

Weekly Round-up: 09.09.26

Staff Health & Wellbeing Support

A reminder of the latest [staff support provision](#).
Do reach out, you are not alone, and help is available.

Nurturing Compassionate & Inclusive NHS Culture: Registration open for October 2026 Cohort

NHS England is offering a [free, flexible online course](#) designed to support colleagues working to build compassionate and inclusive cultures across health and social care.

The course introduces the NHS Culture and Leadership Programme (CLP), providing practical tools and resources to help you on your culture transformation journey.

This course is aimed at anyone interested in developing inclusive and collaborative leadership approaches, as well as programme leads, change team members, and stakeholders involved in CLP and colleagues across health and social care who want to improve culture in their team, organisation, or system.

Creating an NHS that is compassionate, inclusive, and focused on wellbeing is essential to achieving better health outcomes for everyone we serve.



World Suicide Prevention Day Webinar: The Conversation That Helps

[Thursday 10th September, 1pm – 2pm](#)

The Stress Management Society are hosting [a free, one hour webinar on World Suicide Prevention Day](#) to explore how to notice when someone is struggling, how to ask a clear and tactful question, and how to stay alongside them afterwards.

Colleagues will leave with a short check-in exercise that can be used straight away.

No background in mental health is needed.
This is for a friend, a colleague, a neighbour, a family member, anyone.

NHS Staff Facilities Guidance:

Project and Policy Examples from Across the NHS

Following the recent [webinar on NHS Staff Facilities Guidance](#), a number of colleagues have kindly shared their templates to support other organisations with their next steps. Colleagues can [view the documents](#) on NHS Futures and [get in touch](#) with the relevant contacts directly with any questions.

Self - Care September

Action for Happiness Calendar

When life gets busy we often overlook self-care, but small acts of care can help us to feel calmer, stay resilient and help others too.

Taking care of yourself is not selfish, it is essential.

Action for Happiness has shared their [September calendar](#) full of small daily actions to help you bring more kindness into the world.

Financial Wellbeing with HSBC:

'Always On Demand' September Webinar Schedule and 'Thriving in Retirement' Webinar Recording

The September ['Always On Demand'](#) recorded financial wellbeing webinars are now available to view at any time. Topics include Credit Scoring and 'New to UK'.

'Thriving in Retirement' – Live Webinar Recording

This live webinar was delivered at the end of August and covered topics including 'how to forecast your retirement needs' and 'how you might generate income in retirement.' Colleagues can [access the recording](#) until 27th September.

If requested, please use passcode: c?BPd6X5

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.



Exploring Inequalities in NHS Hormone Replacement Therapy (HRT) Prescribing to Treat Symptoms of Menopause: Webinar

[Thursday 17th September, 12pm – 1pm](#)

Colleagues are invited to Join the NHS Business Services Authority and NHS England for a guided webinar of the latest [HRT healthcare inequalities report](#). This session is aimed at NHS staff, commissioners, analysts and anyone working on menopause care and health inequalities.

Attendees will learn how to explore national and local data on HRT prescribing patterns, download datasets for their own analysis and use these insights to better understand and address inequalities in menopause care.

[Colleagues can register for the session here.](#)

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