

HIOW Health & Wellbeing offers



Work Well Programme
Welcome

The Work Well Programme is a comprehensive set of tools and resources designed to support the wellbeing of people in high-pressure roles. Practical, helpful support developed and designed by healthcare professionals, for healthcare professionals.

Bitesize videos
Wellbeing Boosters
An online library of 9-minute 'Wellbeing Booster' videos.
• Short, practical hacks you can apply straight away to calm your nerves, help you to exist more fully, and boost energy and deal with stress.
• Each video includes ideas for you, ideally you can share in your team, so everyone benefits.

Your live training
Lunch + Learn
Monthly - 12.30 - 1.30pm
• Interactive webinars with experts on stress, anxiety, or the health of staff or as a signpost to other resources.
• Join for an expert and ask questions or catch up with the video if you miss it.

Upcoming training for Wellbeing Leads
Quarterly - 1.00 - 1.45pm
Online masterclasses to support anyone taking an active lead on wellbeing within their organisation, practice or team.

Wellbeing Q&Toolkits
Online set of tools to help teams and practices audit and improve their wellbeing support.

The Work Well Programme is brought to you by Dr Rachel Morris and the team behind the You Are Not A Frog podcast.
Got questions? Contact the team on ehi@hiowpale.com

Welcome to the Work Well Programme for Hampshire and Isle of Wight Primary Care Training Hub

*For Primary Care staff only

Head over to the People Portal where you will find a dedicated health and wellbeing page for [Primary Care colleagues](#) and full details of what's available through the Work Well programme:

- [You are not a frog podcast](#) – helping doctors and other busy people under pressure beat stress and burnout and work happier
- [Wild Monday](#) – wellbeing booster videos, resilience building activities and quarterly wellbeing masterclasses – please print off and display the poster in staff areas.
- [Work Well Webinars](#) - *next webinar - How to beat loneliness working on the frontline **with Dr Richard Pile is on Wednesday 11th December at 12.30-13.30 UK time.**

WORK WELL WEBINARS

for Hampshire and Isle of Wight Primary Care Colleagues

Join these monthly online sessions



» Practical strategies

tailored for people in roles like yours to help you beat stress and prevent burnout.

» Learn to set boundaries

to keep you happy and healthy, and support the people around you too.



 <p>FOCUS ON FLEX Practical sessions for managers</p> <p>Find out how you can make flexible working a reality for your team</p> <p>Run by flexible working experts timewise</p>	<p>Focus on Flex</p> <p>Available on the People Portal, this toolkit is designed to help managers and employees alike to design effective flexible working arrangements which work for everyone.</p> <p>Explore:</p> <p>How to offer flex in ‘hard to flex’ patient-facing roles</p> <p>Introducing team-based or self-rostering to your service to improve wellbeing and retention.</p> <p>Focus on Flex - People Portal (hiowpeople.nhs.uk)</p>
 <p>EDNA Employee Disability and Neurodivergent Advice</p> <p>Hello We'd love to meet you</p> <p>Tuesday 28 January 2025 - 1.30pm-2.30pm online</p> <p>Championing Diversity: “Disability Awareness at Work”</p>	<p>Say Hello to EDNA: Championing Diversity: “Disability Awareness at Work”</p> <p>Join us on Tuesday 28 January 2025 for our next Say Hello to EDNA session: Championing Diversity: “Disability Awareness at Work”. Register here.</p> <p>Aims of the session:</p> <ul style="list-style-type: none"> • What do we mean by ‘Disability’ • Raise awareness around disability • Understand the importance of an inclusive workforce • Explore barriers in the workplace • Discuss ways in which we can support each other



Hampshire and Isle of Wight

EDNA

Employee Disability and Neurodivergent Advice

Hello

MANAGER DROP IN SESSIONS
WE'D LOVE TO MEET YOU

To register



DECEMBER
Tuesday 3rd, 1.30-2pm



JANUARY
Tuesday 7th, 1.30-2pm

[click or scan here](#)

To register



FEBRUARY
Tuesday 4th, 1.30- 2pm



MARCH
Tuesday 3rd, 1.30-2pm

[click or scan here](#)

- Hear about the service
- Meet the team
- Bring your questions or email your questions before the event to edna@solent.nhs.uk
- Find out how we can support you and your team

Self-refer online at:
<http://bit.ly/3VC7KJ0>

or scan here
EDNA@solent.nhs.uk



Here at [EDNA](#), we offer a safe space to talk about a person's challenges and difficulties in the workplace concerning a disability, long-term condition, or neurodivergence. We can together explore the support available.

EDNA Service: Manager Drop-in Session

- Tuesday 3rd December – 1.30-2pm
- Tuesday 7th January – 1.30-2pm
- Tuesday 4th February – 1.30-2pm
- Tuesday 4th March – 1.30-2pm

A virtual session to answer your questions about the HIOW EDNA Service.

- Meet the Advisors
- Bring your questions or email your questions before the session to edna@solent.nhs.uk
- Find out how we can support you and your team, this could be as part of staff inductions, access to work requests, specialist IT equipment and much more

Sign up on the People Portal

[EDNA Manager Drop-in - People Portal](#)
(hiowpeople.nhs.uk)