



The graphic features a teal armchair and a beige armchair on a patterned rug. A circular inset shows a bedroom with a bed and a nightstand. The NHS Hampshire and Isle of Wight logo is in the top right corner. A blue leafy branch is on the right side.

EARN EXTRA INCOME
with NHS Rooms

- Earn up to £7500 tax free from renting out rooms in your home - no need to declare or do self-assessment tax returns! Would that help to pay a few bills or fund a much needed car or holiday?
- Living alone and would like some company? Maybe feel more secure, or comforted knowing that the house is occupied when you are away?
- Would you like to help out NHS colleagues in housing need?!
- Choose when you rent a room in your home - long and short term stays, Monday to Friday or all week!

Let your room via the NHS Rooms scheme organised by NHS Housing Hub created to assist NHS staff find suitable accommodation. [Register your room using the QR code link!](#)

 iownt.housing-hub@nhs.net



NHS Rooms

NEED A ROOM OR FLAT? HAVE A SPARE ROOM AT HOME?

The Housing Hub is here for all of our NHS colleagues who have a housing need, and you might be able to help us out by offering your spare bedroom, so why not drop us a line?

We can help support your search for rented housing when you register with us, for both long and shorter term stays, and we can also help guide you if you might be considering buying your own place for the first time (either outright ownership or Part Buy/ Part Rent). Over 1600 NHS staff in Hampshire and the Isle of Wight have registered for support with the Housing Hub since 2022.

If you have a spare bedroom at home, ideally within a 30-minute bus ride of one of our Trust sites, you could **earn up to £7500 tax-free*** as one of our “NHS Rooms” hosts. Both shorter and longer stays are in demand – so join the room bank!

Get in touch to register with us, or to find out more about hosting with “NHS Rooms” by requesting our FAQ’s, email: iownt.housing-hub@nhs.net today.

(*via the government Rent a Room scheme).

MENOPAUSE MEET-UPS

We are hosting virtual meet-ups to provide a safe space to talk about menopause.

Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.

There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.

We hope to see you there!

Email us to join:

To join email:

hiow.healthandwellbeing@nhs.net



Menopause Meet-Ups (Online)

A virtual meet-up to provide a safe space to talk about menopause. Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.

There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.

Our next session will be held on **Thursday, 18th September 2025**.

We hope to see you there!

To join email: hiow.healthandwellbeing@nhs.net

This has been specially designed for healthcare professionals in high-stakes roles who work on the frontline and is focused on helping you beat stress, take control of your workload and work happier.

Are you struggling to find headspace in your busy day? Do you want to feel more balanced and in control at work?

The **Work Well Programme** is here to help!

Designed especially for healthcare professionals, this programme has been commissioned to help you:

 **Take control of your workload**



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 5-minute "Wellbeing booster" videos.

- Short, practical hacks you can apply straight away to shift your mindset, tackle your to-do list differently, set boundaries and deal with difficult conversations.
- Each video includes done-for-you activities you can use with your team, so everyone benefits.

Upcoming training for

Wellbeing Leads

Quarterly - 12:30 - 14:00pm

Online masterclasses to support anyone taking an active lead on wellbeing within their organisation, practice or team.

Your live training

Lunch + Learn

Monthly - 12:30 - 1:30pm

- Interactive webinars with experts on relevant topics to healthcare professionals in high-pressure roles.
- Join live to connect and ask questions or catch up with the on-demand replay.

