

Equality, Diversity and Human Rights Week 2016

Staff Profile- Meyrem Rawes-Enver

Staff Health and Wellbeing



I am Meyrem Rawes-Enver and I am the Trust's Wellbeing Lead. I was recruited in 2010 to implement a 2 year pilot of Health Champions at HHFT. Whilst in post I recognised that there was a huge opportunity around staff health & wellbeing and its importance to the staff, patients and the Trust. This led to the creation of the Zest programme which aspires to be holistic with many components to meet the needs of our diverse workforce. It is also a dynamic programme which is continually developing and augmenting and has grown significantly since its inception. We made great headway and were recognised in 2012 by NHS Employers as one of the leading Trusts in UK for staff health & wellbeing.

Currently there are 6 main strands to the Zest programme which are: Health & Wellbeing Initiatives (Long and short term), Health & Wellbeing Courses, Resources (Health & Wellbeing Webpages), Counselling, Occupational Health Services (Health4Work) and Health & Wellbeing champions.

One of our particular successes is the staff health & wellbeing event which has grown year on year since 2011. Staff are able to access free onsite health & wellbeing activities, from individual treatments such as a range of different massages, reflexology, shiatsu, Reiki, beauty treatments to group workshops of mindfulness, tai chi, meditation and drum therapy. We also hosted lots of physical activity classes such as Pilates, Zumba, Strictly dance class, Yoga and free gym sessions. In total we provided 34 different therapies and events. 594 staff had an individual treatment and 98 attended a group session. This event will be held again this year from 27th June through to 8th July 2016.

What is particularly exciting about my job role is that the wellbeing arena is continually developing and there is always more that can be achieved. This and the full support of the Trust which places a high priority on staff health & wellbeing has really enabled me to create such a broad and progressive staff health & wellbeing programme.

Today's Question:

What else can we do as an employer to support your health and wellbeing?

Please e-mail us at Equality&Diversity@hhft.nhs.uk with your thoughts

