



Wellbeing

for TSDFT Staff

Your Wellbeing Matters



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Meet the Wellbeing Team



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WELLBEING CONTACTS

✉ tsdft.wellbeing@nhs.net

☎ Call 111 and select the mental health option

☎ Samaritans 24/7: 116 123

☎ EAP Helpline 24/7: 0800 031 4674

🌐 Devon Wellbeing Hub: www.devonwellbeinghub.nhs.uk

🌐 Talkworks: www.talkworks.dpt.nhs.uk

Scan this QR code
to check out our
Wellbeing Wall





What do

I need

~~to do~~

today?



A close-up photograph of a person's hands typing on a silver laptop keyboard. The person is wearing a white long-sleeved shirt. The background is a bright, sunlit office space with a window showing greenery outside. On the desk, there is a blue mesh pen holder with several pens, a white calculator, and several sheets of paper with colorful bar charts. The overall atmosphere is professional and productive.

TRUSTWIDE PROGRAMMES

BECOME A WELLBEING BUDDY

HOW CAN YOU BECOME A WELLBEING BUDDY?

Wellbeing buddies can be any member of a team. There is no particular skill needed apart from a passion around self-care and wellbeing.

You will attend a half day training session, where you will learn about effective communication in order to support others. Accompanied with techniques, skills and information taken from coaching and mental health training in order to have wellbeing discussions. The training will also help you to reflect on your own wellbeing and focus on what you need to keep well.

Email us to find out when our next training is and book on tsdft.wellbeing@nhs.net

WHAT DO WELLBEING BUDDIES DO?



A wellbeing buddies primary job is to be a listening ear to their team. Sometimes just listening can be all someone needs, but if someone needs further support, a wellbeing buddy can signpost them to what they need. Wellbeing buddies will not be expected to solve or fix problems but to offer compassion, empathy and a listening ear.

Wellbeing buddies are kept up to date with all the wellbeing happenings in the trust, so that they can share the info with their team and advocate for wellbeing in their team.

Would you like to learn how to support your teams effectively following difficult events?

Join RESET Training!

Based on the latest evidence from Covid-19, Reset will train team leads in debriefing and critical incident stress management techniques to enhance staff wellbeing and recovery from difficult experiences at work.



RElief from Stressful Events & Trauma

Co-developed by TSDFT Clinical Health Psychology, Wellbeing, Chaplaincy and Organisational Development to create a standardised pathway of post-incident support across the ICO.

More information and booking is available at [The Hive > Find Learning > Reset: Debrief Training for Leads](#) Or by scanning the QR code



COVID-19 Booster & The Seasonal Flu Vaccine

We strongly encourage all staff to take up the opportunity to receive the annual COVID-19 booster and the seasonal flu vaccine.

Up to 77 percent of people with flu have no symptoms so, when deciding whether to have the vaccine, ask yourself if this is a risk worth taking for your patients, colleagues, family and friends?

It is really important that we protect ourselves and the people we care for.

Please make the vaccinations part of your daily conversations with colleagues and eligible patients and encourage them to boost their immunity.

If you have any questions, please email tsdft.covidvaccinationstaffing@nhs.net

The Trust offers staff (and eligible patients) the following vaccines:

Seasonal Flu Vaccine - This is an annual offer and the campaign usually starts September/October until March and is offered to eligible staff and inpatients.

COVID Vaccine - this vaccine is offered once or twice a year to eligible individuals both staff and inpatients.



**MENTAL HEALTH
SUPPORT**

IN CRISIS? Not sure where to turn?

1. GOT A CARE PLAN OR DISCHARGE PLAN?



That will tell you who to contact

2. NO CARE PLAN?

Mental Health Matters have local

MOORINGS

(Barnstaple, Exeter and Torquay)

www.mhm.org.uk/devon

Under 18?

Kooth offers digital support

www.kooth.com

3. ARE YOU IN A MENTAL HEALTH CRISIS?



Deaf? Need urgent help?

Contact us using **InterpretersLive!** (8am to 8pm)
or **NHS 111 (SignVideo)** 24/7





The Devon Wellbeing Hub was set up in March 2021, in response to the impact of COVID-19. The Hub is operated by staff from Devon Partnership NHS Trust, who are working on behalf of the Devon Integrated Care System, in collaboration with Livewell Southwest and One Devon.

