

Ensuring staff stay safe and well is essential to their ability to deliver the best care to patients and helps create a happy workforce. Providing resources and support services at pace is important to improving and maintaining staff wellbeing and morale. Here we present a summary of innovations gathered and shared as part of the [Access learning system](#) (responding to the challenges of COVID-19 and the remobilisation of elective care) in order to help teams **maintain, monitor, and improve staff safety and wellbeing.**

Regular, meaningful and concise communication with staff can improve staff morale and confidence, whilst also keeping both them and patients safe

Key Learning

Get creative - New signage, with catchy messages and visuals around the hospital can help keep staff and patients safe whilst also making them smile.

Concise and clear information - Constant updates can be stressful and important information can get overlooked. Co-ordinating communications makes information accessible, saves time, and ensures staff feel more connected, informed, and confident about their work.

Innovations

- North Tees and Hartlepool NHS Foundation trust's '[Have a heart-Stay apart](#)' campaign.
- NHS Fife's [StaffLink platform and app](#).
- NHS Greater Glasgow and Clyde's bite-sized [illustrated information guides](#) for staff.

Raise morale and reduce anxiety with new opportunities for staff to support and 'check-in' with one another

Key Learning

Compassionate conversations - Dedicating time for regular catch-ups and check-ins can reduce feelings of uncertainty and anxiety from working in a busy and constantly changing workplace.

Connecting and saying thanks - Regularly asking for, and listening to, feedback and showing appreciation for one another raises morale.

Have fun - Hosting social events and creating safe, non work-specific chat time can bring staff together and has been shown to improve mental wellbeing.

Innovations

- '[Five questions](#)' tool.
- United Lincolnshire Hospitals NHS Trust's '[Admin and Clerical Appreciation Week](#)'.
- [15 seconds, 30 minutes](#) social movement.
- Barts Health NHS Trust '[BartsShielders](#)' online community using [Liberating structures](#).
- NHS Lothian's '[You said, we did](#)'.
- East London NHS Foundation Trust's [digital Bedfordshire and Luton Wellbeing Games](#).

Additional resources

Resources for parents and carers from [ParentClub](#) provide a range of hints and tips for dealing with household budgets, healthy eating and wellbeing, as well as fun activities for the whole family.

[NHS Education for Scotland](#) have developed an easily accessible resource to support children, young people, parents and families and the practitioners who work with them.

NHS Education for Scotland's [Support Around Death \(SAD\) website](#) provides resources and training for professionals who work with the bereaved in Scotland or have experienced bereavement.

[Our NHS People](#) have created a user-friendly guide to help team members support returning staff including links to useful resources for managers.

