



Wellbeing Initiatives

April to November 2021

Support for Self



38

staff engaged in Back to Base/
Work Based Therapy Service



30

Mindfulness courses (on
average 8 sessions per course)



215

Menopause support
in October



30

staff regularly attend Long
COVID Support Group



64

participants engaged in
Wellbeing sessions with PWP's



95

participants in
F1 doctors session



20

participants in Newly Qualified
nurses support



35

participants in Indian Nurse
support



67

staff borrowed a
virtual reality headset



55

staff participants in
Stress and Burnout training
to junior doctors



104

overall number of Wellbeing
drop-ins/ Debrief sessions/
Consultations



170

participants in
NWIS wellbeing events
(1 session)



100

sites with provision
of SOS boxes

Training Workshops

16

participants
Anxiety
Management
course

Launched in
September 2021



5

participants
Staying Well
Workshop

Launched in
October 2021



16

participants
Stress,
Burnout
and Trauma

Launched in
October 2021



15

participants
Low mood

Launched in
November 2021



VIVUP Activity Data (April to September 2021)



271

incoming calls
from new users



176

completed
assessments
for counselling



162

new staff
taken on for
counselling



678

counselling
sessions
provided



78

Self Help
workbooks
downloaded

Support for Others

70

Number of Employee
Wellbeing Activists
recruited



Approximately

150

participants in Wellbeing
Focus Groups – multiple sites,
multiple services



Training Workshops

59

staff
trained

Mental Health
First Aid

Launched in
July 2021



79

managers
trained

Mental Health
Awareness Training
for Managers

Launched in
July 2021



5

participants

Mental Health
awareness sessions
with PWPs



37

participants

Peer Support
training with
counsellor



Contact

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GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board