

Staff 'Wellness Workshop', Department of Clinical Neurosciences

Over 30 staff from the Department of Clinical Neurosciences attended a 'Wellness Workshop' on 11 June 2024. Staff from this department can work under stressful and challenging situations so the aim of the workshop was to inform staff of wellbeing resources and support available and provide practical tips and strategies to help improve wellbeing and reduce the impact of stress.

Speakers at the workshop included Caroline McDowell, Work Well Specialist, who provided information on Work Well supports and initiatives, Aillen Marr, Occupational Health Advisor, signposting to support available from the NHS Occupation Health department. Participants also had the opportunity to practice mindfulness techniques.

By attending the 'Wellness Workshop', staff have been impacted in the following ways:

100%

staff agreed the event made a positive difference to their health and wellbeing



"I have taken some of the information shared and use to try and keep calm when feeling stressed or overwhelmed."

50%

of staff agreed the event made a positive difference to their individual practice (awareness of support available)



"I discovered help/well being contacts and information I did not know existed before the course."

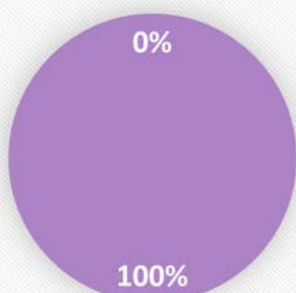
50%

agreed the event made a positive difference to their team/department practice (sharing of support available)



"I have more awareness of what is available and how to access it, I shared a summary of this with my OT team."

As a result of attending this learning activity did you have the opportunity to learn something new?



■ Yes ■ No

- 60% of staff agreed they are applying the knowledge/skills gained from the workshop on a frequent basis
- 40% have not yet been able to apply in practice, but know what to do if it were required



"I thoroughly enjoyed the wellness day, I learned quite a lot of things and felt extremely motivated afterwards, it's definitely something I think all members of staff could benefit from."

Thanks to all the staff who took part in the survey.
Go to [NHS Lothian Charity Website](https://www.nhs.uk/lothian-charity) to find out what funding is available.