



## Wellbeing Conversations

### Sussex Community NHS Foundation Trust

#### SUMMARY:

Senior Leadership/Management Team based themselves on Community Hospital sites and introduced "West Sussex Chat"

#### PURPOSE:

To ensure the wellbeing of staff and themselves as senior managers

For more information visit:  
[www.communityhospitals.org.uk](http://www.communityhospitals.org.uk)

**PATIENT BENEFITS:**  
Cared for by staff who felt valued,  
supported and cared for

**STAFF BENEFITS:**  
Focus on their wellbeing  
Supportive measures introduced  
Staff feeling empowered

#### TRUST BENEFITS:

Staff feeling valued  
Senior Management Team developed enhanced working relationships  
Improved focus on wellbeing at all levels of the organisation

#### KEY MESSAGES:

Proximity of senior managers to the team allowed for staff centred solutions  
Wellbeing can be relatively easy to do and investing in it sustained the team