NHS
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

The Role of Wellbeing Champions

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Session Overview

- How our S4W Champions came to be
- Who are the Champions?
- Role of the Champions
- What this looks like in practice
- Challenges
- Thank you and questions

How S4W Champions Came to Be

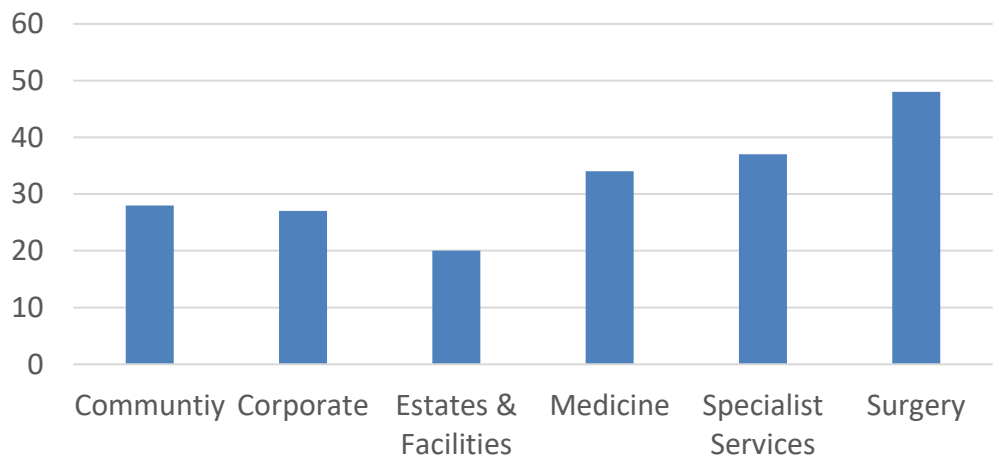
"To promote, embed and sustain an organisational culture where wellbeing is everybody's responsibility". (Steps4Wellness Team Mission)

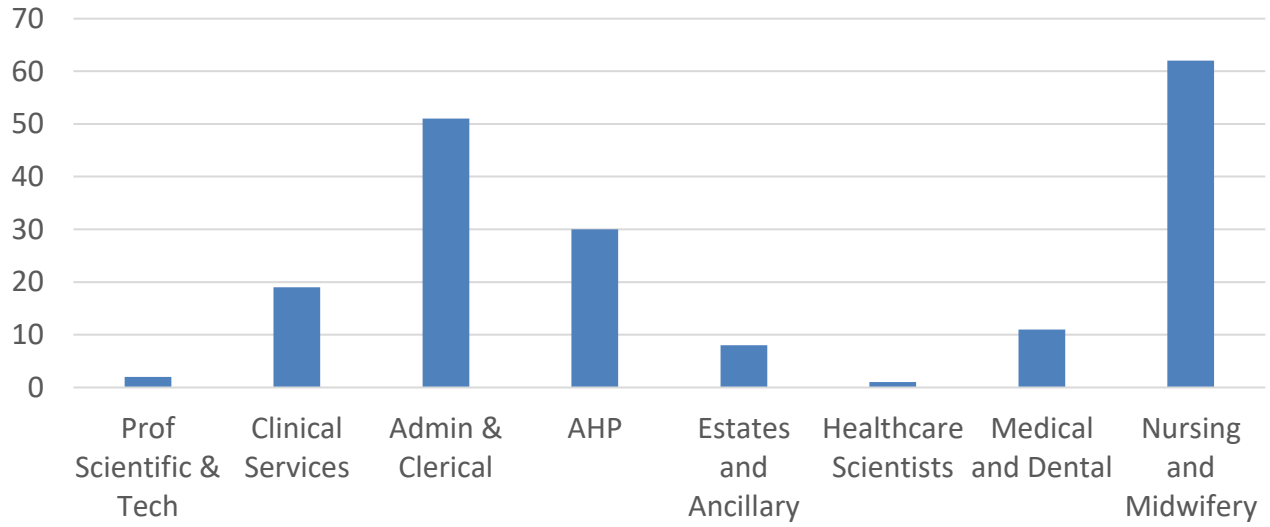
Champion recruitment began in June 2019 – WWL Quality Champions project with aims of:

- Increasing knowledge of S4W offer in teams across WWL
- Enabling cascade of important wellbeing information
- Improving colleague morale and engagement
- Enabling teams to keep themselves and their colleagues healthy and well

Who are our Champions?

- Our S4W Champions network has grown steadily over the last 3 years; we now have approx. 200 Champions across WWL.





- As a response to Covid-19, we also engaged with senior leaders and recruited 6 Wellbeing Leads.
- And, our CEO and Exec team took part in bi-weekly wellbeing walkabouts across all sites making sure to meet with our Wellbeing Champions.
- This still continues to date.

Wellbeing Leads

Role of our Champions in Workforce Resilience

Supporting further a field - sharing good practice in the NHS Community of Champions

Supporting WWL - embed a resilient wellbeing culture throughout the Trust

Supporting teams – adapt and innovate based on team need; “keeping social” elements

Supporting individuals – promotion of good health/ prevention of poor health; wellbeing conversations

What this looks like in practice

Fantasy Feelgood
Wellbeing worth working for

NHS Employers

Challenges

- Time and priorities
- Perceived as a ‘nice to have’ by some
- Lack of understanding of role
- Energy to keep momentum and engagement
- Engaging in a different way, i.e. not in person
- Representation of workforce

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Thank you for listening

Any questions?