

## Growing OH and Wellbeing NENC

### Welcome to the May project update!

## Regional Health & Wellbeing Symposium

The Regional health and wellbeing event was held on 11th May 2022 with 96 participants from all over the North East North Cumbria region.

Five main subjects were covered by our guest speakers during the session;

1. HWB Framework,
2. National HWB programme,
3. National Growing OH programme,
4. Growing OH NENC project
5. HWB leads development.

Based on the evaluation, the HWB framework was the most popular session, presented by Rhiannan Rubin, head of wellbeing and HIOW health and wellbeing programme delivery.

The full slide pack now is available for download. Please follow the link below:  
<https://ahsn-nenc.org.uk/event/regional-health-and-wellbeing-symposium/>



## Staff Engagement Sessions

Thank you for your active participation and input in our 1:1 staff engagement sessions at each Trust. A full list of questions and answers (FAQ) is being developed by the project team that will soon be accessible via our webpage.



## Service Design Groups

Thank you to everyone who participated in the service design support groups for bringing their expertise and experience around the table and engaging in such constructive and open exchanges throughout the four full-day meetings.

A robust list of actions and recommendations is being created for each day that will be shared across the four Trusts in the next transformation group meeting on the 7th June 2022.

- Occupational health- Core business: 12th May 2022
- Psychological support group- 17th May 2022
- Manual handling/physiotherapy- 18th May 2022
- Health & Wellbeing- 26th May 2022

Please scan the QR  
barcode for more  
information on the  
"Growing OHWB-  
NENC" project.

