Quality Academy Knowledge & Evidence Team

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| **Your request for evidence:**  What are other trusts doing to support NHS staff during COVID-19? | **Date of literature search: 27/03/2019**  **Search conducted by:** Emma Child  **Contact details:** [emma.child@nhs.net](mailto:emma.child@nhs.net) |
| **In Summary:**   * Cheltenham and Gloucester Hospitals Charity [1] has set up a ‘COVID-19 Rapid Response Appeal’ webpage asking small businesses and members of the public to donate money and/ or items and to set up their own just giving pages. Donations will contribute towards: * Boost boxes * Sleep pods * Fold out beds * Alternative travel e.g. taxis and minibuses * NHSGGC are rolling out support hubs where staff can go for a coffee and support each other whilst maintaining social distancing [2] * Several trusts have created webpages specifically tailored to support their NHS staff during this time [3-5]. Pages include links to mental wellbeing resources, details of discounts and offers etc.   \*A key resource which may be useful to promote at WHH is free access to the mindfulness Headspace app until 31st Dec 2020 for all NHS staff. [Register using NHS email for verification](https://work.headspace.com/nhs-clinical/member-enroll)\*   * University Hospitals Plymouth are offering live mindfulness sessions via the Zoom app [4]. | |

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| **No.** | **Key information** | **Document** |
| 1. | Gloucestershire Hospitals NHS Foundation Trust. **COVID-19 Rapid Response Appeal**. *Cheltenham and Gloucester Hospitals Charity 2020.*  Cheltenham and Gloucester Hospitals Charity has set up a ‘COVID-19 Rapid Response Appeal’ webpage asking small businesses and members of the public to help support their staff with items, resources or online financial donations. They are also encouraging members of the public to set up their own ‘Just Giving’ pages to raise funds.  Donations are being used to provide:   * Boost Boxes – to give refreshments to teams * Fully equipped staff sleep pods as places for staff to take a break and ensure they are not too tired to drive home * Fold out beds * Provision of alternative transport to work such as taxi or minibus if public transport is not available | Please click [**here**](https://www.gloshospitals.nhs.uk/charity/what-we-do/campaigns/covid-19-rapid-response-appeal/) to view the page |
| 2. | NHS Greater Glasgow and Clyde 2020. **NHSGGC gears up to support staff wellbeing during Covid-19 challenge**. *NHS Greater Glasgow and Clyde, 26 March 2020*  NHSGGC are rolling out support hubs – these are places that staff can go for a coffee and as a place to support one another, listening to music or finding a quiet place to reflect on the day – while maintaining social distancing. | Please click [here](https://www.nhsggc.org.uk/about-us/media-centre/news/2020/03/nhsggc-gears-up-to-support-staff-wellbeing-during-covid-19-challenge/) to view the page |
| 3. | King’s Health Partners, 2020. **COVID-19 Staff Health and Wellbeing**. *King’s Health Partners, 2020*.  King’s Health Partners have created a webpage with health and wellbeing resources for NHS staff during COVID-19. Most notably it states that NHS staff have free access to the Headspace app until 31st Dec 2020. The app has 1000+ hours of mindfulness and sleep content and is proven to reduce stress in 7 day.  Click [here](https://work.headspace.com/nhs-clinical/member-enroll) to enrol using your NHS email as verification. | Please click [**here**](https://www.kingshealthpartners.org/our-work/mind-and-body/staff-health-and-wellbeing) to view all the resources |
| 4. | University Hospitals Plymouth NHS Trust, 2020. **Support for Staff**. *University Hospitals Plymouth NHS Trust, 2020.*  The trust are offering a series of virtual mindfulness sessions. Each session will last up to 30 minutes and will be delivered live via Zoom on Friday mornings | Please click [here](https://www.plymouthhospitals.nhs.uk/covid19-support) to view the page |
| 5. | Brighton and Sussex University Hospitals NHS Trust. **BSUH Health & Wellbeing**. *Brighton and Sussex University Hospitals NHS* *Trust*  This webpage provides staff with links to wellbeing resources, fitness videos, counselling services, details of offers and discounts | Please click [**here**](https://www.bsuhwellbeing.nhs.uk/) to view page |
| 6. | BMJ Opinion, 2020. **Doctors’ wellbeing: self-care during the covid-19 pandemic**. *BMJ Opinion, Michael Farquhar & Shreena Unadkat, 16 March 2020.*  A blog post on how important it is to support doctors’ wellbeing during the pandemic:  *“Many trusts are mobilising their psychological therapists to help frontline staff manage through this time. Staff should check with local psychology leads and occupational health to see what is available”* | Please click [here](https://blogs.bmj.com/bmj/2020/03/16/self-care-during-the-covid-19-pandemic/) to view the blog |

**Search Strategy:**

NHS + staff + (health or wellbeing) + COVID-19

**Resources searched:** advanced Google search