We are open to anyone working in healthcare, social care or the Police in Devon and Plymouth; no matter what your role. This includes people working for the NHS, in social care settings and primary care health services, as well as people working in care homes, for domiciliary care organisations, for VCSE organisations who deliver health or social services, for the police or for any non-clinical role.

The Hub is designed to be a single place where someone concerned about their wellbeing can come, unpick their needs and be supported to get to the right services quickly. Our service is completely confidential and we can help with a range of issues. We can support you with managing stress and mental wellbeing, financial worries, domestic violence and relationship issues or any other issues you're facing with your wellbeing.

Our team is made up of trained NHS staff, including Clinical Psychologists, Psychological Wellbeing Practitioners and Chaplains who are here to support you with empathy and understanding and help you find the tools and services to help you with any issues you are facing.

Get in touch

The Hub operates between 9am and 4.30pm Monday to Friday, we aim to respond to messages received out of hours on the next working day. Get in touch by emailing us at dpt.devonwellbeing@nhs.net, or by calling on 0300 303 5455.

For urgent mental health support 24/7, please contact the First Response Service via NHS 111 (select the mental health option).



NHS
Torbay and South Devon
NHS Foundation Trust

HELP | Employee Assistance

CONFIDENTIAL SUPPORT

24 hours a day, 7 days a week

Access to a team of trained wellbeing and counselling practitioners to support all employees. We offer confidential, independent and unbiased information and guidance by telephone, in writing, online and through face-to-face appointments for a wide variety of issues.

Contact us on 0845 371 1551
or for further information go to
<https://TSDFT.optimise.health>



Help Employee Assistance offers support and information on:

HEALTH & WELLBEING



- Mental health
- Physical health
- Bereavement
- Alcohol & drug misuse
- Trauma

MONEY WORRIES



- Debt
- Gambling
- Financial Wellbeing

CARERS



- Childcare
- Eldercare

WORK / LIFE



- Bullying & harassment
- Career / job stress
- Management support
- Sickness absence
- Work / life balance
- Personal effectiveness

CONSUMER & LEGAL



- Family
- Neighbours
- Crime

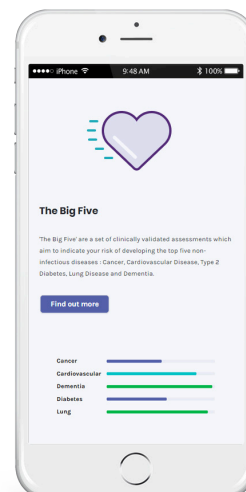
FAMILY & HOME



- Relationships
- Children
- Social

OPTIMISE

Your overall wellbeing is important to us so we are also delighted to offer you access to Optimise – a comprehensive wellbeing assessment that you and your family can take at any time. It provides personalised wellbeing content tailored to your responses and has an extensive library of wellbeing information for you to access at any time, including videos, podcasts and Ted Talks.



TALKWORKS

IMPROVING YOUR MENTAL AND PHYSICAL WELLBEING

At TALKWORKS we're here to help you feel better about life, and to help you feel like yourself again. Our service is for people aged 18+. Whether you're dealing with an overwhelming life event, feeling like you're stuck in a rut that you can't get out of, having sleepless nights or living with a long term health condition that leaves you struggling to cope, we are here to help.

We know it's not easy to seek help, and that sometimes it can feel difficult to pick up the phone to speak to someone or to arrange an appointment to talk to your GP. If you prefer not to speak to someone, you can simply self-refer online.

Please be assured that accessing TALKWORKS is simple and easy. We have short waiting times for you to be seen for your first appointment, and a range of approaches and talking therapies for you to try, to see what works best for you.

Find out more here: www.talkworks.dpt.nhs.uk





Support for Ethnic Minority Staff

If you are from an Ethnic Minority background and need someone to talk to about any concerns related to your mental health please seek support.