Wellbeing

Qi Toolkit

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 admin@shapestoolkit.com



✓ Learn skills to set strong boundaries, prioritise effectively, handle difficult conversations and manage conflict

✓ Craft a career you'll love — so you can work happier and healthier

Created by Dr Rachel Morris (former GP & host of *You Are Not a Frog* podcast) and her team, you get access to:

✓ Live monthly webinars

✓ Short wellbeing videos & team activities

✓ Special resources for team leaders, managers, trainers & wellbeing leads



Upcoming Sessions:

- Lunchtime Webinars:
Tuesday 9th September 2025, 12:30–1:15 pm (with optional extra 15 min Q&A)
How to have difficult conversations well
- Team Leaders Masterclass:
Wednesday 10 September 2025, 12:30–2:00 pm

WORK WELL WEBINARS

for Hampshire and Isle of Wight Primary Care Colleagues

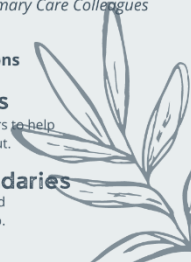
Join these monthly online sessions

» 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.



How to Design a Working Week You'll Love
(for managers, supervisors, mentors & wellbeing leads)

To see full session details and sign up, just [Click Here](#)

MENOPAUSE Manager elearning module



Menopause Manager e-learning module

***For all HIOW NHS staff including SCAS and Primary Care**

We have teamed up with Henpicked: Menopause in the Workplace to provide managers across HIOW access to an interactive eLearning package.

This module aims to provide you with the knowledge and skills to support your colleagues and teams who experience the menopause.

To gain access to this catalogue on eLearning for Healthcare's Learning Hub, please complete this [registration form](#).

EDNA

Employee Disability and Neurodivergent Advice

Hello

MANAGER DROP IN SESSIONS
WE'D LOVE TO MEET YOU

To register

- Tuesday 12th August - 1.30-2pm
- Tuesday 23rd September - 1.30-2pm
- Tuesday 21st October - 1.30-2pm
- Tuesday 18th November - 1.30-2pm
- Tuesday 23rd December - 1.30-2pm

click or scan here



Self-refer online at:

<https://bit.ly/3VC7KJ0>



or scan here

EDNA@solent.nhs.uk

- 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

EDNA Service: Manager Drop-in Session

***For all HIOW NHS staff including SCAS and Primary Care**

- [23 September – 13.30 to 2pm](#)
- [21 October – 13.30 to 2pm](#)
- [18 November – 13.30 to 2pm](#)
- [23 December – 13.30 to 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 \(hiopeople.nhs.uk\)](https://hiopeople.nhs.uk)



Stress Management Course

Eight 1/2-hour sessions where you will learn about:

- Stress and how it affects us
- Understanding and managing workplace stress
- Understanding specific NHS workplace stress
- Specific tools and techniques for stress management
- Changing your thinking patterns and managing worry
- Managing your routine and improving work/life balance
- Living better in line with your own personal values
- Mindfulness and breathing techniques to manage stress

Access them at your convenience on the People Portal: [Stress Management Course - People Portal \(hiowpeople.nhs.uk\)](https://hiowpeople.nhs.uk/stress-management-course)



Focus on Flex

***For all HIOW NHS staff including SCAS and Primary Care**

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.

Explore:

- How to offer flex in 'hard to flex' patient-facing roles
- Introducing team-based or self-rostering to your service to improve wellbeing and retention.

[Focus on Flex - People Portal \(hiowpeople.nhs.uk\)](https://hiowpeople.nhs.uk/focus-on-flex)

Compassionate Employers

with



Compassionate Employers

***For all HIOW NHS staff including SCAS and Primary Care**

The Compassionate Employers programme, run by Hospice UK, helps organisations look after their people when grieving, caring for others or diagnosed with a life-limiting illness.

Hampshire and IOW ICS joined the programme in September 2023.

Membership includes access to the Members Hub, workshops, events, and online learning. <https://www.hospiceuk.org/hants-iow-icb>), [Compassionate Employers - People Portal \(hiowpeople.nhs.uk\)](https://www.hospiceuk.org/hants-iow-icb)

The online members' hub can help with issues such as:

- Practical and legal advice following a bereavement
- Carers rights and support
- Support after a life-changing diagnosis
- Guidance and signposting for line managers
- Knowing what to say and what not to say
- HR toolkits

The programme also includes a review of the organisation's practices. Hampshire and IOW ICS earned a Silver Award overall for their efforts.

