

# South East Region Winter Wellbeing Offer



## National support for Our People

[Supporting Our People](#) – helping you manage your own health and wellbeing whilst looking after others. Online resources, guides and programmes to support staff health and wellbeing through the pandemic and beyond.

## Support for a safe and healthy NHS

While it's [OK to not feel OK](#) at the moment, look out for signs in yourself and others. On these pages you will find concise tips, resources and signposting to help you find the right support for you and your teams for right now and beyond.

## Health & Wellbeing Hubs

The staff [Mental Health and Wellbeing Hubs](#) have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff. Please also see [this video](#) of a staff member's experience of accessing the hub.

## Safe space conversations

This offer will provide senior clinical leaders time out to talk, to gain support, learning and development through a crucial period of heightened demand on individuals and the healthcare services around them. These [Safe Space Conversations](#) will offer the opportunity to reset, bolster resilience, reinforce leadership skills and enhance personal effectiveness.

## Leadership Espressos

[These 60-90 minute group sessions](#) are based on key leadership topics underpinned by theory, and are practical and experiential. They provide a great opportunity to network with other leaders across the South East to discuss themes and topics, and to share your learnings and experiences.



Every member of the NHS should have a [health and wellbeing conversation](#) with their line manager or a peer, and that as part of this conversation, line managers will be expected to discuss an individual's health and wellbeing, and any flexible working requirements, as well as equality, diversity and inclusion.



A range of offers to help you manage your own health and wellbeing whilst looking after others in [Primary care](#).



Understanding Trauma in Healthcare: a [suite of videos](#) to aid an understanding of what trauma is, how it impacts people at an individual level and the systems or teams they work within.