Supporting you with difficulties impacting work / work-related stressors contact Clinical Health Psychology
tsdft.clinicalhealthpsychology@nhs.net
01803 654573

BME (Black, Minority Ethnic) Staff Forum
Search on ICON

UBUNTU
info@ubuntuconsellingservices.org.uk
Call: 01392 20201572 or 01392 20848741
ubuntuconsellingservices.org.uk

Your Union Representative
Search 'Trade Unions' on ICON

Black Minds Matter UK
www.blackmindsmatteruk.com

Staff Support from Clinical Health Psychology

Individual Staff Support Offer

The Clinical Health Psychology (CHP) service can offer brief, targeted emotional/psychological support to Trust staff where difficulties may be related to their work. Our highly specialist and experienced team of clinical psychologists, psychotherapists and counsellors draw on evidence-based therapy models to provide a compassionate and confidential space for staff. Unfortunately, we cannot provide input where the primary concern is a mental health difficulty or not related to work; however, we can signpost on to further sources of support.

To access the service, staff can be referred by a manager, or they can self-refer, using the tsdft.clinicalhealthpsychology@nhs.net email address. On receipt of this, a clinician will contact them for a brief discussion of their needs. If deemed suitable, an assessment will be arranged to obtain a full understanding and to make an individualised plan for support going forward. Under our current offer, the CHP service can offer up to 3 sessions of 1:1 support to staff (face to face or on MS Teams) but can signpost on if further support is required.

Support after Critical Incidents

CHP have recently refined their offer for acute staff who may have witnessed or experienced critical incidents at work; The Reset, Restore, Rebalance programme comprises:

- Reset - training in Debriefing to enable senior staff to support their teams in the immediate aftermath of a potentially traumatic event.
- Restore - (previously Jigsaw), run jointly with the Wellbeing Team, provides further facilitated psychological debriefing to teams, if required (3-28 days post-event).
- Rebalance – evidence-based intervention based on EMDR (Eye Movement Desensitisation Reprocessing) to help individuals process trauma in a group setting (>1 month post event).

Support for Bullying, Harassment, Discrimination & Violence at Work

CHP have recently developed a staff support pathway for staff who have experienced bullying, harassment, discrimination or violence at work, which can be accessed by emailing the above email address.

Psychological Consultations

CHP offer psychological consultations to support staff in relation to clinical aspects of their work. For example, providing a psychological perspective to a particular case, event, or recurring themes that may arise through their work; or to help them reflect on their own wellbeing in relation to their work.

Staff Support from Clinical Health Psychology

Compassionate and supportive culture with openness of conversation

Workplace bullying,
harassment,
discrimination,
violence
identified/reported

Self or manager referral to
Clinical Health Psychology via
tsdft.clinicalhealthpsychology@nhs.net 01803 654573

1:1 Wellbeing Support

Up to 3 sessions with a psychological therapist. Supporting you with difficulties impacting work / work-related stressors. Remote or in person at Torbay Hospital.

Rebalance Group EMDR

(Eye Movement Desensitisation Reprocessing). Evidence-based intervention to help process difficult or traumatic events (>1 month post trauma). In-person group, 1 day.

1:1 Wellbeing Support for Managers

Up to 3 sessions supporting you with difficulties impacting work / work-related stressors.

Additional Signposting for Psychological Support

1:1 Therapy (4 sessions+) Self-referral

Occupational Health (EAP) - 0800 031 4674
TalkWorks - dpt.talkworkshop@nhs.net
Devon Wellbeing Hub - Additional
Signposting for Psychological Support

Concerns About Risk or Complexity

Referral to community mental health services via GP.
Crisis support (risk of harm to self or others)
Call First Response (if immediate concerns)
0808 196 8708



PHYSICAL HEALTH SUPPORT



Optima Occupational Health

Optima Health is a SEQOHS registered provider of Occupational Health and Wellbeing Services, we are working with Torbay and South Devon Trust managers and the Employee Relations Team to provide an occupational health service with the specific aim of promoting employees' health and well-being which is likely to facilitate improved performance and productivity.

Access to our occupational health service is by a manager referral.

