NHS Lothian Charity

Impact Report

Staff Wellbeing Microgrant: Supporting staff meals

What is a Microgrant?

A Microgrant is a small sum of money, £500 or under, that hopefully has a big impact. As part of its commitment to suppporting staff wellbeing NHS Lothian Charity offers teams the opportunity to apply for a Microgrant for items or activities to improve or maintain their wellbeing.



Claire, physiotherapist at No.11, with microwaves

NHS Lothian Charity supported the purchase of 2 durable microwaves for use at Number 11 in Dalkeith, a central base for adult mental health services in Midlothian. The building is used by approx. 250 staff from Midlothian Mental Health and Resilience Service, Community Mental Health Team, Substance Use Service, and Midlothian Psychological Therapies Service. It provides essential facilities including rest areas, toilets, and food preparation spaces for staff working on site or in the community throughout the day and evening. The microwaves have helped improve kitchen facilities, helping staff to access hot meals to support their wellbeing.

Supporting wellbeing

Mental health staff work in demanding environments and need opportunities to look after their own wellbeing. Many staff based at Number 11 work late or evening shifts, when access to food options may be limited due to local cafes being closed. Having access to microwaves makes it easier for staff to enjoy a hot meal, helping them maintain energy levels, reduce stress, and feel supported during busy day or evening shifts.

> We work in the evenings so access to the microwave to have a hot meal is so important."
>
> Staff Member, Number 11

> A hot meal provides energy and essential nutrients that help maintain concentration, stamina, and physical health throughout the day. Warm meals can be comforting and help reduce stress, particularly during busy or emotionally demanding shifts."
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> Wendy, Staff Wellbeing Development Lead, Midlothian HSCP

Feeling more valued

Investing in facilities that staff value has created a more positive working environment and demonstrates that staff wellbeing matters especially for many of the staff who spend much of their day working independently and under challenging or stressful circumstances.

> Really appreciate this. It will make a huge difference to all of the staff."
>
> Staff Member, Number 11

Encouraging breaks and recovery

Taking regular breaks is essential for reducing fatigue and supporting emotional resilience. The microwaves have encouraged staff to take time away from their work, eat properly, and recharge before returning to patient care.

Find out how NHS Lothian Charity can support staff wellbeing by visiting the website.

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