

## **HEALTH AND CARE EMPLOYEE WELLBEING SUPPORT**

We have a newly formed Health and Wellbeing offer that brings together a substantial range of resources to support the health and wellbeing of everybody working in our health and care sector, including volunteers and unpaid carers. It is hosted by the West Yorkshire and Harrogate Health and Care Partnership, providing a shared 'front door' for all 6 local areas that make up the partnership. Bradford District and Craven is one of the 6.

Bradford District and Craven colleagues have worked together to find and select the TOP PICKS for the whole offer. When you land on the wellbeing page, you will find 7 topic buttons (e.g., For You, For Teams, Leading for Wellbeing) that you then click to access resources. Behind 'Our Six Places & Other Resources' (a purple button) we have space to share learning from initiatives that we're running locally, so please keep a look out over the coming weeks as we will be adding content.

We are drawing attention to 3 particularly important aspects of wellbeing – time to talk, staying resilient, and looking ahead. The offer will evolve over time to highlight the top picks that make the biggest difference.

This is very much an offer built on generosity and caring (for ourselves and each other)... Let us know if it hits the spot, if anything resonates loudly, or if there's anything missing that you would like to see included.

Webpage link: <https://www.wyhpartnership.co.uk/our-priorities/coronavirus-covid-19-information-and-resources/new-workforce-health-and-wellbeing>

To let us know what you think, please contact: INSERT CONTACT NAME FOR OWN ORGANISATION OR NETWORK. For more detail, refer to the link above.

**Also included is a poster following a request from the care home sector.**