

# East of England Region Health and Wellbeing & COVID-19 Recovery Support Update

7 September 2020

NHS England and NHS Improvement



# Health and Wellbeing: Offers to NHS East of England

- This pack details current offers to support employee wellbeing.
- Please feel free to share wider to highlight the offers of support that providers can benefit from.
- The pack includes offers of:
  - Updates from regional Staff Experience Team
  - Physical Wellbeing - food/drink, transport, goods and services free of charge and those at cost.
  - Psychological Wellbeing – counselling, mental wellbeing, staff support and bereavement services.
- Please note that this pack is updated regularly and some offers are distributed on a first come first served basis.
- Other NHS staff wellbeing offers with discounts and can be accessed via:  
<https://www.england.nhs.uk/coronavirus/nhs-staff-offers/>

# Updates from the Regional Team

NHS England and NHS Improvement



# NHSE/I - East of England Regional Support for Staff Experience & Wellbeing

## Contact Details

### **Martha Roberts**

Head of Staff Experience  
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Health & Wellbeing Manager  
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# Wellbeing Initiatives Launching Soon...

As mentioned in the recently launched NHS People Plan 2020/21, the following initiatives are under development to support wellbeing, a brief summary is detailed here to help providers with planning.

## 1. Workplace Guardian Role

- Appointed Non-Executive Director or equivalent to advise and support CEO/Board/Senior leadership responsibility for employee health and wellbeing.
- Provides appropriate check and challenge by acting as a “critical” friend within organisations, providing assurance and reviewing wellbeing activity and areas for improvement
- Liaises with existing wellbeing leads, networks and the new Healthy Workplace Ally role

## 2. Healthy Workplace Ally

- Providers to embed a network of Healthy Workplace Allies (HWAs) to ensure colleagues are looked after and looking after themselves
- Aims of the HWA role include providing practical support, highlighting areas requiring improvement and helping to embed compassionate and supportive cultures.
- HWAs can be sourced from existing roles such Health & Wellbeing Champions and Mental Health First Aiders and can be flexed according to provider need

## 3. Health & Wellbeing Conversations

- From September 2020, providers will need to ensure health and wellbeing conversations are held and personalised plans developed with each employee
- These can fit into appraisal conversations, one to one’s and other annual reviews
- Further guidance for providers is under development and can be accessed by visiting <https://people.nhs.uk/guides/health-and-wellbeing-conversations/>

# Wellbeing learning events

## Health & Wellbeing Teach In's

- To support colleagues with the forthcoming wellbeing initiatives, a series of short virtual 'teach in' sessions have been organised.
- These 60 min sessions provide further guidance on implementation and offers an opportunity to share feedback and raise any questions.
- To book a place, please email Harri Paddan, Health & Wellbeing Manager – [harri.paddan@nhs.net](mailto:harri.paddan@nhs.net) stating the your preferred session date and time.

### Wellbeing Guardian Role

- Thurs 17<sup>th</sup> Sept 2-3pm
- Mon 21<sup>st</sup> Sept 10-11am

### Healthy Workplace Ally Role

- Thurs 17<sup>th</sup> Sept 9-10am
- Mon 21<sup>st</sup> Sept 2-3pm

### Health & Wellbeing Conversations

- Weds 16<sup>th</sup> Sept 2-3pm
- Thurs 17<sup>th</sup> Sept 11am-12pm

## Health & Wellbeing Regional Collaborative Reminder!

Don't forget our next virtual HWB Collaborative will take place on Wednesday 30<sup>th</sup> September from 13.30 to 15.30

# National Wellbeing Days

- September plays host to a number of national wellbeing related campaigns to increase awareness and understanding of issues impacting on health and wellness
- Further support in relation to World Suicide Prevention Day (September 10<sup>th</sup>) is available to providers through NHS People website <https://people.nhs.uk/>
- To access a full calendar of national wellbeing dates please visit the NHS Employers website <https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/understanding-your-data/calendar-of-national-campaigns>

<p><b>7-12<sup>th</sup> September</b></p> <ul style="list-style-type: none"> <li>• <b>Know Your Numbers Week</b></li> <li>• Blood Pressure UK's flagship blood pressure testing and awareness campaign, encourages adults to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.</li> </ul>
<p><b>10<sup>th</sup> September</b></p> <ul style="list-style-type: none"> <li>• <b>World Suicide Prevention Day</b></li> <li>• World Suicide Prevention Day promotes worldwide commitment and action to prevent suicides.</li> </ul>
<p><b>21<sup>st</sup>-27<sup>th</sup> September</b></p> <ul style="list-style-type: none"> <li>• <b>National Eye Health Week</b></li> <li>• National Eye Health Week encourages more people to have regular sight tests and make lifestyle choices that benefit their vision and general well-being.</li> </ul>
<p><b>23<sup>rd</sup> September</b></p> <ul style="list-style-type: none"> <li>• <b>National Fitness Day</b></li> <li>• National Fitness Day encourages people all across the country to make 26 September the most active day of the year</li> </ul>
<p><b>28<sup>th</sup> September to 4<sup>th</sup> October</b></p> <ul style="list-style-type: none"> <li>• <b>British Nutritional Foundation (BNF) Healthy Eating Week</b></li> <li>• BNF Healthy Eating Week celebrates and promotes healthy eating, as well as food provenance, cooking and being active</li> </ul>

# Opportunities for feedback and engagement on health and wellbeing support

- The COVID-19 health and wellbeing programme team would like to understand more about the experiences of those using our offers and of those providing health and wellbeing support. We have provided opportunities for people to provide their thoughts and feedback to us via, which can be accessed via <https://people.nhs.uk/feedback/> and which provides further details.
- We would like to understand what impact the use of national health and wellbeing support offers is having for those using them, and therefore have provided the opportunity for people to provide us with reflections and feedback if they so wish. This feedback is very valuable to help us to understand if and how the health and wellbeing support offers have helped individual. Responses are optional and fully confidential unless individuals choose to provide their details to us. We hope that we will be able to use feedback to develop case studies as well as to inform our evaluation programme.
- The NHS Horizons team is also collecting the experiences of those supporting health and wellbeing via a short survey which they will ask people to complete three times, to monitor how they are responding to the crisis over a period of time. If individuals provide permission via the survey, we will share experiences so the learning can be shared for others' benefit. The survey will take around 10 minutes to complete.
- The programme team would be grateful if you could let people within your organisations and networks know that these opportunities to provide feedback and reflections are available and where they can access them.
- Further queries can be directed to **Siân Kitchen, Evaluation Lead, COVID-19 Staff Health and Wellbeing Programme** [Sian.Kitchen@hee.nhs.uk](mailto:Sian.Kitchen@hee.nhs.uk)

