

Keeping Well for Staff in South East London

We know that all health and social care staff work extremely hard, and often under very difficult conditions. Our staff are highly valued but often feel exhausted and under-appreciated. The NHS and Social Care are investing time and resources in staff to develop a programme of psychological support and resilience building.

Our aims are to:

Understand what causes you stress

Understand what support you would like

Offer some support and ask you whether it was helpful



We need your help

We invite you to help us build this programme together by taking part in conversations about how **we can support you**. These meetings will take place virtually. When you sign up, the meeting link will be sent to you. We will ask you what causes you stress and what support you have found helpful, so that we can **build a programme which will work for you**. Your responses will be confidential. Your data will be protected.

For more information on SLaM's data protection policy, see link below.

<https://www.slam.nhs.uk/about-us/privacy-and-gdpr>

We will, however, need to collect some data about you. The reason for this is that we need to:

- invite you to our events online
- ensure that we have approached a representative sample of staff from different backgrounds
- be able to follow up with you regarding any information or resources you may have requested
- provide aggregated, anonymised data to NHS England

We will not share your details with anyone who might use your data for any other purpose.

What to expect

When we meet with you, we will:

- introduce you to an entirely **free psychological therapies service** which you can access anonymously - IAPT (Improving Access to Psychological Therapies) services are available in every borough - see information leaflet.
- be providing opportunities for staff to take some **time to decompress and reflect** on the work that they do. We encourage you to make time to take part because taking care of yourself is the only safe way to take care of others. We will be offering a range of **interventions to help you unwind** and make sense of the challenges going on around us all.
- ask for your feedback on our work.
- have a member of our comms team involved to capture your views (entirely anonymously) for our final report, which will guide senior management in tailoring support to staff needs.

We look forward to hopefully meeting and working collaboratively with you.