

East of England Staff Experience & Wellbeing Forum



Week: 22.09.25 – 26.09.25

Weekly round-up of this week's key messages

Financial Wellbeing Support Pack

We are pleased to share the third iteration of our [Financial Wellbeing Support Pack](#) which has been revised and updated with new information and resources.

We know that poor financial wellbeing is linked to higher levels of stress, anxiety and depression and hope this pack is a useful source of information and support for staff in these challenging times.

If you are struggling financially or are worried about money, please do make use of the range of support available, including that outlined in the pack, as well as [national staff support](#) and any local provision from your organisation.



Workforce Wellbeing Local Grants Fund Update

The successful 29 applications from Round One of The Workforce Wellbeing Programme have now been announced, along with information on applications for Round Two. Further details can be found here on [NHS Futures](#).

Of the successful 29 member charities and their partners, 3 were from East Region, and we send our congratulations to the Head to Toe Charity, East of England Ambulance Service and the Royal Papworth Hospital Charity.

The Programme aims to improve and sustain the wellbeing of the NHS workforce through a programme of activity which includes grant funding, the sharing of learning and best practice, and work to influence change.



Resources from Pension Awareness Week 2025

[Resources and information](#) from last week's 2025 Pension Awareness Week are now available to access. The NHS Business Services Authority also offer [a range of events throughout the year](#) to support staff understand the NHS Pension Scheme and explore retirement options.

Action for Happiness: Optimistic October

Action for Happiness have shared their latest calendar, which this month features the [Optimistic October Challenge](#).

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 Region Staff Experience & Wellbeing Collaborative

We were delighted to meet as a collaborative last month to explore the People Promise theme: 'We Are Recognised and Rewarded.'

We were joined by Alan Nicholls from [MoneyHelper](#) who shared informative resources on financial wellbeing.

The session also included a presentation providing a regional data snapshot on the above People Promise theme.

Click [here](#) to view the session recording and slides from both presentations. If you would like to be invited to future sessions, please contact: [Amber Ramans-Harborough](#)



NHS Employers Updated Guidance on Prevention and Postvention

NHS Employers have updated their guidance with information on the impact of suicide and how employers can best support their staff through preventative and postvention measures. Click [here](#) to view the guidance.

Sexual Safety Charter Framework Update

The Sexual Safety Charter Framework was updated on 20th August 2025 to reflect the [latest letter to the system](#) on new actions to safeguard patients and staff against sexual misconduct.

Financial Wellbeing with HSBC: October 'Always On' Schedule of Daily Webinars and other Support and Resources

Each month HSBC issue a schedule of free daily webinars on various aspects of financial wellbeing. Topics differ from month to month. [October's schedule 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.

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