Opening Hours

Monday to Friday 09:00 – 17:00

Address

Optima Health, Working on Wellbeing Ltd, Regent House, Regent Close, Torquay TQ2 7AN

Contact Details

Tel: 01803 (6)53489

Dedicated contamination and sharps injury hotline: 01803 653489

Advice line: 01803 653489

torbayandsouthdevon@optimahealth.co.uk

**Search 'Occupational Health'
on our Intranet.**

Musculoskeletal Support

Musculoskeletal issues can affect any of us, at any point in our lives, in any job role. To help and support you, there are things you can do yourself, see links to videos and further information below.

If you need further professional support see the link below to access a physiotherapy service that is local to you.

The MSK Team will assess your symptoms and determine whether management is best continued within physiotherapy, or whether referral to another service may be needed.

Physio Appointment Services for Where You Live



Support Videos



Substance Misuse Support

We can all become caught up in lifestyle choices or behaviours that start to cause us concern. If you are starting to have such concerns at all about your drug or alcohol intake or are ready to stop smoking then there are support services that can help.

It's not recommended to drink more than **14 units a week**, spread over three or more days, with a few days off.

How many units are in your favourite drink?

Single shot of spirits (40%) = 1 unit
Alcopop (4.5%) = 1.5 units
1 pint of Beer (3.6%) = 2 units
1 large glass of wine (12%) = 3 units



If you are dependent on alcohol then suddenly stopping can be very dangerous. Please seek help.

Seek help and further information:

Your Health **Torbay** - 01803 422422 - yourhealthtorbay.co.uk/stop-smoking
Torbay Drug & Alcohol Service - torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service

Together **Devon** - Call 0800 233 5444 - www.edp.org.uk/together

Devon - One Small Step - onesmallstep.org.uk

Plymouth - Live Well - livewellsouthwest.co.uk

Plymouth - Harbour Drug & Alcohol Services - 01752 434 343

NATIONAL - FRANK www.talktofrank.com

You might find it helpful to join a self-help group for your drug or alcohol problem. For example, **Alcoholics Anonymous** or **Narcotics Anonymous**. **Search on google to find your local group.**

Back to Basics

Feeling run down? Lacking energy? Often when we focus on the basics, we're able to manage things a little better.

Do you have a culture of taking a break to drink water in your workplace?

It's so simple, but we know that many people struggle to find the time to drink enough water to stay well, **6 - 8 glasses of water a day is recommended.**

Do you take adequate breaks throughout the day to go to the loo, spend time outside or get some peace and quiet?

Taking regular breaks, especially outside, boost productivity and overall wellbeing.

Make an effective healthy swap, and set yourself up for the day!

Swap....

White bread for multi-seed
Cornflakes for oats
Sponge cake for fruit cake
Digestive biscuits for hobnobs
White sugar for honey

Feeling stressed?

Learn about box breathing here on this 3 minute video, and learn this simple tool that can help you everyday.





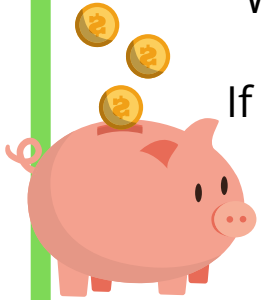
FINANCE



Financial Wellbeing



With the cost of living rising, we know that many of our staff are worried about their financial wellbeing. We've created this guide to give you some support.



If you are struggling, please don't let embarrassment get in the way, seek support now!

Find out more by searching 'Financial Wellbeing Directory' on ICON.



I'm okay and want to stay that way 😊

Get a handle on budgeting
There are many free tools for budgeting, including this one on moneyhelper.org.uk



Discounts & offers for NHS staff

- Blue light card
- Health Service Discounts
- VOGO
- Simply Health
- staffbenefits.co.uk
- tsdft.mytrustbenefits.co.uk

Apps & Websites:

- Too good to go (save food from landfill)
- [Petrolprices.com](https://petrolprices.com)
- Money & Pensions Service UK

Find out more, search on ICON

- NHS Pensions
- Financial Wellbeing Directory

I'm not okay and I'd like some support 😞

Need help clearing your debts, reduce spending or making the most of your income? Go to moneyhelper.org.uk

If you're struggling with living costs, you can contact the Citizen's Advice Bureau Advice line (England):
0800 144 8848

Get help with the cost of living:



NHS staff can call this support line, provided by the Money Helper Service, for free and impartial money guidance. Monday to Friday, 8am to 6pm.
0800 448 0826

I need urgent help now 😞

For financial worries, the **Employee Assistance Programme** is available to talk to 24 hours, 7 days a week on: **0800 031 4674**

Emergency help if you have no money or food, or need urgent advice on debt:

Step Change
(stepchange.org)
0800 138 1111

- Available Monday to Friday 8am to 8pm and Saturday 8am to 4pm.



