**NEW Looking after your team’s health and wellbeing guide  - now on NHSE website**

This interactive guide has been developed to support teams to improve their health and wellbeing, through a culture-change approach. It is for all teams working in healthcare.

The guide is now available on the NHSE website: [NHS England » Looking after your team’s health and wellbeing guide](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.england.nhs.uk%2Fpublication%2Flooking-after-your-teams-health-and-wellbeing-guide%2F&data=05%7C01%7Crachel.stafford6%40nhs.net%7Cd1af7ff160134ec2698408db35ce6e31%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638162932943073450%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=PFQQ9kIlVmrvURVKwxoyxa8Rcp0BmtB%2FgfhmmsnZWN0%3D&reserved=0). Please share widely across your organisations, systems and networks, including with people outside the NHS who you work with.

***“It empowers people to ask questions, take action and to feel valued.”****Feedback from a pilot site*

Being healthy and well is different, for different people, at different times and we know that one size doesn’t fit all. This guide empowers staff to enable their team to come together to shape their health and wellbeing journey.

Teams will be guided through a series of sections that will help you to explore and improve your team health and wellbeing, at a pace that is right for you. Packed with activities, helpful hints and an inspiration library, the guide will support you to shape a local plan for a thriving and resilient team.

***“We now have protected time as a team, a dedicated one hour where we focus together on health and wellbeing.  We try to do different things which focus on both mental and physical aspects of health.”****Feedback from a pilot site*

This guide

* inspires and guides you to begin creating your team culture of wellbeing in a simple, practical & engaging way;
* will improve your team’s health and wellbeing over time, through a flexible, continual, and collaborative ‘journey’;
* builds on the [NHS Health and Wellbeing Framework](https://www.england.nhs.uk/supporting-our-nhs-people/health-and-wellbeing-programmes/nhs-health-and-wellbeing-framework/) and the [NHS Healthy Leadership Framework;](https://www.nwacademy.nhs.uk/discover/offers/healthy-leadership-framework)
* and gathers best practice resources all in one place, whilst also signposting you to wider resources and tools over time as we learn together from your experiences.

The introductory section and facilitators guide give more information about using the guide, and then you decide as a team which areas to focus on and what path your journey will take.

If you use the guide, please tell us what you think via a short (5 question) feedback survey: [NHSE team wellbeing guide feedback (onlinesurveys.ac.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnhsei-hwb.onlinesurveys.ac.uk%2Fnhse-team-wellbeing-guide-feedback&data=05%7C01%7Crachel.stafford6%40nhs.net%7Cca8acd49123a42ad75d008db19ab55c2%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638131995880714232%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Nquh8DDQNs%2FoHkyV2q%2Bhx4hmvjFOHlOuz7xS5JvB6fg%3D&reserved=0).

You can also email your feedback to [growing.ohwb@nhs.net](mailto:growing.ohwb@nhs.net)​.

Also attached is a communication and marketing pack, with tools to help you promote the guide.

**NEW NHS Directory of Services in OH and wellbeing – in draft for comment**

A draft Directory of Services for OH and wellbeing has been developed, and is circulated for feedback and use by OHWB teams.

The document summarises the range of services outlined in legislation and/or national guidance for NHS OH departments. These services are ‘core’ to the delivery of a comprehensive Occupational Health Service to staff working in the NHS. Teams are also encouraged to think about what services are also key to their OH and wellbeing services, shaped by local insight and the needs of their workforce.

This document supports the national [NHS Growing OH and Wellbeing Together Strategy](https://www.england.nhs.uk/supporting-our-nhs-people/health-and-wellbeing-programmes/growing-occupational-health-and-wellbeing-together-strategy/) and specifically the strategic driver *Growing our OHWB services across systems*.

Feedback is welcomed, to inform further development, via a short questionnaire: [**https://nhsei-hwb.onlinesurveys.ac.uk/ohwb-directory-of-services-feedback**](https://nhsei-hwb.onlinesurveys.ac.uk/ohwb-directory-of-services-feedback)

You can also email your feedback to [growing.ohwb@nhs.net](mailto:growing.ohwb@nhs.net)​.