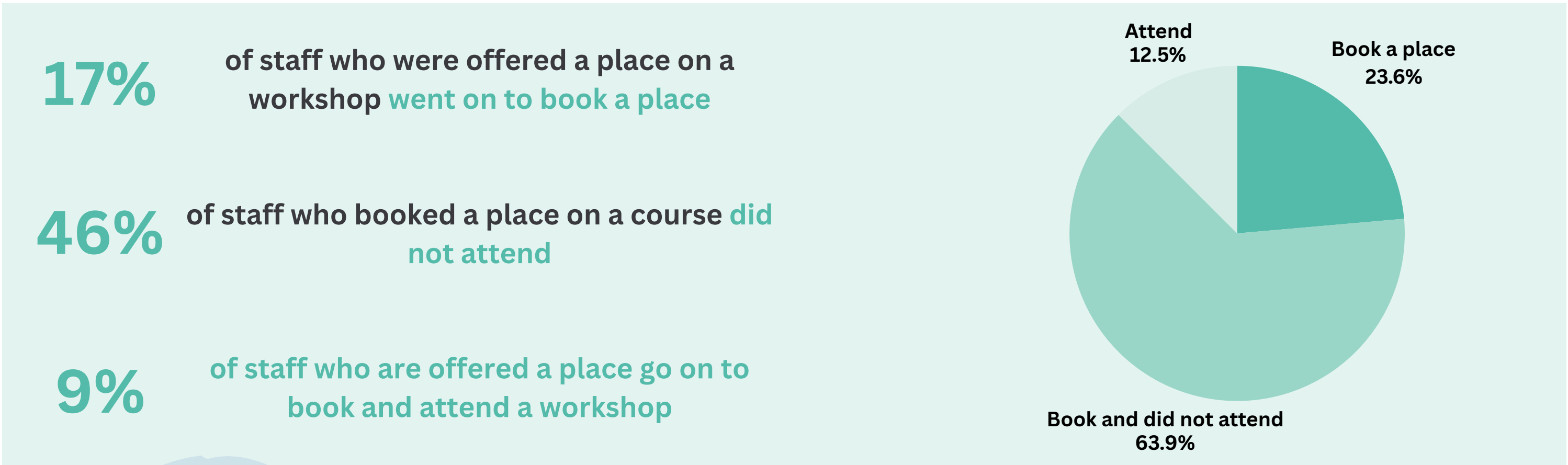
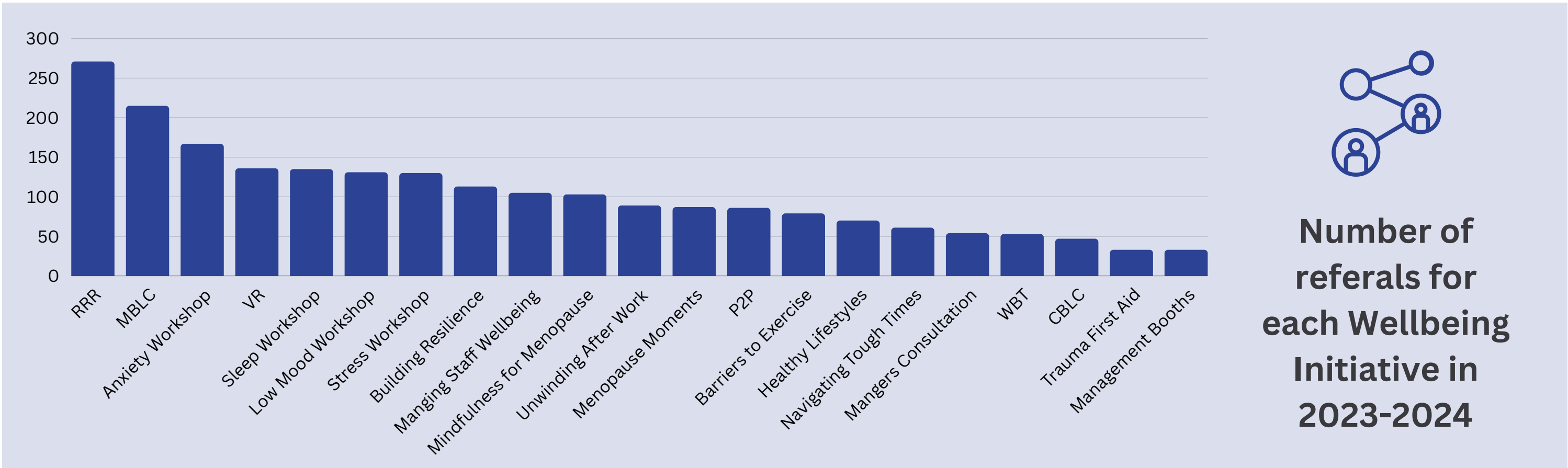