You can be issued with vouchers for your local food bank by calling Citizens Advice.

Staff Discounts

Bike, Technology or Car - Salary Sacrifice

How do I make savings through Salary Sacrifice? Once you have chosen your Bike, Technology or Car and your order has been authorised, you agree to sacrifice an agreed amount from your Gross (Basic) Pay, every month in exchange for the asset / service ordered, for the duration of the salary sacrifice agreement. Find out more by searching 'salary sacrifice' on our intranet.



My Trust Benefits

Simply visit the site click 'Sign Up/Log In' then 'Sign me up' follow the instructions and start saving money. www.mytrustbenefits.co.uk



Blue Light Card

Hundreds of savings options – Travel, Groceries, Entertainment, Eating Out, Fashion & Clothing, Beauty & Cosmetics, Motoring, Accommodation, Local Discounts & much more. Blue Light Card provides those in the NHS, Emergency Services and Armed Forces with discounts both online and in store. www.bluelightcard.co.uk



Health Service Discounts

www.healthservicediscounts.com



Vogo

Provide NHS Discounts for all of the NHS community from hundreds of businesses. vogo.co.uk

Where to Go for Advice on Problem Debt and Money Matters

There are several organisations that can help you with free, confidential and impartial debt advice and debt management. These range from online and phone services to face-to-face appointments. Below is a list of organisations, the services they offer and information on how you can contact them.

Step Change Debt Charity

Offers free debt advice and free debt management in a three-step process, based on a comprehensive assessment of each client's situation. Step Change provides practical help and support for however long it's needed. Services are offered online or over the phone.

Online: www.stepchange.org

Freephone: 0800 138 1111 (anonymous, online debt counselling service – Mon. to Fri. 8am-8pm and Sat. 8am-4pm)

Money Helper (formerly Money Advice Service)

Offers free guidance on money matters, including useful tools and calculators, and helps people to access high-quality debt advice.

Online: 24-hour service at www.moneyhelper.org.uk.

Webchat (Mon. to Fri. 8am to 6pm, Sat. 8am to 3pm)

WhatsApp (Send a message to 0044 7701 342744)

Telephone: 0800 138 7777

Type talk: 18001 0800 915 4622 (Monday to Friday 8am to 6pm)

National Debt line

Offers free specialist debt advice online through its digital advice tool (<https://tools.nationaldebtline.org/dat-reg>) and its web guides, fact sheets and sample letters.

Online: www.nationaldebtline.org

Webchat with specialist advisers at www.nationaldebtline.org/contact-us

Freephone: 0808 808 4000

Telephone from abroad: 0044 121 227 4780 (charges apply) (Mon. to Fri. 9am-8pm, Sat. 9.30am-1pm)

Business Debt line

Offers free specialist debt advice and a budget tool at businessdebtline.org/contact-us.

Online: www.businessdebtline.org

Webchat: www.businessdebtline.org/contact-us (Mon. to Fri. 9am-6.30pm)

Freephone: 0800 197 6026

Telephone from abroad: 0044 121 227 4788 (charges apply) (Monday to Friday 9am-8pm)

Christians Against Poverty (CAP)

Provides free face-to-face debt advice in your own home, with ongoing support available by telephone, and money management courses. Please be aware to access this, you must first go through their national helpline.

Online: capuk.org/i-want-help (enter postcode to find nearest centre)

Freephone: 0800 328 0006

Citizens Advice

Offers free, independent, confidential and impartial advice and information on a wide range of issues, including money worries. Face-to-face advice is by appointment only.

