

Media Release

25 May 2010

NHS Staff to 'Lighten Up'

Staff at NHS Gloucestershire are being given the opportunity to Lighten Up with the launch of a new health and wellbeing programme.

NHS Gloucestershire has launched a staff health and wellbeing programme called Lighten Up which aims to help staff improve their feeling of wellbeing, increase their motivation and enable them to develop an ability to control their work/life balance.

The programme consists of five training modules: Making changes; Health Lifestyles; Managing Your Day; Transforming Your Thinking and Stress.

The modules are not necessarily work related and can cover areas such as grief, diet and changes in your life outside of work alongside more work based issues.

The modules have been developed in partnership with a local health and wellbeing organisation, Dr Charles Vivian, our occupational health consultant and with the full support of the public health team.

Chief Executive of NHS Gloucestershire, Jan Stubbings, said:

"Our staff are our greatest asset and we value the work they do to provide healthcare to the people of Gloucestershire. I absolutely believe that the better you feel about yourself and your job the better service you can deliver. The Lighten Up programme is key to supporting our staff to gain the right work/life balance."

Dr Charles Vivian said:

"Work is a major part of our lives and it is inevitable that when we are trying to juggle tasks and emotional issues at home and work things are not always easy. We want to help provide staff with the tools to help them gain the right work/life balance.

"A programme like this can also benefit the organisation by reducing stress levels, providing a more confident workforce and increasing the motivation of staff in their job."

The Lighten Up modules include a suite of DVDs which will have been facilitated by a trained in-house team. The content and core themes have been enhanced by using scenario based case studies using professional actors, patients and members of the local health community. These have been based on their own experiences and show how they chose or were forced to make significant personal changes in their lives.

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Lighten Up is also available to other organisations. For further information about how lighten Up can help your organisation please contact Kim Jenkins on 08454 221500.

Lighten Up is led by the Human Resources and Public Health teams at NHS Gloucestershire.

NHS Gloucestershire has recently gained Investors in People as well as being included in the top 100 of healthcare organisations to work for.

The HR team has also been shortlisted for the HR Team of the Year and the Equality and Diversity 2010 Excellence Award in the Healthcare People Management Association Awards 2010.