



Wellbeing Initiatives

April to November 2021

Support for Self



staff engaged in Back to Base/
Work Based Therapy Service



Mindfulness courses (on
average 8 sessions per course)



Menopause support
in October



staff regularly attend Long
COVID Support Group



participants engaged in
Wellbeing sessions with PWP's



participants in
F1 doctors session



participants in Newly Qualified
nurses support



participants in Indian Nurse
support



staff borrowed a
virtual reality headset



staff participants in
Stress and Burnout training
to junior doctors



overall number of Wellbeing
drop-ins/ Debrief sessions/
Consultations



participants in
NWIS wellbeing events
(1 session)



sites with provision
of SOS boxes

Training Workshops

16
participants
Anxiety
Management
course
Launched in
September 2021



5
participants
Staying Well
Workshop
Launched in
October 2021



16
participants
Stress,
Burnout
and Trauma
Launched in
October 2021



15
participants
Low mood
Launched in
November 2021



VIVUP Activity Data (April to September 2021)



Support for Others

70
Number of Employee
Wellbeing Activists
recruited



Approximately
150
participants in Wellbeing
Focus Groups – multiple sites,
multiple services



Training Workshops

59
staff
trained
Mental Health
First Aid
Launched in
July 2021



79
managers
trained
Mental Health
Awareness Training
for Managers
Launched in
July 2021



5
participants
Mental Health
awareness sessions
with PWP



37
participants
Peer Support
training with
counsellor



Contact

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CYMRU
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