Freephone: 0808 278 7973 (Mon. to Fri. 9am-5pm)

Online: web chat service: www.citizensadvice.org.uk/about-us/contact-us/contact-us/chat-service-money-and-debt

www.citizensadvice.org.uk

Debt Free South West

Citizens Advice partners with Debt Free South West to help people who have money and debt problems. Funded by the Money & Pensions Service, Debt Free South West is an independent regional debt advice partnership with trained and accredited advisers who can help with all types of money worries.

Freephone: 0800 138 3422 (Mon. to Fri. 9am-4pm)

Online: debtfreesouthwest.uk/get-debt-advice

With Your Mental Health in Mind

MIND

The mental health charity gives information about the relationship between money worries and mental health, with suggestions on how to address them.

Online: www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health

Infoline - information and signposting service: 0300 123 3393 (Monday to Friday 9am-6pm) Phone calls from UK landlines are charged at local rates, charges from mobile telephones vary considerably.

ILLEGAL MONEY LENDING TEAM

If you think you've been the victim of a loan shark, you can get help from the Illegal Money Lending Team, an organisation of specialists who investigate and prosecute illegal money lenders, while supporting those who have borrowed money from a loan shark.

Confidential 24/7 freephone: 0300 555 2222

Online: www.stoploansharks.co.uk (includes a Live Chat option).

HOUSING

If you're in social housing or a council tenant and have money concerns, it's worth contacting your landlord for advice and to find out whether you may be eligible for help through a hardship fund scheme, which some organisations operate. Many also have a number of other support options.

ENERGY BILLS

Ofgem - Great Britain's independent energy regulator - works to protect energy consumers, especially vulnerable people, by ensuring they are treated fairly. If you're struggling to pay for energy, there's advice available at:

www.ofgem.gov.uk/information-consumers/energy-advice-households/getting-help-if-you-cant-afford-your-energy-bills

Advice on energy bills is also available at:

www.moneyhelper.org.uk/en/blog/everyday-money/worried-about-energy-bills-after-price-cap-rise

www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/struggling-to-pay-your-energy-bills/

PHONE CALLS & COSTS

You can check whether a phone number you're calling is free at www.gov.uk/call-charges. Costs will also be determined by whether you're using a landline or mobile and your phone package.





OTHER SUPPORT





Background

The Help Overcoming Problems Effectively (HOPE) programme is a **free course** that supports you to manage your health & wellbeing and to explore what is important to you.

In Devon the course is delivered in 3 ways, **face to face**, **virtually** online using Microsoft Teams or **digitally** using an online platform.

What can you expect?

The programme covers a variety of topics including:

- Mindfulness
- Goal Setting
- Gratitude Diaries
- Stress Management
- Healthy Eating
- Dealing with setbacks
- Fatigue Management

Face to Face

- Available to anyone living in Devon
- Small group (8-20people)
- In person course (set venue, dates & times)
- Commitment of 2 hours per week for 6 weeks (times may differ e.g. 2 x 1hr slots per week)
- Delivered by at least 2 facilitators

Virtual HOPE



- Available to anyone living in Devon
- Small group (6-15people)
- Delivered online using Microsoft Teams
- Live course (set dates & times)
- Can only access course at set times
- Commitment of 2 hours per week for 6 weeks (times may differ e.g. 2 x 1hr slots per week)
- Delivered by at least 2 facilitators
- Live communication using audio and webcam

Digital HOPE

- Available to anyone living in the South West of England
- Delivered online via iHOPE
- Self-Paced over 6 weeks
- Access 24/7 for the 6 weeks
- Recommended commitment of 2 hours per week
- Delivered by at least 2 facilitators
- Online chat, group forums, private messaging
- Option to upload media

Find out more on the website here,
HOPE Programme (myhealth-devon.nhs.uk)





Freedom To Speak Up Guardians

As a Trust we are committed to ensuring all our staff have a safe and supportive working environment. Every employee should feel able to raise concerns, confident in the knowledge that they will be listened to, that action will be taken and that they will be thanked and acknowledged for living the values of the NHS.

