

Week: 30.09.24 – 04.10.24

Weekly round-up of this week's key messages

NHS Leaders' Wellbeing Programme 2024/5 Building a Culture of Wellbeing

Two fully funded NHS development programmes, supported by NHS England and delivered by leadership development organisation, Living Potential, are now available to NHS Leaders and Executive Leaders.

NHS Leaders' Wellbeing Facilitator Programme

An opportunity to develop as an NHS Leaders' Wellbeing Programme local in-house facilitator, affecting real change within your organisation.

The Programme covers material fundamental to creating a healthy culture, including developing leaders' own wellbeing alongside the leadership skills and attitudes that are proven to build staff wellbeing.

Click [here](#) for more information.

NHS Executive Leaders' Wellbeing Programme

This programme aims to equip senior leaders to prioritise their own health and wellbeing, to influence the wider wellbeing culture of their organisations, and to take practical, widespread, and sustainable action to develop a culture of wellbeing.

Click [here](#) for more information.



Speak Up Month

[October](#)

October is Speak Up Month and this year's theme, 'listen up', emphasises the power of listening and encouraging staff to confidently voice concerns. Click [here](#) for more information and resources from NHS Employers.

Staff Health & Wellbeing Support

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

Health & Wellbeing Champion Community of Practice Session: Sleep

[Thursday 28th November, 12pm – 1pm](#)

The next Health & Wellbeing Champion Community of Practice session will be on sleep.

Click [here](#) to register for this event and [here](#) to view recordings and slides from previous sessions.

A reminder that these sessions are open to all colleagues working in the health and wellbeing space, or who have an interest in health and wellbeing.



Menopause Awareness Month

[October](#)

October is Menopause Awareness Month, with World Menopause Day taking place on the 18th October.

We would like to remind all colleagues of the range of information and resources on the [NHSE Menopause Futures site](#) including details of the [Menopause Special Interest Group Community of Practice](#), [Menopause Awareness e-learning Module](#) and [examples of good practice](#).

East of England

Staff Experience & Wellbeing Collaborative: September Session Recording and Resources

Our thanks to all colleagues who joined us at last week's Staff Experience and Wellbeing Collaborative session. A recording of the meeting, presentation slides and a brief summary of discussion points can be found [here](#).

[Tuesday 26th November, 10am – 12pm](#)

Our next meeting will be held on the above date. A calendar invitation will follow shortly to all colleagues on our regional contact list. If you would like to lead a discussion or showcase a piece of work, please use the link below to get in touch.

If you have been forwarded this newsletter and would like to receive it directly, please [email us](#) to be added to our contact list.

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