The Compassionate Employers team are happy to attend upcoming meetings and events to explain the programme's resources and answer questions about dealing with grief, caregiving, or illness at work.

You can arrange this via email at:

compassionateemployers@hospiceuk.org



Good Breaks Resources

For all HIOW NHS staff including SCAS and Primary Care

How are you at taking breaks at work?

Talking about how we make good breaks happen is something we need to be exploring in our teams.

Check out these new resources on the People Portal!
hiowpeople.nhs.uk/resources/good-breaks



Leading Well Programme

*For all HIOW NHS staff including SCAS and Primary Care

We have been working with research and consultancy organisation Affinity Health at Work to create two bespoke mental health support resources for NHS staff across Hampshire and Isle of Wight.

Professor Jo Yarker from Affinity Health at Work has delivered three webinars and you can watch the recordings below to hear about these new resources:

Leading Well toolkit

[Leading Well - People Portal \(hiowpeople.nhs.uk\)](https://hiowpeople.nhs.uk)

Access password is HIOW2024

Watch the launch event [here](#)
Manager session [recording](#)

IGLOO Return to Work toolkit

[Return to Work Toolkit - People Portal \(hiowpeople.nhs.uk\)](https://hiowpeople.nhs.uk)



Access this resource here: <https://hiownhs.returntowork.co.uk>

You will need to register using your name and NHS email address. The access code is: **HIOW2024**

IGLOO Return to Work toolkit [recording](#)

SouthEast Neurodiversity Employee Support Package

***For all HIOW NHS staff including SCAS and Primary Care**

NHSE South East regional Workforce Team commissioned HIOW to develop a suite of tools to raise awareness of neurodivergence, particularly for line managers with neurodivergent team members.

The support package includes:

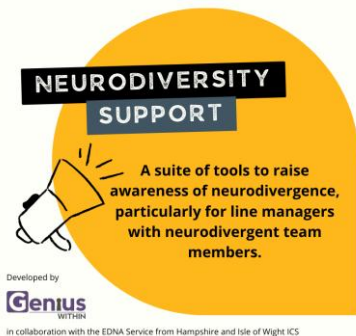
- Tip sheets for managers
- Two recorded sessions with Genius Within Occupational Psychologists and our EDNA Advisors
- Bitesize e-learning modules

The training package will be free for all NHS and Primary Care staff working in the South East region. Contact your Learning Management System team to access.

Find the resources here:

[Neurodiversity Awareness - People Portal \(hiowpeople.nhs.uk\)](https://hiowpeople.nhs.uk)

Password: geniuswithin





NHS
Hampshire and Isle of Wight

EDNA

Employee Disability and Neurodivergent Advice

Hello

WE'D LOVE TO MEET YOU

1.30PM-2.30PM

PLEASE JOIN THE SESSIONS BELOW

To register



22nd July - From Awareness to Action:
Practical Leadership for Supporting
Employees with Health Conditions

click or scan
here



16th September - Navigating Work with a
Chronic Illness: Creating an inclusive and
accessible environment



14th October - Inclusive Leadership:
Creating a Workplace that works for
everyone



25th November - Creating an Accessible
Workplace: Practical Steps for Managers

- Online
- Hear about the service
- Meet the team

Self-refer online at:

<http://bit.ly/2VCF7KQ>

or scan here

EDNA@solent.nhs.uk



Say Hello to EDNA: Join us for our EDNA Awareness Sessions

*For all HIOW NHS staff including SCAS and Primary Care

Come and learn about EDNA (Employee Disability and Neurodivergent Advice service) and how it can support you and your team. Each session will have a short section focusing on a different topic.

- [Register here](#)

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.

NHS Hampshire and Isle of Wight

hiow.healthandwellbeing@nhs.net

www.hantsiow.icb.nhs.uk

www.hiowpeople.nhs.uk

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Hampshire and Isle of Wight

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