

Week: 01.05.23 – 05.05.23

Weekly round-up of this week's key messages

## East of England Leadership Academy May Newsletter

Click [here](#) to view the May East of England Leadership Academy Newsletter.

## Free Financial Webinars for NHS Staff by Credit Union

The Credit Union are offering some free financial webinars to NHS staff throughout May, covering topics such as: budgeting and spending, checking credit score, managing the cost of living and financial resilience. Click [here](#) for more information and to register.

## May Special Interest Group (SIG) Meetings

### Suicide Prevention SIG

[Monday 15<sup>th</sup> May: 2pm – 3pm](#)

Click [here](#) to join the next meeting of the Suicide Prevention SIG and [here](#) to access resources from the previous session.

### Menopause SIG

[Wednesday 17<sup>th</sup> May: 11am – 12pm](#)

Click [here](#) to join the next meeting of the Menopause SIG and [here](#) to access the meeting notes from previous sessions.

### Men's Health SIG

[Wednesday 24<sup>th</sup> May: 11am – 12pm](#)

Click [here](#) to join the next meeting of the Men's Health SIG and [here](#) to access the meeting notes from previous sessions.



## Financial Wellbeing Support Pack

Click [here](#) to access a range of resources to help support colleagues with their financial wellbeing during these challenging times.

## Staff Health & Wellbeing Support

Click [here](#) to access the latest staff support provision. Do reach out, you are not alone and help is available.

## Meaningful May Calendar

Action for Happiness have published their calendar for Meaningful May – click on the image below to view ideas aimed at bringing more fulfilment to daily life.



## Forthcoming Awareness Events

[Nurses Day/International Nurses Day](#)  
Friday 12<sup>th</sup> May

[Mental Health Awareness Week](#)  
Monday 15<sup>th</sup> – Sunday 21<sup>st</sup> May

[Carers Week](#)  
Monday 5<sup>th</sup> – Sunday 11<sup>th</sup> June

[Healthy Eating Week](#)  
Monday 12<sup>th</sup> – Friday 16<sup>th</sup> June

[Men's Health Week](#)  
Tuesday 12<sup>th</sup> – Monday 18<sup>th</sup> June

[Learning Disability Week](#)  
Monday 19<sup>th</sup> – Sunday 25<sup>th</sup> June



## East of England Staff Experience & Wellbeing Collaborative

Our next meeting will be held on:  
[Monday 22<sup>nd</sup> May, 10am – 12pm](#)  
Papers, resources, and session recordings from previous meetings can be found [here](#).

Join the conversation on our [EoE NHS Futures page](#) and stay up to date with the latest information