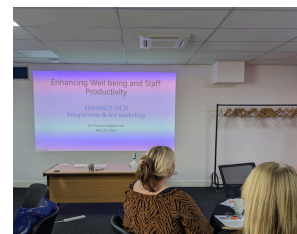


Staff 'Wellness Event', Department of Clinical Neurosciences – 2025

Over 30 staff from the Department of Clinical Neurosciences attended a 'Wellness Event' on 21 May 2025. Staff from this department can work under stressful and challenging situations so the aim of this yearly event 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 Mark Evans, Head of Service for Spiritual Care, who provided information on how the service can support staff, Anna Cox shared information about staff peer support and Inga Cosway gave an update from the Work Well Team. Participants also had the opportunity to participate in an art workshop led by Consultant Neurosurgeon, Mr Chandru Kaliperumal.



By attending the 'Wellness Event', staff have increased knowledge about the support services available to them and improved confidence in accessing this support.

Staff rated their skill/knowledge level on the topic after attending the event.
On average staff rated:

8

*1 = low, 10 = high

Such an interesting and fun day. Learned so much on self care and wellbeing. Didn't know there was so much support for staff available."

Good information and resources, I feel well-informed."

100%
staff agreed they learned something new about staff wellbeing support services as a result of attending the event.

Staff rated their comfort/confidence level on the topic after attending the event.
On average staff rated:

9

*1 = low, 10 = high

I now have strategies to deal with stress, will feel more empathetic to colleagues."

I will reach out to staff services if required and consider using mindfulness techniques day to day when at work."

I will make time for team bonding, check in more with colleagues...it's OK to take 5 mins for myself."

Never done art in 30 years. Going to purchase paint stuff to get outside and paint!"

A number of staff shared that they will share information from the event with their team/colleagues:

I will make sure my work family are OK by checking in with them and guide them to all the available services."

Everything has been explained really well...I feel confident I can inform colleagues of services available to them."

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.



Report compiled by Rebecca Caulfield, Evaluation Manager, NHS Lothian Charity.