## Section 1: Physical Health and Wellbeing

[Physical Wellbeing - Offers of Food & Drink](#)

[Physical Wellbeing - Offers of Transport](#)

[Physical Wellbeing - Offers of Good/Services](#)

[Physical Welfare - Estates & Facilities Support](#)

## Section 2: Psychological Health and Wellbeing

[Listening & Talking Support](#)

[Self Help Wellbeing Support](#)

## Section 3: Health and Wellbeing Resource for Leaders

[Coaching & Mentoring for Leaders](#)

[Leadership Support Circles](#)

## Section 4: Health and Wellbeing Resource for BAME Staff

[Coaching Support](#)

## Section 5: Childcare

[Summer Childcare provision](#)

# Covid-19 Health and Wellbeing Physical Welfare

## Offers of Food and Drink

NHS England and NHS Improvement



# Offers of Food and Drink



- All food offer providers have self-certified against food safety checklist which outlines the minimum food safety standards such as:
  - Must hold a valid Food Standards Agency registration.
  - Latest FSA star rating needs to be a minimum of 4 stars and be able to provide evidence.
  - Must have a full HACCP (Hazard Analysis Critical Control Points) system and be able to provide evidence.
  - All staff trained to a minimum of level 2 food hygiene with an approved EHO (Environmental Health Office) course.
  - Must be an accredited business i.e. not food made at home where we could not guarantee allergens etc.
  - Must be able to supply a full list of nutritional data for products including allergens.
  - Must be able to provide items in suitable packaging with storage and discarding information.
  - Must be able to provide contact free deliveries.
  - Must be able to provide evidence of safe infection control processes.
- Please ensure that you have checked with your Catering/Food Safety Teams before placing an order with the national team.

# Free Food Offers



Name	Offer	Units	Area	Trusts action
<b>Kellogg's</b>	Free stock up of Kellogg's products to staff rooms	500k	National	Kellogs have now provided a link to an online form: <a href="https://www.kelloggs.co.uk/en_GB/contact-us.html">https://www.kelloggs.co.uk/en_GB/contact-us.html</a> Please select NHS Food Donation from the drop down menu
<b>Leon/Feed NHS</b> (in coalition with mealforce, Baxter Storey, Feed our Frontline)	Chilled ready to eat meals prepared by professional caterers delivered as a single morning delivery (refrigeration can be provided) Chilled ready to reheat provided in a single morning delivery (refrigeration and microwaves can be provided) Grocery boxes delivered to staff homes or to hospitals	Up to 6000 per day per city/region	Greater London Surrey Berkshire Hertfordshire North Hampshire South Buckinghamshire Birmingham Edinburgh Glasgow	Contact Marta: <a href="mailto:Marta.raper@leadershipacademy.nhs.uk">Marta.raper@leadershipacademy.nhs.uk</a>
<b>Feed our Frontline</b>	A coalition of UK restaurants and food suppliers providing chilled, SALSA-accredited meals and fresh produce	Minimum 500	National	Contact Maria: <a href="mailto:Maria.lawson@leadershipacademy.nhs.uk">Maria.lawson@leadershipacademy.nhs.uk</a>
<b>Burton Biscuits</b>	All production from 6 sites between 8-9 every Thursday will be donated to NHS hospitals	Flexible	National	Contact Maria: <a href="mailto:Maria.lawson@leadershipacademy.nhs.uk">Maria.lawson@leadershipacademy.nhs.uk</a>

# Free Food Offers



Name	Offer	Units	Area	Trusts action
<b>Baxter Storey</b>	Providing 15,000 meals to NHS hospitals every day via donations and private investment	Minimum 250	National	Contact Maria: <a href="mailto:Maria.lawson@leadershipacademy.nhs.uk">Maria.lawson@leadershipacademy.nhs.uk</a>
<b>Food 4 Heroes</b>	Delivering food from local restaurants to NHS hospitals directly for either consumption on site or to take home	Minimum 30	National	Contact Maria: <a href="mailto:Maria.lawson@leadershipacademy.nhs.uk">Maria.lawson@leadershipacademy.nhs.uk</a>

# Food Offers to NHS Staff at cost



Name	Offer	Units	Area	Trusts action
<b>Greencore</b>	Food production company providing lunch bags, sandwich/drink/fruit and ready meals at cost.	Minimum 250k per week	National	Please contact: <a href="mailto:maria.lawson@leadershipacademy.nhs.uk">maria.lawson@leadershipacademy.nhs.uk</a> for more details
<b>NCASS</b>	Network of high quality street food vendors available for mobile on site services at reduced cost.	N/A	National	Please contact: <a href="mailto:maria.lawson@leadershipacademy.nhs.uk">maria.lawson@leadershipacademy.nhs.uk</a> for more details
<b>Wholesalers</b>	Wholesalers are looking to work with trusts to set up 'pop up shops' within organisations to help staff purchase essential items from their place of work	Flexible	National	Please contact: <a href="mailto:Danielle.adair@nhs.net">Danielle.adair@nhs.net</a> for more details
<b>One Million Meals</b>	Delivering hot meals from local restaurants which cover a variety of dietary requirements to NHS hospitals	Flexible	National	Contact Maria: <a href="mailto:maria.lawson@leadershipacademy.nhs.uk">maria.lawson@leadershipacademy.nhs.uk</a>

