



University Hospitals Sussex  
NHS Foundation Trust

# Health and Wellbeing Media Pack

December 2024

# Mental Wellbeing support for staff

Scan for more info



[Short video](#) providing mental health guidance and techniques



[Vivup 24/7](#) telephone and online support service (0330 380 0658)



[Doctor's Wellbeing](#) - supporting Doctor's and those in a clinical setting



[Managing Stress in the Workplace](#) in HR Policies



[Managing Mental Health and Wellbeing at Work Training](#)



[Freedom to Speak Up Guardian](#)



[Chaplaincy Listening Service](#)  
(St Richard's x35380, Worthing x84004, Royal Sussex County x64122 or Princess Royal x68232)



[Liggy Webb Wellbeing eBooks](#)

# In-house counselling Staff Psychological Support Service

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We offer free, short-term one-to-one Counselling, Psychotherapy, EMDR (Trauma) and CBT therapy to staff at UHSussex.



If you have been experiencing anxiety, depression, stress, burnout, grief, trauma, or other distressing life events, you are welcome to [self-refer immediately](#).



The service also provides support to teams across the Trust via Clinical Supervision, Psychological Debriefing, and Training.



Download our [self-help guides, leaflets and worksheets](#).



Up to 6 counselling sessions with a qualified professional.



[Mental wellbeing support for UHSussex staff](#).

## Contact us

[uhsussex.staffpsychologicalsupport@nhs.net](mailto:uhsussex.staffpsychologicalsupport@nhs.net)

**Worthing, St Richard's  
and Southlands**

01243 788122 ext.31624

**Royal Sussex County, Brighton General  
and Princess Royal**

01273 696955 ext. 63692

# Financial Wellbeing support for staff

## UHSussex Crisis Support Fund

Thanks to My University Hospitals Sussex Charity, the Trust can offer the following support for when staff find themselves in financial hardship:

- Supermarket vouchers for those in financial crisis of up to £50 per month for up to 10 months per year (assigned in blocks of 3 months if appropriate).
- One-off support for unexpected and significant items of expenditure or support for a drop in income due to unexpected circumstances (up to a maximum of £500 gifted in vouchers).

[Apply using the application form on the intranet.](#)

**NHSDiscountOffers**

**healthservicediscounts**



**BLUE LIGHT CARD.**

Scan for more info



## Resources available on the intranet

- Travel and Transport
- Vivup Salary Sacrifice Scheme
- National NHS Staff Discounts
- External and National Grants
- Childcare
- Discounts and freebies
- Credit Union
- Simplyhealth cash plans
- Food banks
- Car lease scheme
- Cycling and bikes

# Financial Wellbeing Support Officer



wave community bank  
Local. Ethical. Together.



## Contact Tracy Cox-Horton

[tracy.cox-horton@wavecb.org.uk](mailto:tracy.cox-horton@wavecb.org.uk)

07943 534 360  
0300 303 3188

As part of the Trust's Cost of Living support, funded by My University Hospitals Sussex Charity, Tracy offers [1:1 appointments](#) for staff. With years of experience in all aspects of financial services, she supports staff at UHSussex with financial queries such as:

- Budgeting household finances
- Debt advice/signposting
- Government entitlement signposting
- Saving and loans
- General financial guidance

Tracy's role is independent from the Trust and all appointments, advice, and any individual circumstances discussed are completely confidential and will not be shared with any persons from the Trust unless permission is sought from you. Key themes will be collated to enable an evaluation of the service. Appointments will be face to face or via Teams/Zoom, depending on preference.

To view availability and book please follow this [link to the booking form](#).

Scan for more info



# Physical Wellbeing support for staff

Health and Wellbeing Passport

Health & Wellbeing Calendar

Fitness, sports and social classes and activities

Diabetes prevention programme

Infant feeding guidance and zones

Domestic violence, sexual assault support

NHS One You

Menopause support and quarterly virtual Cafés

Stopping smoking services

Display screen equipment policy and eye tests

Gym Membership

Massage for staff

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## WE HAVE SIGNED!