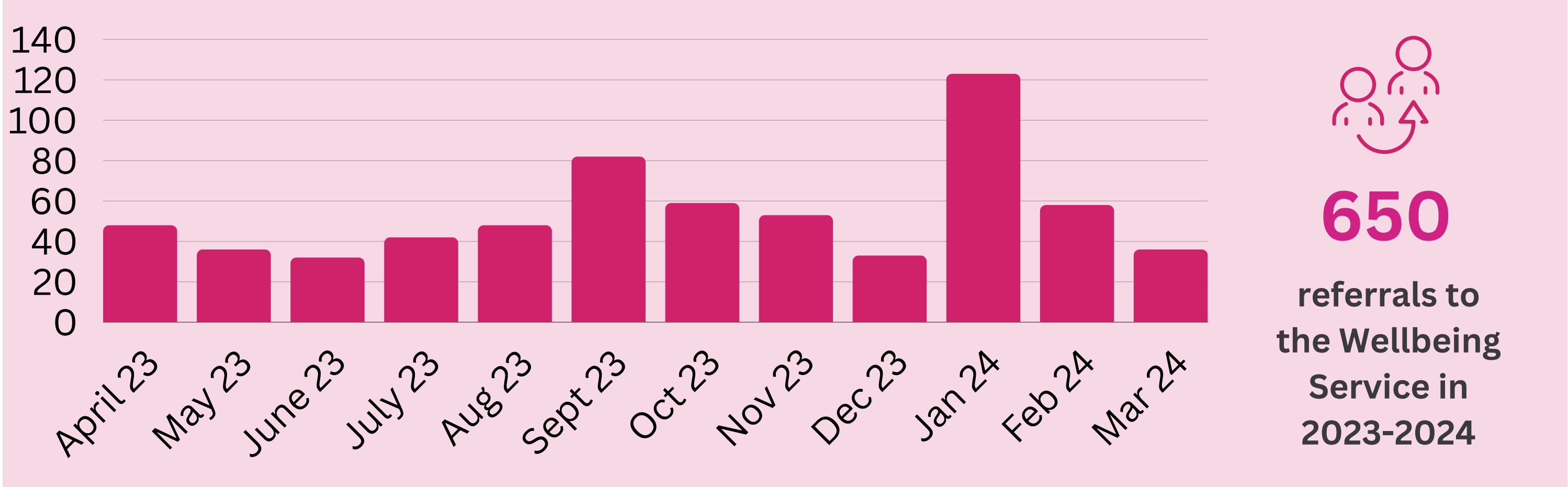




