



## BWell: You Matter: Staff Survey Results 17 Dec 2021-31 Jan 2022

### What staff health and wellbeing programmes are you aware of?

|  |      |
|--|------|
| B Well Website                               | 1144 |
| Here4U                                       | 1144 |
| Fit For the fight                            | 85   |
| Stop Smoking Service                         | 871  |
| Bespoke B Well session design                | 160  |
| Walking Programmes                           | 534  |
| CRIS   | 81   |
| Psychological Wellbeing Phonenumber          | 236  |
| Drop in clinics with Psychological Therapist | 42   |
| Staffcare                                    | 853  |
| Psychological First Aid Training             | 93   |
| Live News health articles                    | 199  |
| Top Tips for Looking After Yourself          | 146  |
| BEST Buddy Service                           | 173  |
| other  | 17   |

### What additional health and wellbeing programmes would you like to see offered in the Trust?

|  |     |
|--|-----|
| Arts Programme   | 267 |
| Gardening  | 244 |
| Book club  | 304 |
| Aromatherapy sessions  | 523 |
| Mapped walking routes around Trust sites   | 464 |
| Health checks  | 824 |
| Mindfulness Programme  | 649 |
| Outdoor gym equipment  | 336 |
| Other ( mental health support group, men's health club, forest therapy, access to gym at Everton, indoor gym on site, outdoor areas for lunch) | 105 |

### Currently how do you receive health and wellbeing information and events from BHSCT?

|  |      |
|--|------|
| HUB                                    | 1140 |
| B Well website                         | 334  |
| BHSCT Facebook                         | 146  |
| BHSCT Twitter                          | 79   |
| BHSCT Instagram                        | 36   |
| Manager                                | 297  |
| Colleagues                             | 164  |
| B Well You Matter Distribution List    | 179  |
| I don't receive these                  | 101  |
| Other ( Trust email/HR All User email) | 73   |



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**What would be the best way for you to receive health and wellbeing information and events from BHSCT?**

|                                       |      |
|---------------------------------------|------|
| Weekly email update                   | 1182 |
| Live news feed                        | 219  |
| BHSCT facebook                        | 213  |
| BHSCT Twitter                         | 95   |
| BHSCT Instagram                       | 72   |
| Team Meetings                         | 229  |
| B Well Website                        | 236  |
| Being part of a closed facebook group | 118  |
| Whatsapp                              | 166  |
| Newsletter of events and information  | 237  |
| YouTube                               | 26   |
| TikTok                                | 27   |
| Trust Phone alerts/notifications      | 95   |
| Other                                 |      |

**Are you aware of the B Well website?**

|     |      |
|-----|------|
| Yes | 1155 |
| No  | 298  |

**Have you accessed the B Well website?**

|     |     |
|-----|-----|
| Yes | 790 |
| No  | 664 |

**Did you find the B Well website useful?**

|       |     |
|-------|-----|
| Yes   | 598 |
| No    | 71  |
| Maybe | 278 |

**What time of day are you most likely to attend an online B Well wellbeing and information session?**

|                  |     |
|------------------|-----|
| Early morning    | 430 |
| Lunchtime        | 514 |
| Early evening    | 407 |
| Late evening     | 262 |
| Saturday morning | 112 |



## **BWell: You Matter: Staff Survey Results**

### **17 Dec 2021-31 Jan 2022**

**What time of day are you most likely to attend an online B well wellbeing and information activity?**

|                  |     |
|------------------|-----|
| Early morning    | 258 |
| Lunchtime        | 323 |
| Early evening    | 359 |
| Late evening     | 242 |
| Saturday morning | 86  |

**If sessions are recorded, how best could you access these?**

|                 |      |
|-----------------|------|
| B Well website  | 1065 |
| Live news feed  | 222  |
| Facebook groups | 250  |