We pledge to support our employees going through menopause in the workplace

Supported by



#MenopauseWorkplacePledge



# Occupational Health and Physiotherapy

## UHSussex Occupational Health

- Self-referral form
- Access to self-help treatments
- Online questionnaire
- Online booking system for telephone or in person treatments

Scan for more info



**Staff at Worthing, St Richard's and Southlands**

[team3@optimahealth.co.uk](mailto:team3@optimahealth.co.uk)

01327 810269

**Staff at Royal Sussex County and Princess Royal**

[Uhsussex.OH.Enquiry@nhs.net](mailto:Uhsussex.OH.Enquiry@nhs.net)

01273 696955



[Shoulder pain](#)



[Neck pain](#)



[Back pain](#)

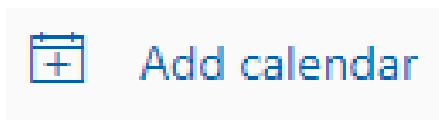


[Elbow pain](#)

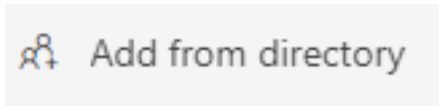
# Health & Wellbeing Calendar - How to add to Outlook



1) Open your 'Calendar' tab in Outlook



2) Add a new calendar

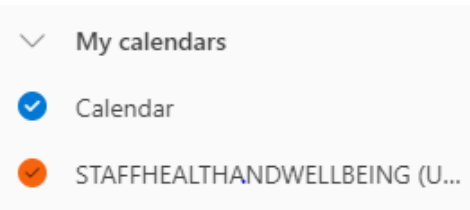


3) Add from 'Directory' / 'Address Book'

Please select an account to search from:

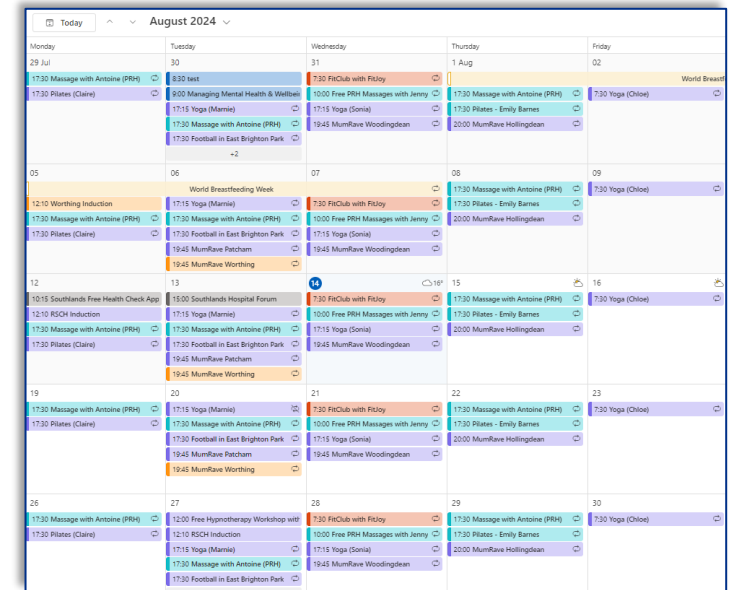
4) Choose your own email address using the dropdown list

Select a person, group or resource from your organisation's directory to view the associated calendar.



6) Tick the new calendar to display the entries

7) You can now view all physical activity classes (colour coded by Hospital site), as well as national days of recognition



5) Search for and select STAFFHEALTHANDWELLBEING  
uhsussex.staffhealth@nhs.net



# Other Resources

- [Staff Networks](#)
- [Leaders Toolkit](#)
- [Healthy Travel](#)
- [Policies and Guidelines](#)
- [Check Out Campaign](#)
- [Trust Ambassadors](#)
- [Violence, Prevention and Reduction](#)
- [Suicide Awareness](#)



To be added to the distribution list for the monthly Health and Wellbeing Roundup Newsletter, or for anything else, please contact our team via: [uhsussex.staffhealth@nhs.net](mailto:uhsussex.staffhealth@nhs.net)

To care for others, we need to take care of ourselves. Find out what staff health and wellbeing support is on offer.

