

*“The NHS People Plan and People Promise places the wellbeing of our NHS people at the heart of what we do.”*

Prerana Issar, Chief People Officer

Putting the health and wellbeing of NHS people first is fundamental to enabling them to put patients first. It is as much about embracing prevention as it is about supporting people when they face challenges.

Whether you are a line manager or a partner running a surgery, practice, clinic or shop, resources have been collated to support you to support your Primary Care team.

At [keepingwellincl.nhs.uk](https://keepingwellincl.nhs.uk) you'll find guidance for health and wellbeing conversations through to mini-courses and toolkits to embed a wellbeing culture.

The materials include NHS resources that have been developed to empower NHS organisations to create a sustainable wellbeing culture for the workforce.



These resources focus on:

- A positive health and wellbeing culture
- Preventative health and wellbeing interventions
- Embedding equality, diversity and inclusion
- Providing a clear, rational case for change

Many of the resources are part of the NHS Health and Wellbeing Framework. The framework targets the major factors which affect and could improve organisational health: management capabilities, job quality, social relationships at work, support for workers coping with health conditions or life stresses and promotion of workplace health.

Because organisations are at different points on the health and wellbeing journey, the resources are designed to be used in a flexible way to meet individual and institutional needs.



Scan this QR Code with the photo app on your phone to go straight to the resources for managers and leaders.