Wellbeing Initiatives

April 2023 to March 2024

Referral Rates



Every £1 invested in employee wellbeing can produce a return of £8

in terms of increased productivity, job satisfaction and engagement, and reduced sickness absence, presenteeism and turnover.

Support for Self



3

8-week Mindfulness Based Living Courses completed by staff



reduction in levels of distress



increase in psychological wellbeing



5

Rest, Recharge & Reconnect sessions



27

Monday Midday Mindfulness sessions ran



30

hours of support for 7 staff members with Trauma First Aid



48

staff attended Menopause Moments sessions

7 sessions ran



18

staff engaged in Management Booths

“Thank you for everything you have done for me and aiding my recovery I still have some way to go with the physical side of things but mentally and emotionally I feel stronger and that is thanks to you”



1

8-week Compassionate Based Living Course completed by staff



reduction in levels of distress and increase in psychological wellbeing



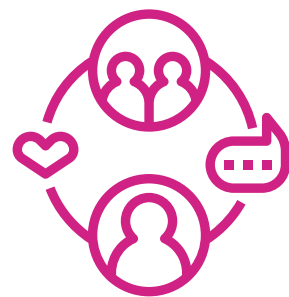
60

staff borrowed a virtual reality headset



22

participants invited to attend Permission to Pause sessions



70

staff triaged for Work Based Therapy

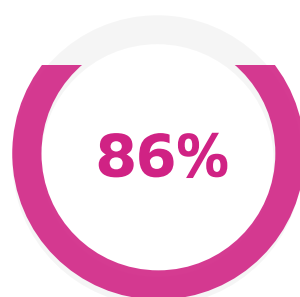
23

staff receiving support in Work Based Therapy



2

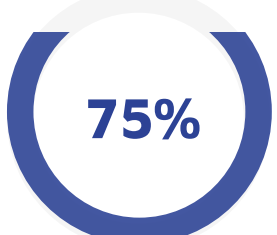
8-week Navigating Tough Times courses



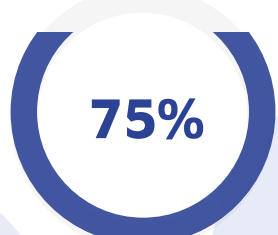
returned to work after attending



reduction in levels of distress



increase in psychological wellbeing



decrease in psychological distress



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board

Wellbeing Workshops

| | | | |
|---|--|---|---|
| <p>6 workshops offered</p> <p>Recognising and Understanding Anxiety</p> <p>75% rated the course as very helpful</p> <p>100%</p> | <p>5 workshops offered</p> <p>Barriers to Exercise Course</p> | <p>4 workshops offered</p> <p>Building Resilience</p> | <p>5 workshops offered</p> <p>Recognising & Understanding Low Mood</p> |
| <p>7 Understanding & Improving Sleep</p> <p>5 Unwinding After Work</p> <p>100% rated the courses as helpful</p> | <p>3 10-week courses</p> <p>Healthy Lifestyles Course</p> <p>100% lost an average of 7lbs in weight</p> <p>100% increase in self-esteem</p> | <p>5 workshops offered</p> <p>Navigating Tough Times: Exploring the Impact of Stress Workshop</p> <p>started delivering in July 2023</p> | |

VIVUP Activity Data **96.8%** - said it supported them to stay in work or return to work quicker

| | | | | | |
|---|---|--|---|--|---|
| 734 incoming calls from new users | 149 completed assessments for counselling | 150 new staff taken on for counselling | 530 counselling sessions provided | 218 Self Help workbooks downloaded | 86% staff completing counselling show a reduction in difficulties - Clinical outcome data |
|---|---|--|---|--|---|

Support for Others

| | |
|--|---|
| 62 Wellbeing Activists | 20 Activist Support Sessions |
| 33 staff completed Wellbeing Supporters Training | 37 staff attended Managing Staff Wellbeing training |

100% said the session was 'very helpful'

94% said the session was 'very helpful'

28 staff attended Manager Support and Consultation Slots

"The session was very helpful, being able to talk to someone about my situation and given useful guidance has helped me understand how I act and treat myself"

130 hours supporting over **108** staff Processing and Containing Emotions in Teams (PACE)

"It came at the perfect time for us before we reached complete crisis. This has enabled us to break negative cycles and embed positivity in the team. This has allowed us pull together, approach with a different and more positive mindset - thank you!"

The CTM Big Team Challenge

3 Big Team Challenges hosted

1,096 participants across 3 challenges

221,327 miles completed by staff

218 trees planted by BTC

75% increased their physical activity levels after doing the challenge

85% reported a positive impact on their emotional wellbeing

73% found ways to overcome barriers to exercise after doing the challenge

Engaging with Staff

90 resource appointments provided to support staff with accessing the Wellbeing Service (since Oct. 2023)

13 stalls on hospital sites talking to staff, raising awareness of Wellbeing support

10 visits to non-DGH sites talking to staff, raising awareness of Wellbeing support

Contact

Email: CTM.WellbeingService@wales.nhs.uk
 Website: ctmuhb.nhs.wales/staff