

Wellbeing Survey 2024

Please complete and return to:

Wellbeing Team, Occupational Health Department, Byron House, Millers Way, Kings Mill Hospital

Many thanks, your Wellbeing Team

Introduction

At Sherwood Forest Hospitals we are passionate about supporting you and your wellbeing. It is important to us that you feel supported, and whether this is home or work related, we aim to take a holistic approach to supporting you.

To grow and improve the wellbeing offer at Sherwood, we would like to know how aware you are of the support currently available from the Sherwood Forest Hospitals Occupational Health and Wellbeing Teams. The survey also provides an opportunity to tell us how you would like us to communicate the offer with you.

Please be as honest as you can, it is **anonymous**, so we don't know who completes it. It should take **10 minutes** to do.

For more information please email the team on sfh-tr.wellbeing@nhs.net.



To complete online scan this QR code or visit <https://bit.ly/3AxKuGD>

Section 1: Wellbeing Support

1. How well informed do you feel about the Trust's Wellbeing offer and support on a scale of 1-10 (1 being not informed at all to 10 being very well informed).

1 2 3 4 5 6 7 8 9 10

2. How would you rate the Trust's Wellbeing Offer? (1 being poor to 5 being excellent).

1 2 3 4 5

3. Do you know where to find the information on the Trust's Wellbeing Support?

- Yes
- No

4. The table below lists the different wellbeing services. Please select the relevant option to correspond with whether you have heard or used the services listed.

These services are for work life, home life or following an incident like violence and aggression or issues with breaches of sexual safety at work. If you would like further information on any these you can visit the wellbeing website on [Wellbeing Website](#) or emailing sfh-tr.wellbeing@nhs.net

	Not heard of it	Heard about it, but not used it	Used it
VIVUP – 24 hour confidential listening war and support line, workbooks, podcasts and free staff counselling.			
VIVUP staff benefits portal for lifestyle savings, salary advance, cycle to work and car salary sacrifice scheme			
Colleague Clinical Psychology Service			
Wellbeing Team			
Occupational Health team			
Menopause Peer Group Support Group – Take a Pause			
Trauma Risk Management Incident Support (TRiM)			
Wellbeing Champions			
Sherwood Stories Schwartz Rounds			
Weigh in Wellbeing Sessions – drop in body mass analyser sessions around the Trust			
Stop Smoking Support through Smokefree app including free e-cigarette			
Wellbeing Conversation Training (on Course Booking) and Wellbeing Action Plan			
Coping Under Pressure Workshop (on Course Booking)			
Yoga classes at Kings Mill			
Pilates classes at Newark			
Staff Physiotherapy Service			
SFH closed Facebook Group			
REACT Mental Health Training (on Course Booking)			
Staff networks for peer support (Carers Network, WAND, Ethnic Minority, Women in Sherwood, LGBTQ+)			

5. Do you have any comments about the services listed above?

6. What is the best way of keeping you up to date with the Trust's Wellbeing Support? (Tick as many as applicable)

- Wellbeing slot on team meetings/huddles/comm cells led by a Wellbeing Champion
- Team specific MS Teams channels/closed Facebook group/team Whats_app group
- Via your Wellbeing Champion
- Via your Team Leader or Manager
- Information stands or drop in sessions
- Information boards and posters in your area
- Information boards around the hospital site
- Email
- Bulletin
- Visit from the wellbeing Team
- Screen savers
- Digital screens in public areas of our hospitals including clinics, volunteer cafes, education centre
- Digital screen in staff areas of our hospitals
- Team SFH Facebook page
- Trusts Twitter/X page
- Your colleagues via word of mouth
- Health and Wellbeing walk rounds
- Other- please write here -

7. What makes it difficult for you and other colleagues to access the wellbeing support?

8. What are the top 3 obstacles that stop you searching for or accessing wellbeing support?

- I don't feel I have time to look for them – work is too busy.
- I don't feel I am allowed time to look at this support during work.
- I worry about accessing the support in case this goes on my record.
- I'm not sure if the Trust is able to support things going on at home.
- I have no time to access my emails.
- I haven't seen any of the information about what's on offer so don't know what there is.
- I don't know who to talk to.
- I don't know what support is available.
- Not giving yourself permission
- Worried that it will not be confidential
- Unhelpful negative comments from others making judgements
- Feelings of guilt
- I don't feel that there are any obstacles
- Other, please state.....

9. What do you feel the organisation needs to do to improve the health and wellbeing of colleagues?

10. (Optional) Our wellbeing offer is available to everyone no matter of ethnic group, sexual orientation, sexual identity, disability or status as a carer. How can we ensure these services are inclusive and available to all.