# Food Offers to NHS Staff at cost



Name	Offer	Units	Area	Trusts action
<b>Samworth Brothers</b>	Food manufacturer able to offer individual lunch items or to supply complete lunch bags including drink, snack and sandwich	Flexible	National	Please contact: <a href="mailto:maria.lawson@leadershipacademy.nhs.uk">maria.lawson@leadershipacademy.nhs.uk</a> for more details
<b>Creed</b>	Food wholesale company supplying Boost Boxes containing drinks, fruit, crisps and snacks at cost price.	Flexible	National	Please contact: <a href="mailto:maria.lawson@leadershipacademy.nhs.uk">maria.lawson@leadershipacademy.nhs.uk</a> for more details
<b>Caterwings</b>	Individual meals range from £5-£7 per meal based on volume and type.	Flexible	London Birmingham Manchester Cardiff Brighton Cambridge Norwich	Please contact: <a href="mailto:marta.raper@leadershipacademy.nhs.uk">marta.raper@leadershipacademy.nhs.uk</a> for more details

# Retailer offers to NHS Staff



Name	Offer	Units	Area	Trusts action
<b>Morrisons</b>	<p>Morrisons are offering a priority food box delivery service for NHS staff to allow them to get the essentials they need without having to visit a supermarket. They have created grocery boxes containing a selection of everyday food and essential household items and each box contains enough to feed two adults for a week.</p> <p>There are two types of food box to choose from, meat or vegetarian, worth up to the value of £30, including free delivery for NHS staff (worth £5).</p>	N/A	National	<p>To order, visit the dedicated website (see link below) and register using your NHS email address. You can get the box delivered for free directly to your door, or you can collect at selected locations.</p> <p>You can find more information on delivery options and the boxes here: <a href="https://www.morrisons.co.uk/food-boxes-nhs/">https://www.morrisons.co.uk/food-boxes-nhs/</a></p>

# Covid-19 Health and Wellbeing Physical Welfare

## Offers of Transport

NHS England and NHS Improvement



# Transport offers to NHS Staff



Transit mode	Offer	Area	Trusts action
<b>Bicycle</b>	<p>Free bike hire and a range of discounts/ free services available for bike maintenance etc.</p> <p>Insync Bikes – 20% discount code 'NHSRULES20'</p> <p>Sustrans captures by location so you can see what's relevant to your area rather than by company</p> <p>Quella Bicycle – 15% off Bikes</p> <p>Brompton Bicycle – Rent bikes and donations</p> <p>Uber Bikes – 50 free journey on electric bikes</p> <p>Both British Cycling and Cycling UK are offering 3-month free membership with liability insurance, legal support and includes discounts on servicing, kit etc.</p>	<p>Most offers on our website are national.</p>	<p>See websites for offers  <a href="https://www.england.nhs.uk/coronavirus/nhs-staff-offers/">https://www.england.nhs.uk/coronavirus/nhs-staff-offers/</a></p> <p><a href="https://www.sustrans.org.uk/campaigns/cycles-for-key-workers/">https://www.sustrans.org.uk/campaigns/cycles-for-key-workers/</a>            This has an <b>interactive map</b> of offers and cycling-related NHS support</p> <p><a href="https://www.quellabicycle.com/">https://www.quellabicycle.com/</a></p> <p><a href="https://wheelsforheroes.org/">https://wheelsforheroes.org/</a></p> <p><a href="https://shop.cyclinguk.org/membership/health-and-social-care-workers-membership">https://shop.cyclinguk.org/membership/health-and-social-care-workers-membership</a></p> <p><a href="https://www.britishcycling.org.uk/NHS_membership">https://www.britishcycling.org.uk/NHS_membership</a></p>

# Transport offers to NHS Staff



Transit mode	Offer	Area	Trusts action
<b>Car</b>  <b>NEW</b>	For Car hire and taxi ride discounts, free breakdown cover.		See website for offers:
	<b>Karshare</b> – Free loans of cars for NHS Staff – Prechecked for roadworthiness, insured, valeted	National	<a href="https://www.england.nhs.uk/coronavirus/nhs-staff-offers/">https://www.england.nhs.uk/coronavirus/nhs-staff-offers/</a> <a href="https://www.karshare.com/nhs-nightingale-london/">https://www.karshare.com/nhs-nightingale-london/</a>
	<b>Uber Medic</b> 25% off (scan QR code)	National	<a href="https://redeem.uber.com/public/opt-in/2e7ae959-ae88-4c8a-b3bf-4dbf3cf06313">https://redeem.uber.com/public/opt-in/2e7ae959-ae88-4c8a-b3bf-4dbf3cf06313</a>
	<b>VansforBands</b> – Sleeper vans parked at hospital sites for rest periods for NHS Staff	Bristol, London, Oxford	<a href="https://www.vansforbands.co.uk/">https://www.vansforbands.co.uk/</a>
	<b>Getts Black Cab</b> - £10 rides (NHS photo ID required)	Edinburgh, Glasgow, Reading & London Zone 1-3.	<a href="https://www.minicabindex.com/news/gett-cab-application-to-provide-10-drives-for-all-nhs-staff/">https://www.minicabindex.com/news/gett-cab-application-to-provide-10-drives-for-all-nhs-staff/</a>
	<b>Motor Point</b> - £300 off all vehicles to NHS	National	<a href="https://www.motorpoint.co.uk/nhs-offer?icid=nhs-offer">https://www.motorpoint.co.uk/nhs-offer?icid=nhs-offer</a>
<b>ZipCar</b> – 50% off journeys for NHS Teams	National	<a href="https://www.zipcar.com/en-gb/blog/COVID-19/NHS">https://www.zipcar.com/en-gb/blog/COVID-19/NHS</a>	

# Transport offers to NHS Staff



Transit mode	Offer	Area	Trusts action
<b>Car</b>  <b>NEW</b>	<b>Veygo</b> – 75% off short term car insurance	National	See website for offers: <a href="https://www.veygo.com/covid-19/">https://www.veygo.com/covid-19/</a>
	<b>Cazoo</b> - £250 off any Car purchased until 31/08/20	National	<a href="https://www.cazoo.co.uk/support/coronaviruses/">https://www.cazoo.co.uk/support/coronaviruses/</a>
	<b>Europcar</b> – Car rental as little as £12	National	<a href="https://www.europcar.co.uk/emergency-services-uk">https://www.europcar.co.uk/emergency-services-uk</a>
	<b>Minicabit</b> - Enjoy 10% off any pre-paid cab trip in over 550 location UK wide.	National	<a href="http://minicabit.com/nhs">minicabit.com/nhs</a>
<b>Bus</b>	SnapTravel – New, temporary pop-Up Bus routes; socially-distance travel to test sites/ trusts	National	See website for offers: <a href="http://www.getasnap.com/pop-up-transport">www.getasnap.com/pop-up-transport</a>

