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| --- | --- |
| A blue and orange cover with text and a qr code  Description automatically generated | **EDNA Service – Impact survey**  Have you used the EDNA Service?  If so, then please tell us about your experience via this [short survey](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2FPages%2FResponsePage.aspx%3Fid%3DwRwyQbnsfEaw1YVGRNlOO7xUsJny_R1Gq2H46isRQb1URDg5OUtKMUhESVlXTklUOVVXUkxKVEVZWS4u&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900794122%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=3G%2FGPFbKWZ1OR5WKIjRXqMPNwzVnmMbbScahgkxCwUw%3D&reserved=0).  We take great pride in our work, and we are continually looking at ways we can improve our service.  Feedback is anonymous. |
| A blue and white rectangular sign with black text  Description automatically generated | **Barclays – Supporting you and your community**  We have teamed up with Barclays, who have put together this useful guide to help staff manage their money.  You can access the guide on the People Portal within the [Financial Wellbeing section](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fhubs%2Ffinancial-wellbeing%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900802496%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Mb2Mr%2BScaDpsS4X0%2FvjVGGLOESijfCXLptOye%2F1jzwE%3D&reserved=0). |
| A blue and white rectangular object with text  Description automatically generated | **Leading Well Evaluation**  **Can you spare us a couple of minutes to give us your experiences, views and needs around our** [**Leading Well resources**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Fleading-well%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900810178%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=DD6CsI0snRlYoDxvbZGuJKRmx5nWioJdr5slN89p3Wc%3D&reserved=0)**?**  You can access the survey here: [Leading Well Feedback Evaluation form](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fe%2F7EPKQ2CwZe&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900817172%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=BKz3mdY7EblgdgaYVQw8J7uyI1V78WiwQQIPD7GQ5hc%3D&reserved=0)  We want to understand the impact these resources available on the People Portal have had to colleagues working in the NHS and Primary Care across Hampshire and the Isle of Wight.  Please note that your feedback is anonymous.  If you have any further comments or concerns, please email [HIOWWellbeing@solent.nhs.uk](mailto:HIOWWellbeing@solent.nhs.uk) |
| A person in blue scrubs holding a clipboard  Description automatically generated  **A poster of a person with a clipboard  Description automatically generated** | **Focus on Flex**  Available on the People Portal, this toolkit is designed to help managers and employees alike to design effective flexible working arrangements which work for everyone.  **Explore:**   * How to offer flex in ‘hard to flex’ patient-facing roles * Introducing team-based or self-rostering to your service to improve wellbeing and retention.   [Focus on Flex - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Ffocus-on-flex%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900823997%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=6R1%2BlHdKdiMR2Q%2B2hFjgI0jmTHAyU%2FP71irjEtlCxy0%3D&reserved=0) |
| A blue and white sign with a wire and a qr code  Description automatically generated  A blue and white advertisement  Description automatically generated | **Good Breaks Resources**  How are you at taking breaks at work?  Talking about how we make good breaks happen is something we need to be exploring in our teams.  Check out these new resources on the People Portal!  [hiowpeople.nhs.uk/resources/good-breaks](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Fgood-breaks%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900830940%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=5GB8qnziJlm%2BmLK9ZGM84PG80qhMDXFNJ5w21qwBWRw%3D&reserved=0) |
| A blue and orange bubble with white text  Description automatically generated | **EDNA Service: Manager Drop-in Session**   * **Tuesday 16 July, 1.30-2pm** * **Tuesday 13 August, 1.30-2pm** * **Tuesday 10 September, 1.30-2pm**   A virtual session to answer your questions about the HIOW EDNA Service.   * Meet the Advisors * Bring your questions * Find out how we can support you and your team   **Sign up on the People Portal**  [EDNA Manager Drop-in - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fevents%2Fedna-manager-drop-in%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900837880%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BXF1vNVMh9X4qSgHOusWiXwdqmAC8HfH4MFdVJ0LBsc%3D&reserved=0) |
| **A close up of a card  Description automatically generated** | **EDNA Service - one-to-one advice**  Through a specialist team, we offer one-to-one advice and a safe space to talk, as well as help with areas such as reasonable adjustments, employment rights and HR advice.  [**Self-refer online here.**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fr%2F7CDSw8T5SH&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7C28287ddbbfb24859188708dca258a5b8%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638563753900984431%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=mkGdzxc22soXD9Vt%2B5yO2XHwmOEnGpMQjNAQnfoJU7Q%3D&reserved=0)  **You do not need a medical referral or formal diagnosis**.  EDNA can also offer training to managers whose team members may be living with a disability, long term condition or neurodivergence.  Contact our team by email on [EDNA@solent.nhs.uk](mailto:EDNA@solent.nhs.uk)  EDNA is available Monday-Friday from 8am-4pm. |
| **Assets: social/newsletter graphic/PDF poster**  **A sign on a white surface  Description automatically generated with medium confidence**  **A white page with orange leaves and text  Description automatically generated** | * **Online Menopause Meet-ups** * **For NHS and Primary Care staff in Hampshire and the Isle of Wight**   **Fortnightly on Thursdays: 1pm online**  A virtual meet-up to provide a safe space to talk about menopause. Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.  There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.  We hope to see you there!  **To join email:** [HIOWWellbeing@solent.nhs.uk](mailto:HIOWWellbeing@solent.nhs.uk) |