

Week: 02.09.24 – 06.09.24

Weekly round-up of this week's key messages

Growing Occupational Health & Wellbeing Breakfast Sessions

Thursday 24th October, 8.30am – 9.30am

NHS England is hosting regular breakfast sessions, to provide an engaging space to share best practice, and key learning for the occupational health and wellbeing community, with the aim to support the delivery of the NHS Growing Occupational Health and Wellbeing Together Strategy.

A recording of the August session is now available to view [here](#).

These events are open to all occupational health and wellbeing professionals, organisational senior leaders and anyone involved or interested in improving occupational health and wellbeing services. Click [here](#) to register.

Recordings and resources from previous sessions are available [here](#).



Staff Health & Wellbeing Support

Click [here](#) to access the latest staff support provision. Do reach out, you are not alone and help is available.

East of England Staff Experience & Wellbeing Collaborative

Monday 23rd September, 10am – 12pm
via MS Teams

Our next Staff Experience and Wellbeing Collaborative session is taking place in September.

All regional colleagues are very welcome to attend though session content is predominantly NHS focused.

Please email gemma.goodey1@nhs.net if you would like to showcase a piece of work, lead a discussion or suggest an agenda item

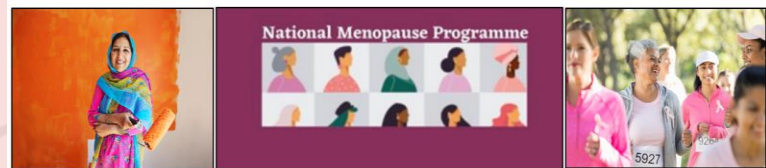
A calendar invitation with joining link will follow shortly.

Health & Wellbeing Champion Community of Practice Session on Menopause in the Workplace: Recording and Resources

Following this week's Health & Wellbeing Champion Community of Practice session on the menopause, a recording of the webinar, the accompany slides and additional resources can now be accessed [here](#).

A list of useful menopause related links shared during the session, but not featured in the slide deck be found [here](#).

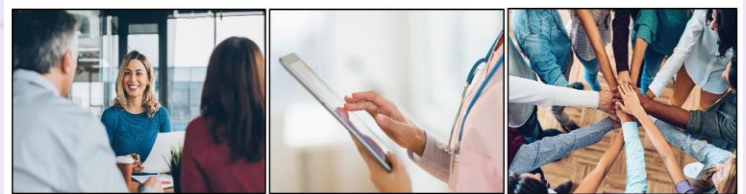
The next Health & Wellbeing Champion Community of Practice session will be on sleep and will take place on 28th November 12-1pm. Click [here](#) to register.



Regional Talent & Leadership Support September Edition

The East of England Regional Talent Team provides a range of helpful and practical interventions, that assist with career management to support individuals to reach their potential and career aspirations.

Click [here](#) to view the latest talent and leadership support available.



The Health, Safety and Wellbeing of Shift Workers in Healthcare Environments

Last month, NHS Employers published guidance from the NHS Staff Council Health, Safety & Wellbeing Group advising on key health, safety and wellbeing considerations associated with shift work in healthcare organisations.

Click [here](#) to view the article.

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