# Potential offers to NHS Trusts

Name	Offer	Cost	Area	Trusts action
<b>Goods distribution</b>	We have a few companies we are currently in discussion with who may have vehicles and drivers for the distribution of goods.	TBC	Varied	Contact Chloe or Cintya to discuss: <a href="mailto:Chloe.Allwinter@nhs.net">Chloe.Allwinter@nhs.net</a> <a href="mailto:Cintya.Laouici@nhs.net">Cintya.Laouici@nhs.net</a>
<b>Patient transport</b>	We are in discussions with several third-parties re the provision of non-emergency patient transport to boost existing capacity, as and when required	TBC	Varied	Contact Sophia to discuss: <a href="mailto:sophia.struszczyk@nhs.net">sophia.struszczyk@nhs.net</a>

Covid-19

Health and Wellbeing Physical Welfare

Offers of Goods and Services

NHS England and NHS Improvement



# Offers to NHS Trusts and Staff



Name	Offer	Units	Area	Trusts action
<b>Chilly's Bottles</b>	Double walled, stainless steel bottles that can keep drinks cold for up to 24 hours or hot for 12 hours. Aimed at front line staff who are unable to access hot or cold drinks while working with patients Cost: free	10,000 total - up to 20 deliveries – 500 bottles on a pallet	National	Contact Katherine: <a href="mailto:Katherine.dinsdale@nhs.net">Katherine.dinsdale@nhs.net</a>
<b>Fashion Brand</b>	Canvas and leather bags – retail value £120-180. Bags big enough for overnight clothing and have a waterproof lining Cost: min 200 bags per consignment - £2.00/each	1000 total - each consignment min 200 bags	National	Contact Dipen: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>
<b>Cavell Nurses' Trust</b>	Financial assistance for nurses. Opportunity to talk to someone to get most appropriate help. The financial help is a grant, not a loan <a href="http://www.cavellnursestrust.org">www.cavellnursestrust.org</a>	-	National	<a href="https://www.cavellnursestrust.org/help-and-advice/eligible-for-help/">https://www.cavellnursestrust.org/help-and-advice/eligible-for-help/</a>
<b>Bestway UK</b>	Inflatable airbeds Cost: free	500	National	Contact Dipen: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>
<b>Neom</b>	Free hand gels- bottles come in boxes of 1,000. Nemo have 4000 gels to donate.	4000 units	National	Contact Dipen: <a href="mailto:PR@neomorganics.com">PR@neomorganics.com</a>

# Offers to NHS Trusts and Staff



Name	Offer	Units	Area	Trusts action
<b>Fujifilm</b>	<p>Instax instant photography packs include 2 cameras, 100 shots of film worth £250</p> <p>For taking photos of ICU staff to pin to their PPE so the patients can see their faces</p> <p>Cost: free</p>	-	National	Contact Dipen: <a href="mailto:comms_uk@fujifilm.com">comms_uk@fujifilm.com</a>
<b>Singing Dragon</b>	<p>Books – Yoga as Self Care: Toolkit for healthcare professionals to learn about yoga and mindfulness for building resilience</p> <p>Cost: free</p>	-	National	Contact Katherine: <a href="mailto:Katherine.dinsdale@nhs.net">Katherine.dinsdale@nhs.net</a>
<b>Hope Pilates</b>	<p>Online Zoom Pilates classes: Up to 15 participants per 1hr call at a rate of £150. 1-5 calls a week and up to 2 group calls a day can be booked. This package is for the Trust to invest in as a wellbeing management for all staff. A unique opportunity to unite their teams and boost moral.</p> <p>Individuals might opt for 1:1's which they would receive discounts for. This can be discussed directly with individuals as and when the occasion arises.</p> <p>We will also include with these offers, a free call consultation and helpline. Online resources to encourage their home practise</p>	-	National	Contact Katherine: <a href="mailto:Katherine.dinsdale@nhs.net">Katherine.dinsdale@nhs.net</a>

# Offers to NHS Trusts and Staff



Name	Offer	Units	Area	Trusts action
<b>BrowseAloud/ TextHelp</b>	User friendly secure website accessibility tool, providing practical support for patients who require information in alternative formats: Cost: Free 90 day subscription and no obligation to continue after that <a href="#">BrowseAloud</a> <a href="#">BrowseAloud overview video</a>	-	National	Contact Dipen: <a href="mailto:aidankelly@texthelp.com">aidankelly@texthelp.com</a>
<b>Pop &amp; Rest</b>	Serviced sleep and meditation pods – available May onwards Cost: £499/month + £199 installation	TBC	Currently Greater London, Birmingham, South East	Contact Dipen: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>
<b>Absolute Apparel</b>	Natural undyed cotton shopping bag with long handles Cost: free bag and free delivery for minimum order quantity of 250	380,000 (delivered in boxes of 250)	National	Contact Sanjay: <a href="mailto:sanjay@absoluteapparel.co.uk">sanjay@absoluteapparel.co.uk</a>
<b>Next Jump</b>	Can try and source funding and provision of high priority products, eg hand creams	Variable	National	Provide a list of top 3 high priority products to: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>
<b>Contemporary Artwork: Artist: Helen Lack</b>	Donation of up to 10 artworks <a href="https://www.thelocalartscene.com/helen-lack">https://www.thelocalartscene.com/helen-lack</a> <a href="https://www.artcontact.co.uk/artists/helen-lack/">https://www.artcontact.co.uk/artists/helen-lack/</a> <a href="https://www.artabsolutely.com/designer/helen-lack/">https://www.artabsolutely.com/designer/helen-lack/</a>	10 (possibly more)	Nightingale hospitals and NHS hospitals in London, Hertfordshire and Northamptonshire	Contact Helen: <a href="mailto:helack@bopenworld.com">helack@bopenworld.com</a>

