

Health Assured Sessions 10th – 25th March

Comments from attendees:

- ‘I found the Mental Health Wellbeing webinar very useful. And very informative.’
- ‘I attended all the manager sessions and enjoyed them all. Clearly there was some overlap, so repeated messaging here and there. I was able to promote (and recommend) the service to my team – and hopefully more effectively having attended the sessions myself. However, I am concerned that the ‘remote’ nature of the service is a double edged sword – it could feel very distant if you were trying to discuss sensitive issues. It also seems difficult for managers to follow up on issues if they’re out of the loop. I suspect some anonymised recommendations from satisfied users of the service would encourage greater sign-up and engagement.’
- ‘I was pleasantly surprised by the EAP, in fact amazed at the areas that support is available. I certainly think it would be beneficial for staff to be made aware of the type of subject areas that can be supported – I imagine the majority of staff have little idea that it’s so extensive.’
- ‘Yes, they were quite useful. I was interested to hear that about their app. I did however, find it hard to sit and listen for a whole hour. I know that it is difficult via Teams but maybe a bit of interaction, just to break up the listening.’

Health shots 7th April - 14th May

- 100% of completed feedback forms rated the virtual workshop as **excellent**
- 100% of completed feedback forms rated the level of the virtual workshop as **'about right'**

Comments from attendees:

- [The presenter was] very matter of fact and kept it basic so very easy to understand, it was brilliant having a doctor on it as it give a professional aspect and she was so good and approachable to discuss topics.
- Make it a regular item as people need to know about this kind of information it should be advertised in Team Meetings as it's invaluable.
- It was all very good and enjoyable and very informative.
- The weight loss techniques and advice on reducing food was brill, the exercise information and alcohol info.
- -The general wellbeing gives confidence in yourself.—I was interested in the anxiety and depression for people I know and what to do if I recognise the symptoms
- Thank you. It is good to have workshops like this