

Press release – 6 March, 2018

**South Tyneside NHS Foundation Trust maintains excellence in
improving staff health and wellbeing**

South Tyneside NHS Foundation Trust is continuing to be a shining example to employers in the region for improving the health and wellbeing of staff.

In 2017, the Trust became the first employer in South Tyneside to be awarded ambassador status in the North East Better Health at Work Awards. Now, it has achieved the highest level - Maintaining Excellence. This is given to ambassador organisations which can demonstrate that they are continuing to provide activities, services and structures that help their workforce to maintain or improve their health and wellbeing at work.

The Trust, which employs about 3,600 staff working in hospital and community settings, had previously achieved Bronze, Silver, Gold, Continuing Excellence and Continuing Excellence Plus.

Through a partnership between the NHS, the Association of North East Councils and the TUC, the award scheme recognises the efforts of employers in addressing health issues within the workplace. It is open to all employers in the North East and Cumbria, regardless of size, location or type of business.

Kath Griffin, South Tyneside NHS Foundation Trust's Director of Human Resources and Organisational Development, said: "Our staff are the beating heart of the organisation and we know that, if they feel happy and motivated then that has a positive impact on patient experience and outcomes.

"This latest accolade, which is due to the hard work of our wellbeing team, demonstrates the Trust's commitment to looking after our own staff and, as a Better

Health at Work ambassador, it is our privilege to be in a position to act as a role model for other organisations, supporting them by sharing good practice and ideas for engaging staff and improving their health and wellbeing.”

On Wednesday, March 14th, the Trust will hold its first Employee Benefits Day at South Tyneside District Hospital, with stalls showcasing a whole host of employee health and wellbeing benefits, information and activities.

The Trust’s wellbeing team takes a proactive approach to helping staff to maintain or improve their health and wellbeing at work. Initiatives in place include:

- Assessing those with musculoskeletal problems (conditions which affect the joints, bones and muscles) by carrying out workplace assessments and supporting staff to remain at, or return to, work in a safely and timely manner
- Supporting staff with stress-related issues on an individual or team basis
- Promoting ‘green travel’ options, such as Bike to Work and Walk to Work schemes
- Offering health checks, smoking cessation and access to physical activities, including pilates, boxercise, yoga
- Engaging staff by recruiting and supporting health champions who support the wellbeing agenda in their own work environment
- Delivering training to all levels of staff on a range of subjects, including understanding stress and managing stress in others. A new package promotes coping strategies

Ends

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