# Offers to NHS Staff



Name	Offer	Unit	Area	Trusts action
<b>Cityparents</b>	Free access for NHS staff for the rest of 2020 to a curated collection of positive and practical support for working parents and carers. <ul style="list-style-type: none"> <li>• Expert-led webinars</li> <li>• Advice</li> <li>• Peer insights</li> <li>• Online articles</li> <li>• Blogs</li> <li>• Podcast</li> </ul>	-	National	Visit: <a href="https://people.nhs.uk/help/support-apps/cityparents/">https://people.nhs.uk/help/support-apps/cityparents/</a> to find out more.
<b>Me Power Academy from TougherMinds – founder Dr Jon Finn, guest expert for Cityparents</b>	The Me Power Planner <ul style="list-style-type: none"> <li>• Free online course for resilience, well-being and performance</li> </ul>	-	National	Visit: <a href="https://coaching.tougherminds.co.uk/me-power-planner-for-well-being-and-performance?coupon=NHSSTAFFFREEEMMPAUG2020">https://coaching.tougherminds.co.uk/me-power-planner-for-well-being-and-performance?coupon=NHSSTAFFFREEEMMPAUG2020</a>
<b>A range of children and young people offers</b>	A number of providers have offered discounts for NHS staff for products relating to children and young people and our offers page now has a dedicated section. The offers include things such as: <ul style="list-style-type: none"> <li>• Tuition/distance learning</li> <li>• Games and shows for children</li> <li>• Football training app</li> </ul>	-	England and Wales	Visit: <a href="https://www.england.nhs.uk/coronavirus/nhs-staff-offers/">https://www.england.nhs.uk/coronavirus/nhs-staff-offers/</a>

# Offers to NHS Staff

Name	Offer	Unit	Area	Trusts action
<b>Zidac Laboratories</b>	Free hand sanitiser – 4000 units (4 pallets), or more if needed	4000 units	National	Contact Katherine for more details: <a href="mailto:Katherine.dinsdale@nhs.uk">Katherine.dinsdale@nhs.uk</a>  For more info: <a href="https://www.zidac.co.uk/">https://www.zidac.co.uk/</a>
<b>Cussons (UK) Ltd</b>	Free handwash – 16,800 bottles of 250ml currently available to donate Minimum for each delivery is 1908 bottles (1 pallet)	Min order 1 pallet – 1908 x 250ml bottles	National	Contact Katherine for more details: <a href="mailto:Katherine.dinsdale@nhs.uk">Katherine.dinsdale@nhs.uk</a>
<b>Money Week Magazine</b>	Money Week Magazine is offering free advertising space for three A4 ads in its magazine. One ad per copy. Ads can be rotated over the coming weeks/months. They can also support creation of the ad.	Three	National	Contact Dipen: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>
<b>Medical Depot</b>  	Hand sanitisers: 100ml bottles (cert: FDA, CE, MSDS) 75% alcohol Kills 99.99% bacteria and germs  Cost: 90p per unit (inc shipping)	9703 MOQ: 4 boxes, 120 pieces per box	National	Contact Dipen: <a href="mailto:Dipen.gadhia@nhs.net">Dipen.gadhia@nhs.net</a>

# Offers to NHS Staff



Name	Offer	Unit	Area	Trusts action
<b>Amazon</b>	Free lockers (used, as new) H: 191cm, W: 24cm, D: 30cm Some will need keys cut. Some have combination locks. Delivery to any location	1500 units	National	Contact Katherine for more details: <a href="mailto:Katherine.dinsdale@nhs.uk">Katherine.dinsdale@nhs.uk</a>
<b>Elegance Natural Skin Care</b>	Nurse's Hand Cream 100g-£5.20 Manuka Honey Hand Cream 100g-£6.80 Goat's Milk Hand Cream for dry sensitive skin 200g-£9.60 Goat's Milk Moisturising Cream for dry, sensitive skin 100g-£5.20 WHO Approved Hand Sanitiser-TBC, possibly around £8 per litre.	Can deliver any quantities and can consider providing alternative sizes	National	Contact Craig: <a href="mailto:craig@natural-skincare.com">craig@natural-skincare.com</a>
<b>Great British Bee Co</b>	<ul style="list-style-type: none"> <li>50g units of anhydrous Protective Beeswax Hand Balm (honeysuckle, English rose, lavender, citrus, gentleman's salve) 12 per pack 0-499 units = £2.70 ex VAT 500+ units = £2.62 ex VAT</li> <li>15g units of multipurpose un-fragranced skin balm. 12 per pack 0-499 units = £2.20 ex VAT 500+ units = £2.13 ex VAT</li> </ul>	Min order with free delivery £300 ex VAT	National	Contact Ben: <a href="mailto:ben@greatbritishbeeco.com">ben@greatbritishbeeco.com</a>  For more info: <a href="http://www.greatbritishbeeco.com">www.greatbritishbeeco.com</a>

# Covid-19 Health and Wellbeing Physical Welfare

## Estates and Facilities Support

NHS England and NHS Improvement



# Estates and Facilities Support



- We have received offers of support from a number of events, conference and exhibition organisations who have spare capacity due to suspension of their normal activities.
- The physical resources and skills available for temporary deployment include:
  - Temporary buildings/marquees, including toilets, changing areas and showers
  - Furniture
  - Sleeping booths and rest pods
  - Network, IT, telecoms equipment including portable radio
  - Heating, power, lighting, plumbing
  - Chilled storage
  - Site and traffic management
  - Security
  - Health & Safety / risk assessment
- The providers also have capability for logistics support, which can be engaged separately from delivery of the above services.
- The above can be deployed flexibly at very short notice, which may offer a solution for exceptional Covid-19 demands or temporary loss of local capacity.

# Estates and Facilities Support

- These resources may be available free of charge depending on the need and delivery partner involved.
- Responsibility for engaging with the supplier, including verification of any credentials/certifications, DBS etc, and any commercial terms, rests with the Trust.
  
