

East of England Staff Experience & Wellbeing Forum



Week: 06.10.25 – 10.10.25

Weekly round-up of this week's key messages

Freedom to Speak Up Month: October 2025

Freedom to Speak Up (FTSU) Month is a national campaign to illustrate the part we all play in fostering a culture where people can speak up and be confident they will be listened to. Visit [The National Guardian's Office website](#) for more information on speaking up.

Webinar: Driving Cultural Change & Retention in General Practice

Tuesday 21st October, 12pm -1pm

This event will highlight the powerful role FTSU plays in strengthening retention and fostering a culture of psychological safety. The webinar is for any colleagues working in General Practice, who want to contribute to a positive workplace culture and improve staff experience.

This session may also benefit those in wider roles across Primary Care. [Click here to register](#).

Free Access to Unmind Extended

NHS staff can continue to access mental health platform [Unmind](#) free of charge following an extension through to 30 June 2026. Unmind is a platform that empowers staff to proactively improve their mental wellbeing and includes digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.



Financial Wellbeing - Free Wills Month

[Free Wills Month](#) takes place twice a year in March and October and is an opportunity for those aged 55+ to have their Will written or updated for free. The offer applies to 'simple wills only' and estates valued at £325k or less.

In addition, free Will Schemes supported by charities, and Will Aid, which takes place in November, are also available. Wills can also be [produced online](#) for free. Follow the first link above for further details of these schemes.

World Menopause Awareness Month and World Menopause Day

October is World Menopause Awareness Month, and this year's theme is Lifestyle Medicine, highlighting how everyday choices like food, movement, sleep, stress management, and self-care can make a real difference to how people experience menopause.

World Menopause Day is held every year on 18th October. [The International Menopause Society](#) has shared a variety of resources on their website to recognise the day.

National and Regional Menopause Resources

Colleagues are reminded of the [national menopause support and information](#) available, [past recordings and presentation slides](#) from NHS England's Menopause Special Interest Group, and the [East of England Supporting our Staff Through Menopause](#) resource.

National Staff Health and Wellbeing Community October Update

The National Staff Experience Team have shared their latest [Health and Wellbeing Community Update](#) which this month includes: Adding Health & Wellbeing Champion and Guardian roles to ESR profiles, free lunch and learn webinars, and new guidance from NHS Employers for organisations on how to take practical steps to support men's health and promote a preventative approach.



Skills Development Network Events

The Skills Development Network have released four new online events for November, including sessions on the NHS Pension and navigating redundancy. Click on the links in the table below for more information and to register.

Event	Date	Closing Date
Your Financial Future - Navigating Redundancy and Early Exit Options During Organisational Change	6 th November, 1pm – 3pm	5 th November
NHS Partial Retirement and Drawdown	14 th November, 1pm – 3pm	12 th November
Your Financial Future - Navigating Redundancy and Early Exit Options During Organisational Change	26 th November, 1pm – 3pm	24 th November
SDN - Your Pension and the Public Service Remedy	28 th November, 1pm – 2.30pm	26 th November

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