

HEALTH AND WELL BEING WORKING GROUP

Tuesday 9 May 2017, 13.30, PSSRU Meeting and Conference Room

Minutes

Apologies received from Nick

1. Results of PSSRU H & W B survey 2017

LC thanked everyone for their help with compiling the survey and Clara for producing the useful summaries.

There were 23 responses to the survey. This was considered a good response.

They have been fully anonymised.

There followed some discussion about how to move forward with the results of the survey and in particular how to deal with any comments felt to be negative or of concern.

The group agreed it would be useful to provide an opportunity for individuals who have posted negative responses to have a forum to discuss their concerns in more depth and to consider what other measures may be introduced to help.

Ideas put forward were:

- the possibility of introducing a pastoral care role to the unit for staff members who felt unable to discuss issues with their line manager. After discussion, it was felt that members of the HWB could provide an additional point of contact for such issues. LC agreed to consider what training may be available for any group members who might find it useful,
- providing a signposting service to reference material such as websites or training (e.g. assertiveness training) for those with any particular concerns.

It was agreed that the group should draw up a report to the unit showing results and providing recommendations although this should not take place until after the away day on 23 May when the issues raised in the survey could be explored further.

2. HWB session at State of the Unit meeting (23 May)

A variety of ideas was put forward for the away day. Among these were:

- a brief introduction to the results of the survey explaining this is the beginning of the process and further work is required
- the use of posters with main talking points highlighted for staff members to post their ideas on post-it notes – possibly stop/start/carry on
- the use of a “post-box” for staff members to post confidential comments

- an ice-breaker type item

Lisa agreed to present and Clara agreed to produce a powerpoint presentation.

Amanda agreed to gather together some ideas for possible ice-breaker activities.

3. Health and wellbeing activities

KR's mindfulness meditations and the lunchtime walks are continuing and seem to be well received.

SP attended a well-being event run by the EDI network and there were some interesting ideas presented here. SP, DF and/or LC are to meet with a staff member from Kent Union to see if they have ideas to offer us – perhaps a health and well-being lunch?

There was no other business.