- To register a need and identify potential providers please email John Turner in the first instance at [nhsi.help4nhs@nhs.net](mailto:nhsi.help4nhs@nhs.net)

# Covid-19 Psychological Health and Wellbeing

## Listening and Talking

NHS England and NHS Improvement



# Listening & Talking Support



Name	Offer Description	Hours of Operation	Access to Offer
<b>NHS Staff Support Line</b>	Phone line open to all NHS staff operated by Samaritans for support, signposting and confidential listening.	7am - 11pm for calls Text/App/Website is 24 hours	Call 0300 131 7000 or text FRONTLINE to 85258 for 24 hours support
<b>NHS Bereavement Support Line</b>	This is a confidential bereavement support line, operated by Hospice UK. A team of fully qualified and trained bereavement specialists are available to support staff members' with bereavement and wellbeing issues relating to loss experienced through their work. Staff members will be offered up to 3 sessions with the same counsellor and onward support to our staff mental health services if they need it.	Free to access from 8:00am – 8:00pm, 7 days a week.	Call 0300 303 4434
<b>NHS Bereavement &amp; Trauma Support line for Filipino colleagues</b>	Supported by a team of fully qualified and trained Tagalog speakers is now available. Tagalog speaking specialist counsellors and support workers are available if colleagues: <ul style="list-style-type: none"> <li>- have experienced a bereavement.</li> <li>- wellbeing has been affected by witnessing traumatic deaths as part of your work.</li> <li>- need to discuss any other anxiety or emotional issues you may be experiencing as a result of the coronavirus pandemic.</li> </ul>	Free to access from 8:00am – 8:00pm, seven days a week.	Call 0300 303 1115

# Listening & Talking Support



Name	Offer Description	Hours of Operation	Access to Offer
<b>NHS Staff Common Rooms</b>	The staff common room is an opportunity for our NHS people to come together virtually and support each other during this difficult time. The staff common rooms are a safe and supportive environment through which colleagues can continue to stay mentally well.	24 hours	Visit: <a href="https://www.practitionerhealth.nhs.uk/upcoming-events">https://www.practitionerhealth.nhs.uk/upcoming-events</a>
 <b>Wellbeing Support Service</b>	A partnership with Project 5 which offers free mental wellbeing and 1-2-1 confidential support sessions to staff across the NHS and is led by a team of over 4,000 volunteer coaches and mental health practitioners.	24 hours	Visit: <a href="http://www.project5.org">www.project5.org</a> to register details and to book online

# Covid-19 Psychological Health and Wellbeing

## Self Help Wellbeing Support

NHS England and NHS Improvement



# Self help wellbeing support



Name	Offer Description	Hours of Operation	Access to Offer
	<p>A mental health platform which empowers staff to proactively improve their mental wellbeing. Using scientifically backed assessments tools and training that can measure and manage personal mental health needs including digital programmes to help with dealing with stress, sleep, coping, connection fulfilment and nutrition</p>	<p>Free to access 24/7 – expires end of December 2020</p>	<p>Visit <a href="https://nhs.unmind.com/signup">https://nhs.unmind.com/signup</a>            Access: Unmind            Sign up with your NHS email address            Download the Unmind app from your app store            Your organisation name is 'NHS' – if you do not see your NHS email domain please contact <a href="mailto:support@unmind.com">support@unmind.com</a> and include your email domain</p>
	<p>This science-backed app for mindfulness and meditation provides tools and resources to help reduce stress, build resilience and aids better sleep</p>	<p>Free access 24/7 – expires end of December 2020</p>	<p>Visit: <a href="http://www.headspace.com/nhs">www.headspace.com/nhs</a></p>
	<p>A sleep improvement programme using cognitive behavioural techniques to help address poor sleep.</p>	<p>Free access 24/7 – expires end of December 2020</p>	<p>Visit <a href="http://www.sleepio.com/nhs-staff">www.sleepio.com/nhs-staff</a>            Access: Sleepio            Answer a few short questions to tailor the programme to you            Sign up for an account using your name and email address            Click 'Personalize Sleepio'</p>

# Self help wellbeing support



Name	Offer Description	Hours of Operation	Access to Offer
	<p>Offers a digital mental health platform with a range of programmes, modules and interactive exercises to support staff health and wellbeing through self-learning.</p>	<p>Free to access 24/7 – expires end of December 2020</p>	<p>Via their Website or app:  <a href="https://nhs.silvercloudhealth.com/signup/">https://nhs.silvercloudhealth.com/signup/</a>            Access: Silvercloud            Use access code: NHS220</p>
	<p>The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information to help colleagues stay safe in a crisis. Colleagues can use it if they are having thoughts of suicide or if they have concern for someone else.</p>	<p>Free access 24/7 – expires end of December 2020</p>	<p>Visit: <a href="https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/">https://www.prevent-suicide.org.uk/find-help-now/stay-alive-app/</a></p> <p>Stay Alive is available for free through the App Store and Google Play. Once downloaded, the app is fully functional for offline use. Users also have the option to create a profile to synchronise their data for use with the online version at <a href="http://www.stayalive.app">www.stayalive.app</a></p>
	<p>A smartphone app that provides help with symptoms of worry and anxiety; using evidence-based cognitive behavioural techniques, voice and animation.</p>	<p>Free access 24/7 – expires end of December 2020</p>	<p>Download the Daylight app or visit <a href="http://www.trydaylight.com/nhs-staff">www.trydaylight.com/nhs-staff</a>            Access: Daylight            Answer a few short questions to tailor the programme to you            Sign up for an account using your name and email address            Download the Daylight app from your app store (search: Daylight- Worry less)</p>

# Self help wellbeing support



Name	Offer Description	Hours of Operation	Access to Offer
 <p>Wellbeing support for our NHS people</p> <p>NHS</p> <p>NHS colleague? <b>This is for you</b> Talk, call, text, search</p> <p>#OurNHSPeople</p>	<p>The People Directorate has launched some new benefits as part of the #OurNHSPeople Wellbeing Support during COVID-19 and beyond. These benefits are for all NHS and social care staff, including NHS England and NHS Improvement colleagues. The support offer is designed to protect and preserve mental and physical safety, individual and group resilience, leadership and decision making.</p>	<p>Free to access 24/7.</p>	<p>Via the Website: <a href="https://people.nhs.uk/">https://people.nhs.uk/</a></p>

