NHS
University Hospitals Coventry and Warwickshire NHS Trust

People Support Team Overview Session

With Alice Beardsley (People Support Manager - Health and Wellbeing) and Michelle King (People Support Team Officer)

Engagement Wellbeing Diversity
People Support Team


Engagement
Wellbeing
Diversity


People Support
Wellbeing
UHCW NHS Trust


People Support
Diversity
UHCW NHS Trust


People Support
Engagement
UHCW NHS Trust


Kate Quinn
People Support Team Coordinator - Health & Wellbeing
Alice Beardsley
People Support Team Manager - Health & Wellbeing
Clara Malara
People Support Team Officer - Equality, Diversity & Inclusion
Charlotte Lombardi-Whitehouse
People Support Team Manager - Equality, Diversity & Inclusion
Abigail Tye
People Support Team - Admin Officer
Rajvinder Grewal
People Support Team Manager - Staff Engagement
Michelle King
People Support Team Officer - Health & Wellbeing
Hakeem Adedayo Lawal
People Support Team Officer - Staff Engagement
People Support Team
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NHS
University Hospitals Coventry and Warwickshire NHS Trust

Health & Wellbeing at UHCW

Emotional Wellbeing

Employee Assistance Programme (EAP)

Onsite Counselling Service

Your Care Platform

Free apps/Wellbeing Tools

Menopause Support Group

Trauma Risk Management (TRiM)

Financial Wellbeing

Money Matters Scheme

Finance Friday Educative Sessions

Salary Finance

Health Cash Plans

Pennies from Payslip

Physical Wellbeing

Fast Track Services

Onsite Walking Routes/Platinum Jubilee Nature Reserve

GP Online

Health Checks

Health and Wellbeing Conversation Training

Engagement Wellbeing Diversity
People Support Team

How are you feeling?

NHS University Hospitals Coventry and Warwickshire NHS Trust

I'm keeping myself well...

Vivup Self Help Guides
Vivup offers a variety of different Self Help guides on a variety of different topics, they are available through our Employee Assistance Programme at **www.vivup.co.uk**

vivup

24/7 Text Support Service for NHS Colleagues
Text SHOUT to 85258

shout 85258
here for you 24/7

Pre-Recorded Webinars
We have a wealth of Wellbeing Webinars, that have been curated and recorded by Dr Sarah Hattam from Concilio Health. Visit TrustNav for more details.

ConcilioHealth

I'm struggling and need some support...

EAP - In the moment support
Counselling or support that is provided in real-time, at the very moment when a person is experiencing a particular issues, emotional distress, or crisis.
Call **0800 023 9324**

NHS Coventry, Warwickshire & Solihull Talking Therapies
Call **02476 671090** or go to www.talkingtherapies.covwarkpt.nhs.uk

NHS Talking Therapies

Employee Assistance Programme
Confidential 24/7 helpline, call **0800 023 9324**

vivup

I feel like I can't cope and need immediate help...

Samaritans
Call 116 123, 24/7 365 days

SAMARITANS

Adult Crisis Resolution and Home Treatment Teams (CRHT)
Open 24/7 365 days a year
Call: 08081 966798

NHS 111
To access urgent mental health support, call **111** and select option 2

NHS

Freedom to Speak Up
Search Raising Concerns on TrustNav

People Support Cafe
Contact the People Support Team for details

Chaplains
Visit the Faith Centre any time or call ext. 27515

People Support Team
Call ext. 24760

Wellbeing Conversations
Reach out to a manager or colleague for a wellbeing conversation!

The People Support Team are here for you.

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#LookingAfterTeamUHCW

Money Matters

Providing support across University Hospital Coventry and Warwickshire The Hospital of St Cross, in urgent financial need.

You Matter

Discreet and confidential support is available for colleagues unable to prioritise funds to eat whilst at work.

Community Food Pantries have been set up to assist staff who may need to access food and have no other means to do so.

Access to free sanitary products, to combat period poverty

If you are struggling to prioritise funds for food, there are local charities and organisations that can help.

There is support available in Coventry, Warwickshire and the Midlands to help you with household costs, debt and benefits, housing advice, and local foodbanks

This service is supported by the People Support Team and our Chaplaincy Team, which is open to any member of staff at times of financial hardship. Please speak to your line manager for more information, alternatively please reach out to the People Support Team via email on **peoplesupportteam@uhcw.nhs.uk** or via telephone on **ext.24760** (**02476964760**) or the Chaplaincy Team on **ext.27515** (**02476967515**).

For more information, please visit TrustNav.

All advice is confidential.

People Support Team

Health & Wellbeing at UHCW

NHS University Hospitals Coventry and Warwickshire NHS Trust

Wellbeing Services for Staff

MRI / CT Scans

Fast-track CT and MRI scans can be made available to staff who have a referral request from their GP or Clinician which utilises short notice appointments that could not otherwise be filled by a patient.
This service can be accessed by completing the self-referral form which is available on the Physical wellbeing pages on TrustNav which can then be sent directly to **Radiology.Appointments@uhcw.nhs.uk to identify available slots.**

New!

Cervical Screening

This service is open to any members of staff who are due or overdue a cytology screening test (smear test/cervical screening test).
To arrange an appointment contact staffcervicalscreening@uhcw.nhs.uk or extension 27222.

Staff Physiotherapy Service

This service is open to staff with both acute and longer-term conditions and can be accessed through the Occupational Health department - either through self-referral or line manager referral.
Contact occupationalhealth@uhcw.nhs.uk or extension 25420.



For the full range of support available, please visit the dedicated Health & Wellbeing pages on TrustNav.

University Hospitals Coventry and Warwickshire NHS Trust

Vivup: Employee Assistance Programme

Our EAP - delivered through Vivup, provides help and support with pressures at work or home, available any time 24/7 365 days a year!

0800 023 9324

https://vivup.co.uk



UHCW NHS Trust Counsellor - Bronte

We can discuss personal and workplace issues

All sessions are confidential and free

Onsite - Monday-Wednesday 8am-4pm

Scan Me

- Self-help CBT Workbooks
- MyMindPal
- Learning and Development
- Ask Bill - Impartial Financial Support
- Debt Advice
- Domestic Abuse
- Weight Management and Healthy Eating

Engagement Wellbeing Diversity

People Support Team


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NHS Trust
Services
Supporting
Staff at UHCW
Engagement Wellbeing Diversity


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To access the Services Support Staff Wellbeing guide, please scan the below QR code!
(Also works outside of the Trust too!)
Engagement Wellbeing Diversity
Produced by the People Support Team

- Bronte

Equality, Diversity & Inclusion

Disability & Carer's Passports

Languageline Interpreting Services

Anti-Racism Toolkit

Rainbow Badge Accreditation

Staff Networks

Events

Patient Lived Experience Group

Staff Engagement

NHS Annual Staff Survey

National Quarterly Pulse Survey

Freedom to Speak Up

People Supporters

Ask Anything Engagement Tool

Reward & Recognition

University Hospitals Coventry and Warwickshire NHS Trust

Contact Us!

Internal: x24760
External: 02476964760

peoplesupportteam@uhcw.nhs.uk

People Support Team

@uhcw_pst

Innovation Hub, 2nd Floor CSB

- Bronte

People Support Team