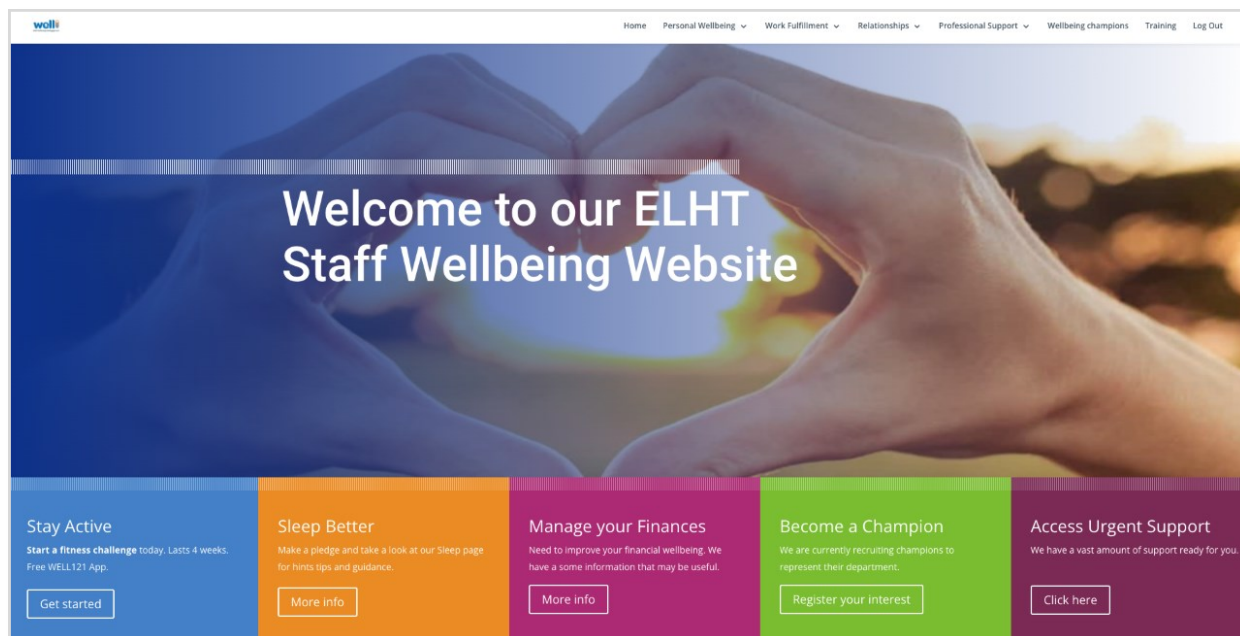


Visit the new ELHT Health and Wellbeing Website



This portal is accessible by all staff, 24 hours a day, 7 days a week and can be used to access immediate support or to find out how you can make positive healthy changes to your lifestyle.

The portal has been designed in collaboration with the ICS and provides staff health and wellbeing information, tools and resources and is the place to go if you would like further information and support for health and wellbeing.

You can find the following topics covered within the portal:

- Improving personal health and wellbeing • Mental and emotional health • Physical health
- Healthy lifestyle topics • Fulfilment at work featuring information on work life balance

In addition to information and signposting details, you will find:

- Bitesize learning modules – take 10 mins to read information on a variety of topics
- A variety of hints and tips to help you to make small but achievable health changes
- Monthly Challenges and pledges, aimed at improving your health and wellbeing and access to a new and exciting tracking app
- Useful videos helping you to understand health topics and participate in healthier behaviours

So take a moment, follow the link and explore what is on offer
and don't forget to let us know your thoughts.

Email your comments to wellteam@elht.nhs.uk - we would love to hear from you
www.LSCWellservice.co.uk Username: **ELHTWELL**