# Covid-19 Health and Wellbeing Resource for Leaders

NHS England and NHS Improvement



# Coaching & Mentoring for Leaders

Coaching Offer	Offer description	Offer access and further details
<p><b>Coaching Support: Leading in the moment</b></p>	<p>Coaching offer is available to all managers .</p> <p>This service will match you with an experienced coach who will support you in finding real-time solutions to help you move forward.</p>	<p>Support is offered virtually across 2 x 45 - 60 min sessions</p> <p>Run by experienced executive-level coaches with many years experience across a variety of sectors/contexts</p>
<p><b>Coaching Support: Leading in and through the Crisis</b></p>	<p>This service will match you with an experienced coach who will work with you to strengthen your leadership by creating space for you to stand back, slow down and reflect if you want to</p>	<p>Support is offered virtually for a maximum of 12 x 45-60 min sessions</p> <p>Run by Save the Children Coaches with over 10 years of experience of coaching leaders working in humanitarian crisis response.</p> <p>(sessions to be completed by December 2020)</p>

# Coaching & Mentoring for Leaders

Coaching Offer	Offer description	Offer access and further details
<p><b>Mentoring Support</b></p>	<p>Mentoring offer for all leaders at all levels.</p> <p>This service will match you with an experienced army leadership mentor who will support you in finding real-time solutions if you are a leader.</p>	<p>Support is offered virtually for 2 hours per week for up to a maximum of 3 months</p> <p>Run by experienced Army Mentors in partnership with The Centre for Army Leadership</p>
<p><b>REACT MH conversation training</b></p>	<p>Offer is for all managers, supervisors and those with caring responsibilities for NHS people, in clinical and non-clinical NHS services, across all our NHS, health and care organizations.</p> <p>This training session will enable you to identify people in your team or community who may be struggling with their mental health, initiate a supportive wellbeing conversation, confidently hold the conversation using active listening skills, and signpost them to appropriate support.</p>	<p>Delivered virtually: Sessions last up to 1.15 hours and run remotely using virtual platform technology.</p> <p>NHS England and NHS Improvement are working in partnership with '<u>March on Stress</u>' who are experts in managing wellbeing during crisis situations to deliver their REACT MH training.</p> <p>Visit: <a href="https://people.nhs.uk/sign-in">https://people.nhs.uk/sign-in</a> to register/sign in and then visit our events page <a href="https://people.nhs.uk/events">https://people.nhs.uk/events</a> to search for and book onto a REACT MH session at a time and date that suits you.</p>

# Leadership Circles

- Leadership Support Circles are short, themed, online sessions based on the 10 evidence-based principles for leading compassionately during COVID-19.
- They are multi-disciplinary, interactive spaces for people managers at all levels to come together, share experiences and be heard
- Current online leadership circles on offer include
  - Looking after yourself
  - Encouraging everyone to talk
  - Being inclusive in the way you lead
  - Looking out for your team
  - #Caring4NHSPeople Wellbeing Webinar
  - Acknowledging the hurt
- To register and access the leadership circles please go to [www.people.nhs.uk](http://www.people.nhs.uk)

# Covid-19 Health and Wellbeing Resource for BAME Staff

NHS England and NHS Improvement



# Coaching support



Name	Offer Description	Hours of Operation	Access to Offer
	<p>Liberate Meditation offers culturally sensitive and diverse guided meditations and talks that have been curated for the BAME community. The app aims to help reduce anxiety, alleviate stress and promote rest.</p>	<p>Free to access – expires end of December 2020</p>	<p>Visit: <a href="https://people.nhs.uk/help/support-apps/liberate-meditation/">https://people.nhs.uk/help/support-apps/liberate-meditation/</a></p> <p>Access: Liberate</p> <p>Create an account using your NHS email address</p> <p>Download the Liberate app on from your app store</p>
<p><b>Virtual Staff Common Room</b></p>  <p>Please 'double click' on the image to open the poster as a PDF.</p>	<p>This is an opportunity for NHS staff [specifically catering to the needs of staff from BAME communities] to come together virtually and to invest some time in supporting each other during these challenging times.</p> <p>The Common Rooms are a safe and supportive environment hosted by an experienced and approved practitioner. They are one-off meetings for 1 hour with a maximum of 10 NHS staff. Discussion in the room is guided by the participants and focusses on present and future coping and support.</p>	<p>Currently operated Monday – Friday, 8:00am – 8:00pm at varying times to provide flexibility with further plans to increase to a 7days a week service with increased daily hours should demand require this.</p>	<p>Visit: <a href="https://www.events.england.nhs.uk/">https://www.events.england.nhs.uk/</a> to register.</p> <p>Any queries, please email Events and Engagement Manager <a href="mailto:michelle.davies9@nhs.net">michelle.davies9@nhs.net</a>.</p>

# Covid-19 Childcare

## National Summer Childcare Provision Offers for NHS

NHS England and NHS Improvement



# Summer Childcare Provision Offers

- **NHS organisations and HR departments may want to draw on the relevant information contained in this pack to share onwards with staff.**
- We understand that a number of childcare providers may be unable to re-open at this time, or open more widely. Parents can contact their [local authority \(LA\)](#) if their usual childcare provider is not open.
- We also understand that some LAs have been scoping where there are gaps in the provision of childcare, and are looking to work with providers to scale up provision where possible. NHS organisations may wish to contact LAs with any concerns around provision to support this.
- Staff can access their local Family Information Service, which is regarded as a first point of contact for updated information on childcare provision, using the childcare finder on the [Coram Family and Childcare website](#).
- Several established national childcare providers, with capacity over the summer months, are highlighted in this deck. You may wish to share details with your staff, alongside details of local provision.

