



Health & Wellbeing Current Offer



• Emotional Wellbeing •



- Lincolnshire Helpline
- Emotional Wellbeing Line
- Psychological therapies
- Counselling service
- Wellness plans
- Care app
- Resilience based clinical supervision
- Coaching
- Mental Health First Aiders
- Health & Wellbeing Champions
- Virtual Mindfulness
- Mediation service
- Virtual community /listening spaces
- Wobble rooms/create your own space
- Chaplains
- Peer support sessions
- Staff network groups - BAME, Carers & colleagues with long term conditions
- Carers passport
- MHFA, Mindfulness & Meditation training
- Intranet self-help resources
- Staff handbook resource
- Relaxation techniques

• Physical Wellbeing •



- Occupational Health service
- In-house/ Fast track Physiotherapy & Podiatry service
- Online Yoga
- Online Zumba
- One You Lincolnshire
- Simply Health Insurance cash plan
- Online exercise workouts/links to stretching exercises

• Financial Wellbeing •



- Neyber/Salary Finance service
- Wagestream
- Transave
- Free Wills
- Vivup employee benefits platform
- National discounts/offers

• National Resources •



- Telephone & text helplines
- Bereavement helpline
- Online Peer to peer, team and personal resilience support
- Wellbeing support service - Project 5
- Wellbeing webinars
- Wellbeing apps
- One You online resources
- Mind Matters online resources
- NHS Emotional wellbeing toolkit online
- REACT Mental Health conversation training
- Coaching and Mentoring for leaders
- Psychotherapy and counselling
- Duty to care online sessions to improve and sustain mental wellbeing
- Leadership circles
- Common room
- Wellbeing guides
- Govt. assisted financial assistance information
- Bridge 4 exercise with Physiotherapists
- Active 10 NHS app
- Youtube exercise workouts
- Online Government supported financial information & assistance
- Benefits calculator
- Debt charities
- Wellbeing guides, Resilience

• Social Wellbeing •



- Virtual Cuppa
- HWB Virtual Community spaces
- Remote working guide
- Staying connected tips, advice on using technology
- Newsletters