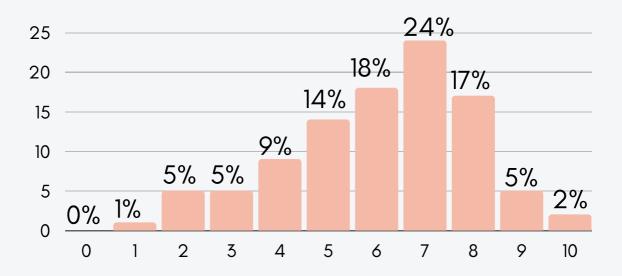
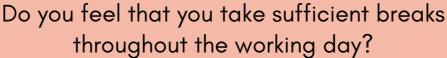
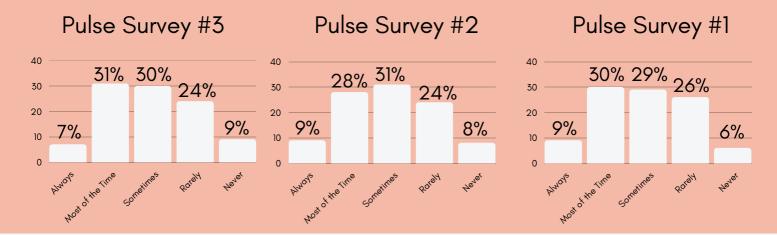
Overall Wellbeing Questions

On a scale of 0-10 (where 0 = worst, and 10 = best) where would you score your wellbeing now?





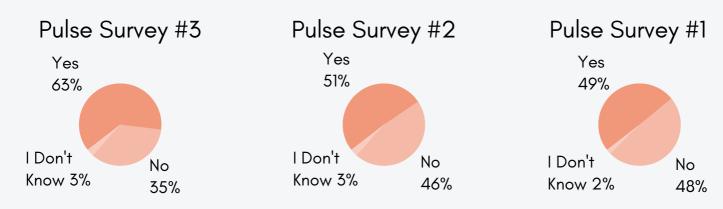




Overall Wellbeing Questions

In the past 3 months, have you had an occasion where you have worked despite not feeling well enough to perform your duties?

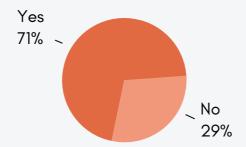




How often do you feel "too tired" after work to enjoy the things you would like to do at home? 50 40 43% 38% 30 20 10 10% 1% 8% Most of the Always Sometimes Rarely Never Pulse Survey #3 Pulse Survey #2 Pulse Survey #1 46% 46% 46% 50 50 40 40 31% 30% 30% 30 30 30 20 20 16% 20 24% 9% 7% 7% 10 10 10 1%

Awareness and Perception of We Care and the Organisation's Wellbeing Resources

Are you aware of NHS Grampian's We Care programme of work?



Have you used/taken part in any of the resources or opportunities provided by any part of the organisation to support your wellbeing?



Which of the wellbeing resources, activities or training, provided by any part of the organisation have you used?

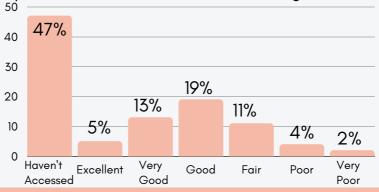
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20	Online Resources (22) OHS (20) Journaling (15) Menopause (10) MBSR (10) Promoted Apps (8) Resilience Training (6) Other (6)	Horseback UK (5) #Spaces for Listening (5) Wellbeing Window (4) Pedicures (4) Timeout for Wellbeing (5) Ge Care Website (2) rew & a Blether (2) Ge Care Newsletter (2) He Kindness Method (2)	Step Challenge (2) Psychological Support (2) Psychological Safety (2) We Care Resource Packs (2) VBRP(2) Reflexology (2) (e Care Flash Report (1) fellbeing Sessions (1) ook Blether (1)	re (1)
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What are the reasons you haven't accessed any of these wellbeing resources?

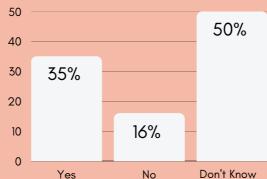
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	enough time (43)	21)	Not needed (17)	Work pressures (15)	<u> </u>	9					-			Ξ
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00	שסר	Ď	₽	돈	Not the right (10) resources	Difficult to access (6)	Too far to travel (5)	No Answer (4)	Find it difficult to (3) ask for help	Haven't looked (2)	Don't want to involve (Sessions clashed (1)	Unable to book (1)	Management issues
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Awareness and Perception of We Care and the Organisation's Wellbeing Resources

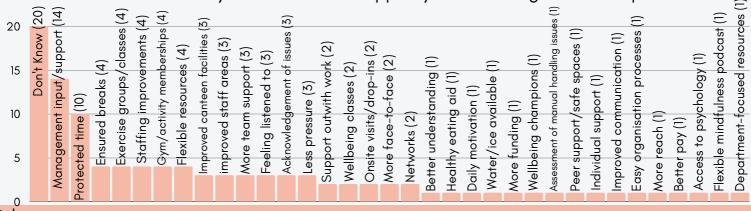
What is your perception of We Care and the Wellbeing Resources on offer?



Do you believe We Care supports your health and wellbeing in the workplace?



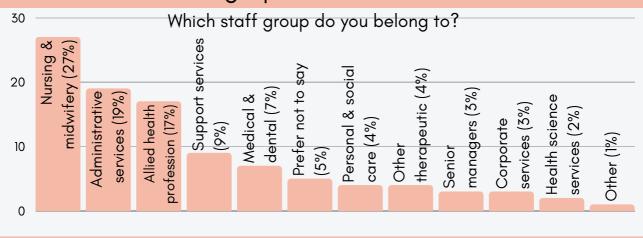
What other resources would you like to see to support your wellbeing in the workplace?



Other comments:

- "more links with management to address workload"
- "I appreciate there are many things on offer – problem is not having time in the workplace to access them"
- "keep doing what you are doing"
- "you're doing a great job. keep smiling"
- "one of the biggest stress is childcare. maybe holiday clubs for children?"
- "I struggle to ask for help as I feel like a failure"
- "protected reading time/catching up time/just time"
- "we give our best and it feels it is not good enough"
- "I know I can access when required"
- it remains difficult to find the time within the day to access resources"

Demographic Information





Which portfolio of NHS Grampian do you work in?

Primary care (17%) Prefer not to say (13%) Facilities & estates (9%) Mental health & learning disabilities (8%) I don't know (8%) Other (6%) Medicine & unscheduled care (6%) Clinical Directorate (NMAHP) (6%) Moray (6%) Public Health (5%) Corporate (5%) People & Culture (4%)

Which area of HSCP do you belong to?

