

Health and wellbeing for staff

For all of us at UHB to build healthier lives, we need to care for ourselves and each other. This leaflet highlights the many ways in which the Trust can support your health and wellbeing.



QEHB Farmers' Market

Every second and last Wednesday of the month, the Trust also hosts the QEHB Farmers' Market, where you can buy fresh, locally produced products.

Dates and times

- 🕒 07.30–14.30
- 📅 Second and last Wednesday of the month
- 🌐 uhb.nhs.uk/farmersmarket



Community Orchards and Gardens

UHB's Community Orchards and Gardens are improving unused green space around the QEHB site and turning them into wildlife, conservation and food growing areas.

Find out more

- ✉ g.powell@tcv.org.uk
- 🌐 uhb.nhs.uk/orchard



Manual Handling and Ergonomics

The Manual Handling and Ergonomics service advises staff on how to reduce the risk of developing musculoskeletal stresses whilst at work. The team delivers education, carries out assessments, visits work areas across the Trust and provides support with complex risk assessments.

Find out more

- ✉ ergonomics@uhb.nhs.uk



Staff Podiatry

The Podiatry Service helps you to with the management of foot problems; treatment and advice. This is available to all UHB staff for a small fee via salary sacrifice.

Find out more

- ✉ PodiatryStaffService@uhb.nhs.uk



Financial wellbeing

Neyber is a staff benefit that can help you to reach your financial goals by building your knowledge and confidence on key financial topics. By signing up, you have free access to articles, tools and calculators, as well as podcasts and webinars. Neyber also offer salary-deducted loans at four fixed rates.

Find out more

- 🌐 www.neyber.co.uk/UHB



The M Club

Over 70% of staff at UHB are female and all will go through the menopause. The M Club is a monthly peer to peer meeting for supporting and signposting with regards to the menopause.

Find out more

- ✉ mclub@uhb.nhs.uk



Building healthier lives

wellbeing@uhb.nhs.uk



Staff Counselling

Sometimes the pressures of life can lead to stress and have a negative effect on your emotional, physical and psychological health. For most people, being able to talk about how they are coping with their worries, pressures and concerns can be helpful. Staff Counselling is a confidential service for all UHB staff.

Dates and times

🕒 08.30–16.30

📅 Mon–Fri

Bookings

✉️ staffsupport@uhb.nhs.uk

☎️ 0121 371 7170



Chaplaincy Support

The Chaplaincy team provides spiritual, religious and pastoral care to staff as well as patients and visitors. The presence or support the team offers is not just for those who are religious and are available at any time.

Find out more

✉️ chaplaincy@uhb.nhs.uk

☎️ 0121 371 4574

☎️ 0121 371 4570



Mindfulness

Mindfulness is a meditation practice grounded in our immediate experience. It aims to broaden awareness by exploring and developing a sense of the present moment whilst being compassionate to ourselves as well as others.

Dates and times

🕒 13.30–14.00

📅 Free sessions every Monday

and Tuesday. Plus Whole Saturdays every two months

📍 Faith and Community Centre, Level 1, QEHB

Find out more

☎️ 0121 371 4570



Stress Management Training

There are a range of free courses available to staff, including Stress Management, which covers the physiological and psychological impacts of stress and how they can be countered and reversed.

Bookings

✉️ training.administration@uhb.nhs.uk

☎️ 0121 371 4214



Occupational Health

Occupational Health help you to stay well at work – physically and mentally. An occupational health assessment can help keep you healthy and safe whilst in work, and manage any risks in the workplace that are likely to give rise to work-related ill health.

Bookings

✉️ occupationalhealth.enquiries@uhb.nhs.uk

☎️ 0121 371 7170



Staff Well Clinic

Everyone is at risk of developing heart disease, stroke, type 2 diabetes, kidney disease and some forms of dementia. We know the risk of developing these conditions increases with age. The good news is that these conditions can often be prevented, even if you have a history of them in your family. Have your bloods taken for HIV, diabetes, renal function, and cholesterol at the Well Clinic. You will be taken through your blood results and told what they mean. You will also be asked to fill in questionnaires on anxiety, depression, activity and alcohol consumption and given personalised advice on how to lower any risks identified within the health check and you may be referred to a specialist team if required. Treatment or medication may also be prescribed to help you maintain your health through your GP.

Bookings

✉️ staffwellclinic@uhb.nhs.uk

☎️ 0121 371 3170

🔗 uhbhome/staff-well-clinic.htm



Morris Centre Club

The Morris Centre Club is a friendly leisure club for UHB staff, their friends and family; with modern facilities, great service and excellent value for money, in a convenient location on the QEHB site; facilities include a fitness suite, swimming pool, multi-use sports area and fitness classes including Yoga, Pilates or a more intense lunch time fitness class. There is also a beautician and a holistic therapist offering a variety of treatments to aid relaxation.

Find out more

☎️ 0121 371 4425

✉️ morriscentreclub@uhb.nhs.uk



Staff Physiotherapy

UHB staff are able to self-refer to Physiotherapy, where you will have an assessment, and treatment if required. Clinics are held at various times in the week.

Bookings

☎️ 0121 371 3492

☎️ 0121 371 3493



Healthy eating

'Dave's Fruit and Veg' stall is situated outside the main entrance at QEHB, providing an easy way to get your five-a-day. There are plans to expand this to other sites.

Dates and times

🕒 07.30–17.30

📅 Mon–Fri

📍 Main Atrium, QEHB