

Ref: FOI/GS/ID 6678

Please reply to:
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26 April 2021

Freedom of Information Act 2000

I am writing in response to your request for information made under the Freedom of Information Act 2000 in relation to Staff wellbeing day.

You asked:

- 1. Have you introduced a wellbeing day for your employees?*
- 2. If so, does this apply to all your employees or just some?*
- 3. When was it introduced?*
- 4. Can the wellbeing day be taken off by employees at any time of year, or is there a specific date when everyone takes the day off together?*
- 5. Why did you introduce a wellbeing day?*

Trust response:

1. Yes, we have called this a Recognition day.
2. It applies to all substantive staff.
3. March 2021.
4. It can be taken any time until 31 March 2022.
5. To provide a day away from the workplace that staff can take in the same way as annual leave to provide an opportunity to have some time for themselves and enjoy a short break from the stresses under which we work. Staff can use this time to support their physical or mental wellbeing, focus on their personal or professional development, or a combination of all four; spend time with loved ones, enjoy a hobby or just relax.