



Belfast Health & Social Care Trust  
Business Support Organisation (BSO)  
DOH Workforce Policy Directorate  
GP Federations in Primary Care  
Health & Social Care Quality Improvement  
Network  
HSC Healthier Workplaces Network  
HSC Leadership Centre  
Independent Care Providers  
Northern Health & Social Care Trust

Northern Health & Social Care Trust  
Northern Ireland Ambulance Service  
Northern Ireland Fire & Rescue  
Service  
Pharmacy Forum NI  
Public Health Agency  
South Eastern Health & Social Care  
Trust  
Southern Health & Social Care Trust  
Trade Union Side  
Western Health & Social Care Trust

Dear Colleague,

As a group of staff working together to do difficult jobs and deliver crucial and life-impacting services, the need to do better in looking after ourselves and each other has become increasingly obvious and important. The last year has probably been one of the most stressful for many of us, in terms of both working and personal lives and it seems a really important time to take stock of how we are and what we need.

The Regional Workforce Wellbeing Network has been working across organisations over Covid-19 to coordinate and share resources, strategies and supports in order to best support each other during this very challenging time. We are continuing to work post-covid, as part of the Healthier Workplaces, to keep the needs of staff support to the fore.

As discussions around service rebuild continue, it is also important to make sure that these also include the needs of staff in Recovery and Wellbeing.

The attached resources have been developed by the Network and we hope that they might be helpful for all our colleagues across organisations and teams; and also to use individually. These include this animation [Covid Recovery Toolkit](#) and the infographic and slides attached.

We feel it is important to make sure that we all know what is available in terms of support and that there is an opportunity to suggest other options/ ideas of what would help further support us in enjoying and delivering our jobs, while also enjoying our families, friends and other interests. A regional mini website is in development to support this aim.

We are keen to hear from any colleagues with suggestions regarding what would be useful resources/ training/ activities that would help support, promote and maintain wellbeing so please email us on [regionalworkforce.wellbeing@hscni.net](mailto:regionalworkforce.wellbeing@hscni.net) with any suggestions.

Also follow us on twitter at [@regionalworkfo1](https://twitter.com/regionalworkfo1) (regionalworkforcewellbeingNI) so we can best share any coming events/resources.

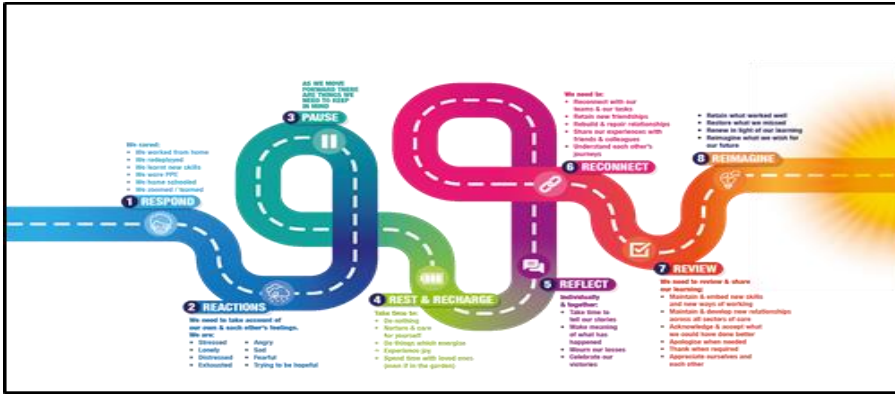
As we look towards a still uncertain future we encourage you and your team to take time along the recovery pathway to Rest & Recharge / Reflect & Reconnect in order to have opportunity to Review and Re-imagine the work environment and opportunities we would like to support each other to create.

We wish for everyone over the summer months some Recovery Time, individually, as families and communities and collectively, as teams and organisations.

Obo: Regional Workforce Wellbeing Network

*Sarah Meekin*

Dr Sarah Meekin (CHAIR)



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