



TeamCRH Health and Wellbeing

Chesterfield Royal Hospital believes our biggest asset is our people and by having a proactive and preventative approach to Health and Wellbeing it supports the delivery of the hospital's strategic priorities. If we look after our people in turn they look after the people, we serve.

The Trust and the Royal Hospital Charity invests in a range of support for colleagues providing a comprehensive Health and Wellbeing Offer. This is supported significantly by the work we do alongside our Joined-Up Care Derbyshire Health and Wellbeing colleagues.

We have a wide range of opportunities available through the quarterly timetable covering everything from Mind and Body, Physical Activity, Arts and Cultural and Information Workshops, so there's something for everyone.

Peer Support Services offer counselling services, an Employee Assistance Programme, along with support such as Trauma Risk Management (TRiM), Sustaining Resilience at Work (StRaW), Reflective Practice and REACTmh- REACT Mental Health Training for leaders and managers. And signposting to other local and national support mechanisms.

Schemes such as the Cycle to Work initiative and the cycle storage facilities on site support colleagues to actively travel to work. Whilst fast trac physio services for staff mean they can get swift support to address matters; as does the support offered through the Trust Occupational Health services.

A range of staff networks provide colleagues with supportive opportunities for them to come together: DAWN the Disability and Wellbeing Network, Veterans Network, Race Equality and Cultural Inclusion Network, Carers Network and Be Yourself Group.

We have a fantastic array of staff volunteers who support the Wellbeing Offer whether this be as a Health and Wellbeing Champion, Mental Health First Aider or volunteers who bring colleagues together to take part in an activity and advocate and promote the wellbeing offer to their colleagues.

The Chesterfield Royal Hospital Charity are so passionate about supporting staff Health and Wellbeing that they have opened a £2m Wellbeing Hub to support colleague wellbeing. This is a multipurpose space that houses Wellbeing Workshops, Counselling Services, a range of classes, a gym, space to decompress and unwind and changing facilities.

