

Staff Health & Wellbeing Support

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

LGBT+ History Month, February 2026

[LGBT+ History Month](#) celebrates LGBTQ+ people in all their diversity, raises awareness and combats prejudice with education. The campaign is celebrated across the NHS to increase the visibility of the entire LGBTQ+ population, as well as their history and experience.

This year's national theme is science and innovation, celebrating LGBTQ+ people's contribution towards creating a society that is more inclusive of LGBTQ+ people.



Unlocking Insights with the People Pulse Dashboard: Session Recording & Slides

Colleagues can now access the [recording](#) and [presentation slides](#) from last week's session which featured:

- How to navigate and utilise the dashboard effectively, exploring its functionality and features
- How to interpret insights with confidence, such as understanding trends, patterns, and what drives experience - allowing you to turn insights into action
- An introduction to the new local question results dashboard, navigation and how to utilise the data gathered

Financial Wellbeing with HSBC: February 'Always On Demand' Webinar Schedule

The [February schedule](#) of HSBC's 'Always On Demand' recorded financial wellbeing webinars is now available.

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.

January Equality, Diversity & Inclusion Community of Practice: Session Recording and Resources

A recording of the latest [EDI Community of Practice on 29th January](#) is now available, along with accompanying resources from the session.

Action for Happiness - Friendly February

Action for Happiness have shared their latest calendar for '[Friendly February](#)' - full of great ways to build connection and friendship, highlighting that life is better when we get together.



East of England Region Staff Experience & Wellbeing Collaborative: Recording and Resources

This month's collaborative meeting focused on People Promise theme 'we work flexibly.'

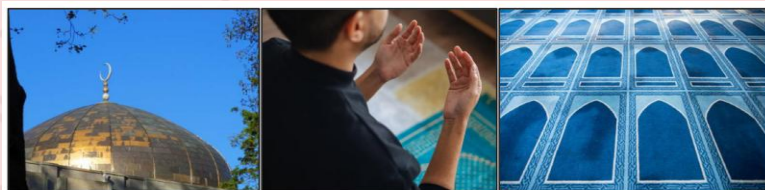
[The session recording](#) and presentation slides on '[Enhancing Processes Through ESR](#)' and '[Preference Rostering](#)' are now available on NHS Futures.

NHS Employers Guidance: Supporting your Workforce During Ramadan

Ramadan is expected to begin on 18th February 2026.

NHS Employers have provided [guidance to help both managers and staff during this religious period of fasting](#).

The guidance includes a recorded webinar first shared in 2024, as well as further information and [The Muslim Council of Britain Ramadan Health Guide](#).



Skills Development Network Sessions:

The latest [Skills Development Network sessions](#) are now available and include:

Planning for Retirement

[Tuesday 31st March, 9.30am – 12pm](#) or
[Thursday 9th April, 9.30am – 12pm](#)

Your Financial Future - Navigating Redundancy and Early Exit Options During Organisational Change

[Tuesday 21st April, 1pm – 3pm](#)

Click on the underlined dates to book your place.

Colleagues are advised to note registration closing dates and to book early - sessions fill up fast.

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