# Summer Childcare Provision Offers

Name	Offer	Region	Contact	Website
<b>Busy Bees</b>	<p>Holiday care for children age 4 years and over. Free registration for NHS staff.</p> <p>Busy Bees will work with NHS organisations and local systems to block book summer provision or to open centres where there is need.</p> <p><b>For Busy Bees Holiday club locations, Double Click on Document</b></p>	National	<p>For more information contact:</p> <p><a href="mailto:Cintya.laouici@nhs.net">Cintya.laouici@nhs.net</a></p> <p><a href="mailto:Jane.Jobson@busybees.com">Jane.Jobson@busybees.com</a></p>	<p><a href="https://www.busybeeschildcare.co.uk/">https://www.busybeeschildcare.co.uk/</a></p>  <p>Document</p>
<b>Bright Horizons Nurseries and Pre-schools</b>	<ul style="list-style-type: none"> <li>• 300 nurseries available</li> <li>• Free registration and priority bookings for all NHS staff</li> <li>• Flexibility with session booking; book a specific number of sessions for the month, and you can use them when needed, subject to availability</li> <li>• Summer holiday care for children up to 8 years old</li> <li>• Emergency childcare services either in local nursery or in own home</li> </ul>	National	<p>Contact: 03717 053 523 quoting NHS05 0345 241 5309 for emergency childcare services</p>	<p><a href="https://www.brighthorizons.co.uk/">https://www.brighthorizons.co.uk/</a></p>

# Busy Bees



## NHS Holiday Care Support Programme Offer



Busy Bees has UK coverage with 355 nurseries located in England, Scotland and Wales. There are 13 holiday clubs in England and 1 in Scotland. Busy Bees will work with NHS organisations and local systems to block book summer provision or to open provision where there is the demand and capacity to do so

### Our Offer:

- Holiday Care for children aged 4 years and over \*
- Free registration
- Cost on application
- Easy registration and admissions process for temporary placement (with no obligation to book permanently) \*\*
- High quality care and education delivered by dedicated, qualified and professional teams
- Safe and secure environment
- Well resourced, high quality facilities
- Access to Busy Bees exclusive home learning programme 'UP'

\* For children aged under 4 years please enquire at your local Busy Bees Centre (normal T and C's apply)

\*\* A minimum booking pattern may be required at centres with low availability to guarantee a place

**Quality. Care. Service. Value.**



## Bright Horizons

We have more than 300 nurseries bringing fun, play and learning to children throughout the UK.

We are pleased to provide NHS staff with the following benefits:

- Free registration and priority bookings for all NHS staff
- Flexibility with session booking; book a specific number of sessions for the month, and you can use them when needed, subject to availability
- Summer holiday care for children up to 8 years old

**Cost:** Please call 03717 053 523 to discuss availability and fees.

For more information about our nurseries, please call 03717 053 523 quoting "NHS05" and we will endeavour to accommodate your childcare needs.

Bright Horizons also offer emergency childcare, dependent, elder-care and in-home nanny services at short notice. For more information, please call 0345 241 5309. NHS staff may also be able to save up to 40% on nursery fees when using a Bright Horizons nursery local to a hospital site – call 07515 607594 to discuss how we can improve the affordability of care.



# Summer Childcare Provision Offers

Name	Offer	Region	Website
<p><b>SearchChildcare –</b></p> <p><b>A free service from the charity PACEY (Professional Association for Childcare and Early Years)</b></p>	<p>Information, advice and support on registered childminding and how it can offer flexible, high quality care and early education, including atypical hours.</p> <p><b>Summer provision:</b> Ofsted registered childminders are trained professionals, able to care for a range of ages and more likely to be flexible for those working atypical hours. They can care for siblings and, over the summer, organise trips out whilst maintaining Covid hierarchy of controls.</p> <p>NHS staff can ask their local council about childminders in their area or search for registered childcare providers for free using <a href="https://searchchildcare.org.uk">SearchChildcare</a>.</p>	<p>England and Wales</p>	<p><a href="https://searchchildcare.org.uk">https://searchchildcare.org.uk</a></p>

# PACEY

## Childminders can care for children of critical workers

Childminders are open over the summer period caring for children of critical workers.

**If you need childcare, look on SearchChildcare or contact your local authority.**



**#notababysitter**  
**pacey.org.uk/NAB**

# Summer Childcare Provision Offers

Name	Offer	Contact	Region	Website
<p><b>Koru Kids</b></p>	<p>Koru Kids is a childcare service providing families across London with part-time and after school nannies. We have trained and vetted nannies to look after children at home, and can help NHS workers who are struggling to find childcare unique to their situation.</p> <ul style="list-style-type: none"> <li>- Free signup</li> <li>- Service available for children aged 4+,</li> <li>- Nannies available to look after children from 0 to 4 years old</li> </ul> <p>Due to Covid-19 we match nannies only for walking/cycling/driving commutes, to avoid public transport. Rates start from £13/hour with no upfront fees.</p> <p>Use code <b>NHS50</b> for £50 off your first month.</p>	<p>If your organisation is looking for something more specific and bespoke, please don't hesitate to contact us (<a href="mailto:support@korukids.co.uk">support@korukids.co.uk</a>) so we can solve your childcare woes.</p>	<p>London</p>	<p><a href="http://www.korukids.co.uk">www.korukids.co.uk</a></p>

# Koru Kids



Get £50 off  
with code  
NHS50

## Outstanding Part-time nannies in London

Koru Kids is a childcare service providing families across London with part-time and after school nannies. We have trained and vetted nannies to look after children at home, and can help NHS workers who are struggling to find childcare unique to their situation. Signing up is free and you can browse local nannies instantly.



# Summer Childcare Provision Offers

Name	Offer	Contact	Region	Website
<p><b>Forces Children's Trust</b></p> 	<p>The FCT assists any dependant children whose father or mother has died, or has sustained life changing injuries whilst serving as a member of our Armed Forces and we now include NHS and Social Care families who have been affected by the Corona virus.</p>	<p>For more information contact:</p> <p>Denny Wise - <a href="mailto:denny.wise@forceschildrenstrust.org.uk">denny.wise@forceschildrenstrust.org.uk</a></p>	<p>National</p>	<p><a href="http://www.forceschildrenstrust.org.uk">www.forceschildrenstrust.org.uk</a></p>



**Forces Children's Trust<sup>®</sup>**  
**To help a child is an honour**

THE FCT ASSISTS ANY DEPENDANT CHILDREN WHOSE FATHER OR MOTHER HAS DIED, OR HAS SUSTAINED LIFE CHANGING INJURIES WHILST SERVING AS A MEMBER OF OUR ARMED FORCES **AND WE NOW INCLUDE NHS AND SOCIAL CARE FAMILIES WHO HAVE BEEN AFFECTED BY THE CORONAVIRUS.**

**Further details:**

[www.forceschildrenstrust.org.uk](http://www.forceschildrenstrust.org.uk)

email: [denny.wise@forceschildrenstrust.org.uk](mailto:denny.wise@forceschildrenstrust.org.uk)