague(s) you feel would be appropriate to join as we move forward. Completion should only take a few minutes and we kindly ask that you [submit your form by Friday 19 December](#).

Please contact [Amber Ramans-Harborough](#), Engagement Senior Manager, East Region, NHSE, with any queries.

Updates to International Recruitment Toolkit

NHS Employers have updated their [international recruitment toolkit](#) to reflect recent changes in the international recruitment space, and links to the latest tools and resources including guidance from Frimley Health NHS Foundation Trust for use of English in the workplace



Workforce Wellbeing Local Grants Fund for England Round Two

A reminder of the deadline for applications to round two of the Workforce Wellbeing Grants Fund at 9am, Monday 22nd December 2025. [Further details, documentation and resources](#) can be found on NHS Futures. Decisions will be announced in mid-March 2026.

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