11. How comfortable are you talking to your line manager about your wellbeing needs?

- Not confident at all
- Fairly confident
- Confident
- Very confident
- Prefer not to say

12. Optional: if you have stated not confident or fairly confident please state reasons to why you feel this

13. Managers and leaders in my area model and promote positive health and wellbeing behaviours. Please choose from the statement below

- Excellent
- Good
- Sometimes
- Poor or not at all

14. Do you have wellbeing conversations at work with a manager or relevant individual in order to get the support and understanding that you need?

- Yes
- Yes but would like more
- No

15. Optional, if no please leave further comments below.

Section 2: Wellbeing Spaces

16. How satisfied are you with the amount of space available away from your work area for rest breaks or times of pressure. Please rate on a scale 1-10 below, 1 being not satisfied at all to 10 being very satisfied

1 2 3 4 5 6 7 8 9 10

17. How satisfied are you with the amount of space close to your work area for rest

breaks or times of pressure. Please rate on a scale 1-10 below, 1 being not satisfied at all to 10 being very satisfied

1 2 3 4 5 6 7 8 9 10

Section 3: Vaccinations

18. Did you get your flu jab during the last flu season?

- Yes at Sherwood Forest Hospitals
- Yes - at my GP
- Yes - at the Pharmacy
- Yes – other
- No

19. If no, what made you decide not to get the flu jab?

20. Would you like to continue to receive a free incentive (previously a meal deal from Spice of Life) when you have your flu jab?

- Yes
- No
- I don't mind either way

21. If you answered yes to the above, what incentive would you prefer

Section 4: Wellbeing Champions

22. Do you know what a Wellbeing Champion is?

- Yes
- No
- Not sure

23. Do you have a Wellbeing Champion in your area?

- Yes - but not sure who it is
- Yes - I know who it is
- No
- Not sure

25. Did you know you can talk to a Wellbeing Champion from another department if you wanted to?

- Yes

- No

26. Do you know how to get in touch with a Wellbeing Champion?

- Yes
- No

27. Optional: If you are interested in learning more about being a Wellbeing Champion please add your email address here. Please note if you leave your email address your answers will be identifiable if you would prefer your answers to remain anonymous but would like to be a champion please email sfh-tr.wellbeing@nhs.net.

28. Do you have any other comments on the Wellbeing Support at SFH?

Section 5: About You

The below questions are about you, we do not ask names and it is anonymous. Some questions are optional if you prefer to leave them blank.

35. Who do you work for?

- Sherwood Forest Hospitals
- Medirest
- Skanska

36. Which division do you work in? (Please ignore if you are from Medirest or Skanska Colleague)

- Corporate
- CSTO
- Medicine
- Surgery
- Urgent and Emergency Care
- Women's and Children's
- NHIS
- Other
- N/A as I work for Medirest or Skanska

37. Which department/ward do you work in? (Optional) Leave blank if you are Medirest or Skanska colleagues

38. Which hospital site do you predominately work in? (select more than one if this is equally split)

- Kings Mill

- Mansfield Community
- Newark

39. Are you;

- Clinical Inpatient
- Non-Clinical Inpatient
- Clinical Outpatients
- Non-Clinical Outpatients
- Clinical Other
- Non-Clinical Other
- Administrative
- Community based
- Other

40. Are you a line manager?

- Yes, to 1-5 colleagues
- Yes, to 6-10 colleagues
- Yes, to 11+ colleagues
- I am not a line manager

41. Are you a Wellbeing Champion?

- Yes
- No
- Would like to be

30. How do you define your gender? (optional)

- Female
- Male
- Non-binary
- Prefer not to say

31. What is your age? (optional)

- Under 20
- 21-30
- 31-40
- 41-50
- 51-60
- 61 and over
- Prefer not to say

32. What is your ethnic group? (optional)

- White
- Mixed/Multiple ethnic Background
- Asian/Asian British
- Black/African/Caribbean/Black British
- Other

33. Which of the following best describes how you think of yourself? (optional)

- Heterosexual or straight
- Homosexual or gay or lesbian
- Bisexual
- Prefer not to say
- Other

34. Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more? (optional)

- Yes
- No
- Prefer not to say

Thank you for completing our survey, your thoughts on SFH wellbeing support are important to us and this will help us to make positive changes to the offer. If you would like further information, you can visit the Wellbeing page on the SFH website [Looking after your wellbeing - Sherwood Forest Hospitals \(sfh-tr.nhs.uk\)](https://www.sfh-tr.nhs.uk/looking-after-your-wellbeing). Alternatively, you can email the team on sfh-tr.wellbeing@nhs.net.

Where to return your survey?

If you are completing a paper copy please return in the internal post or hand deliver to the address below

Wellbeing Team, Occupational Health Department, Byron House, Millers Way. Kings Mill Hospital

Many thanks, your Wellbeing Team