

# STAFF WELL-BEING support



Sherwood Forest Hospitals  
NHS Foundation Trust

Level 2 of the Staff Well-Being Support focusses on Families and Local Communities; keeping relationships and communication strong helps to keep our colleagues safe and supported.

## LEVEL 2 - LOOK AFTER YOUR FAMILY AND COMMUNITY

### SUPPORT YOUR FAMILY



- SFH Hardship Fund
- HR Frequently Asked Questions
- Keyworker Letter
- Staff Discounts
- Rapid Redeployment Opportunities
- Tips for Working From Home

### KEEPING CLOSE FROM AFAR



- #TeamSFH Staff App
- NHS App
- #Team SFH Facebook Group
- Virtual Networks
- NHS Volunteers
- Top Tips to Chair or 'Host' Virtual Meetings

### Caring for Specific Groups



- Children and Young People
- Carers
- Older Adults

### CAREing for Everyone



- CARE Values
- Civility Saves Lives
- Self Care and Well-Being Planner

We are in this together | Just do the best that you can do | Look out for each other | Its ok not to be ok