

Ref: FOI/GS/ID 8643

**Please reply to:**  
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24 November 2023

## **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 Health and Wellbeing.

*You asked: All questions are shown as received by the Trust.*

1. *Do you have a Staff Health and Wellbeing Lead in your organisation?*
2. *Do you have a Staff Wellbeing Team and what is the structure?*
3. *Where does staff health and wellbeing sit within your organisation?*
4. *Do you have a Mental Health First Aid programme?*
5. *How many Mental Health First Aiders do you have?*
6. *How many Health and Wellbeing Champions do you have?*
7. *Has staff health and wellbeing had financial investment since 2021?*
8. *Does your organisation offer staff training? If so, what training do you offer?*

Trust response:

1. Yes
2. Yes, a lead at Band 8a, 3 Wellbeing Practitioners at Band 7 and an Events and Engagement Coordinator at Band 5
3. Within the People & Organisational Development function
4. Yes
5. Currently 89 trained
6. 15 with 14 undergoing training
7. Yes
8. Training courses that specifically mention wellbeing in their content are:
  - Appraisal workshops
  - Exceptional Leaders: Emerging Leader (Level 1)
  - Mental Health First Aid Champion
  - Mental Health First Aider
  - Preventative Wellbeing Training
  - Resilient People in Compassionate Organisations

- Wellbeing Workshops