

East of England Staff Experience & Wellbeing Forum



Week: 18.08.25 – 22.08.25

Weekly round-up of this week's key messages

Staff Health & Wellbeing Support

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

Free Programme of Webinars for Staff Wellbeing Champions and Wellbeing Guardians

A reminder that the Office of Health Improvement and Disparities (OHID) Yorkshire and Humber, are offering free access to a pilot programme of webinars aimed at supporting the development of Staff Wellbeing Champions and Wellbeing Guardians in England.

The webinars will be held via MS Teams in September and October and are provided by a range of experienced public health practitioners and behavioural science experts.

Click on the booking links below for further information and to reserve your place. For any queries, please email: yhphworkforce@dhsc.gov.uk

What Makes us Healthy?

[Monday 8th September, 2pm – 3pm](#)

Click [here](#) for more information and to reserve your place.

Good Conversations – Making Every Contact Count

[Tuesday 16th September, 10:30 am – 12pm](#)

Click [here](#) for more information and to reserve your place.

An Introduction to Behavioural Science for NHS Staff Wellbeing Champions

[Tuesday 7th October, 10:30am – 12pm](#)

Click [here](#) for more information and to reserve your place.



East of England Equality, Diversity and Inclusion Community of Practice Newsletter

Click [here](#) to view the latest regional EDI newsletter.
The East of England EDI CoP brings together colleagues from across the region who are passionate about advancing equality and inclusion in all its forms, and aims to provide a supportive space for sharing ideas, good practice, challenges, and learning so we can collectively drive meaningful change. [Contact the team](#) for further information and details of the September CoP session.

Action for Happiness Inner Safety and Sleep Podcast

Sleep expert Dr Nerina Ramlakhan shares how feeling inner safety is the key to sleeping well, and shows how you can reduce stress, sleep better and find a greater sense of inner resilience and energy. Click [here](#) to view the podcast.



East of England Region Staff Experience & Wellbeing Collaborative

Session Theme: We are Recognised & Rewarded

[Thursday 4th September, 11am – 12pm](#)

We look forward to welcoming colleagues to our next collaborative event. This session provides an opportunity for our retention, staff engagement, staff experience and health and wellbeing colleagues to connect and exchange ideas on shared priorities. The session will feature:

- A presentation by Alan Nicholls from [MoneyHelper](#) on support available to help colleagues navigate financial wellbeing - particularly during times of organisational change and consultation.
- Key regional updates including data from the National Quarterly Pulse Survey, National Staff Survey, updates on sickness and absence and a retention snapshot.

Please [use this link](#) to join the session. For any questions or to be added to the invitation list for future events, please contact [Amber Ramans-Harborough](#).



Skills Development Network Events

Click [here](#) to view the latest events from the Skills Development Network. Sessions include Planning for Retirement, NHS Partial Retirement and Drawdown and Inclusive Talent Management.



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