- Guardians operate in a genuinely independent capacity
- Staff can raise concerns in confidence
- Guardians have been appointed to provide an independent, confidential and accessible route to raise concerns from any member of staff
- Raising concerns can save lives, jobs and money as well as the reputation of professionals and the organisation.
- Raising concerns contributes to quality care and compassion along with staff and patient wellbeing

Contacting our Freedom to Speak Up Guardians

If you wish to raise a concern, you will be given the option of a face-to-face meeting either on site or at an alternative agreed location. Alternatively, you can put your concerns in an email and send it to our email address at:

tsdft.guardian@nhs.net

Just having someone to talk through your concerns may be enough and often no follow-up action is required. Sometimes you may need further advice and support, not necessarily from the Freedom to Speak Up Guardian, and you may need advice re the next steps and signposting if appropriate.

Find out more by searching 'Freedom to speak up guardians' on ICON



Domestic Abuse Support

Domestic Abuse Specialist Practitioner support for patients and all staff.

The Domestic Abuse Specialist Practitioner is here to support patients and staff members that are experiencing, reporting or showing signs of domestic abuse.

Stacey is on the Torbay Hospital site Monday - Friday 8:30am - 4:30pm for any concerns or referrals you may have. She is available to meet patients and staff in person to provide specialist support.

Please don't hesitate to contact on:
tsdft.hospitalsafeguarding@nhs.net
Internal: 55858 External: 01803 655858

Located in the Safeguarding Adult team on site at Torbay Hospital.

External services:

Torbay Domestic Abuse Service

01803 698869 Tdas.Service@sanctuary.co.uk

FearFree Devon

0345 155 1074 admin.devon@fearfree.org.uk

Devon Rape Crisis

01392 204174 support@devonrapecrisis.org.uk

Mankind support male victims of domestic abuse: www.mankind.org.uk
0808 800 1170 (freephone) or 01823 334 244



One Devon Retention Hub

Supporting people to join, stay and thrive.

We can support and guide you using a combination of **Coaching** and **Mentoring** tools. We can also offer confidential **Stay Conversations**. We are independent, impartial, and confidential.

Our team consists of **Legacy Mentors** and a **Career Navigator**. We are all experienced Nurses, Midwives and AHPs who are ready to help.



Julie:
Lead
Legacy
Mentor
(RGN)

Emma:
Legacy
Mentor
(AHP)
Across
Devon



Hannah:
Legacy
Mentor
(RGN) East
and North
Devon

Catriona:
Legacy
Mentor
(RMW)
Across
Devon



Marie:
Legacy
Mentor
(RGN)
Plymouth
Locality

Ruth:
Legacy
Mentor
(RGN)
Torbay and
South
Devon



Den:
Career
Navigator
(RGN)
Across
Devon

For more information, scan the QR code or email: d-icb.RetentionHub@nhs.net



Our Staff Networks

Ever wondered about joining one of our staff networks? We have loads of incredible networks that all offer something more to the experience of our staff, and push forward the important issues.

Black & Minority Ethnic Network tsdft.diversityandinclusion@nhs.net

Mental Health Network tsdft.mentalhealthforum@nhs.net

Disability Network tsdft.diversityandinclusion@nhs.net

LGBTQ+ Network tsdft.lgbtqplus@nhs.net

Under 30's Network tsdft.under30s@nhs.net

Menopause Network tsdft.menopause@nhs.net or search 'Menopause' on the intranet.

Staff Carers Network 01803 66 66 20 signposts@nhs.net with subject 'Staff Carers'.



Search for 'Networks' on the intranet

Torbay Wellbeing Peer Support Groups & Activities

Step One



Men's Wellbeing Walk

Every Tuesday | From 10.30am | Paignton



Tuesday Craft Peer Support Group

Every Tuesday | 10am - 1pm | Paignton



Wellbeing 'Toolbox' Peer Support Group

Every Thursday | 10am - 12pm | Paignton



Carers - Loved & Lost Peer Support Group

Fortnightly on Thursdays | 10am - 12pm | Paignton



Torquay Wellbeing Walk

Fortnightly on Fridays | 2pm - 3.15pm | Torquay

Register at steponecharity.co.uk/bewell-peer-support-groups

Email: training@steponecharity.co.uk

Sign up to our
Wellbeing distribution list
and receive monthly emails on our
latest wellbeing offers and events!

Email us at:
tsdft.wellbeing@nhs.net

