

Health & Wellbeing Team - Mental Health First Aiders

Reference Number: RDF2053-23

Date of Response: 08/12/23

Further to your Freedom of Information Act request, please find the Trust's response(s) below:

Please be aware that the Royal Devon University Healthcare NHS Foundation Trust (Royal Devon) has existed since 1st April 2022 following the integration of the Northern Devon Healthcare NHS Trust (known as Northern Services) and the Royal Devon and Exeter NHS Foundation Trust (known as Eastern Services).

I would like to make a Freedom of Information Request for the below information.

1. *Do you have a Staff Health and Wellbeing Lead in your organisation?*
Answer: Yes.
2. *Do you have a Staff Wellbeing Team and what is the structure?*
Answer: Yes. Health & Wellbeing & Mental Health First Aiders sits within Occupational Health and Wellbeing in Royal Devon's Eastern Services and within Employee Experience in the Northern Services. Please see team structure chart attached.
3. *Where does staff health and wellbeing sit within your organisation?*
Answer: Under the Associate Director of Wellbeing, Inclusion and Experience with team members in the Employee Experience and Occupational Health and Wellbeing teams.
4. *Do you have a Mental Health First Aid programme?*
Answer: Yes.
5. *How many Mental Health First Aiders do you have?*
Answer: 528.
6. *How many Health and Wellbeing Champions do you have?*
Answer: 247.
7. *Has staff health and wellbeing had financial investment since 2021?*
Answer: No, other than NHS charities funding.
8. *Does your organisation offer staff training? If so, what training do you offer?*
Answer: Yes.
 - Mental Health First Aider and Champions
 - Health and Wellbeing Conversations
 - Stress workshops
 - TRiM - managing trauma

Royal Devon Eastern Services - As above and also:

- Burnout workshops,
- Stress management for teams,
- Menopause education.
- Education regarding sleep
- Leading under Pressure
- Team reflection sessions
- Managers training
- Mens health awareness

