



ELFT Employee Wellbeing



April 2026 | Volume 42

We hope you're all feeling refreshed as we step into the new season, with longer, brighter days and warmer weather ahead. The [NHS staff survey results are now live](#) and available to view. We look forward to exploring the findings and working towards meaningful actions to support a better Trust. We've also included a range of offers available this Spring. Plus, find out everything you need to know about ELFT's new free confidential Employee Assistance Programme provider available to all staff, 24/7.

## New Employee Assistance Programme

ELFT now has a [new Employee Assistance Programme \(EAP\) – PAM Wellness](#). This is a reminder that the EAP is a confidential service available to all staff, offering a wide range of wellbeing support and advice on any challenges you may be facing. Whether you are dealing with personal matters such as grief or workplace difficulties, you may prefer to discuss outside of the Trust, the EAP is there to support you.

The service includes free counselling and is available 24/7. We also encourage you to explore the full range of support available, including PAM Wellness' monthly health and wellbeing webinars, offering practical tools, expert guidance, and evidence-based strategies to help you manage stress, improve your wellbeing, and feel supported both in and outside of work.

**PAM Wellness**

**Employee Assistance Programme**

Call the **helpline** for **free and confidential** health and wellbeing support, available **24/7**.  
We're here for you **whenever** you need us.

**Support is available for:**

- Stress & anxiety
- Counselling
- Bereavement
- Relationships
- Financial wellbeing

This list is not exhaustive and the helpline team can deal with other issues as required.

**Need to talk?**  
Call **0800 882 4102** or login to [app.pamwellness.co.uk](http://app.pamwellness.co.uk) using your **Organisation code:**

Download on the **App Store**  
GET IT ON **Google Play**

## Quarterly Pulse Survey – Share your Thoughts

The National Quarterly Pulse Survey is now live, and your voice really matters in shaping ELFT's journey to improve staff experience. As new workstreams, projects and strategies are developed, it's essential we hear from people that these decisions impact -which is you! Your feedback is used to steer positive change across ELFT!

All survey responses are anonymous and processed by an external survey provider-Picker, and takes just a few minutes to complete! You'll also have the chance to enter the £100 prize draw. Simply complete the survey, take a



screenshot of your “Thank you for completing the survey” page, and email it to [elft.employee.engage@nhs.net](mailto:elft.employee.engage@nhs.net) to be entered! [Click here to complete the survey now>>](#)

## Health & Wellbeing

### Get Cycling this Spring

Cycling is a great way to add some spark to your commute without breaking the bank! The Vivup cycle to work scheme allows staff to purchase bikes – regular cycles, hybrid, electric etc. The scheme is open to all eligible staff and staff can opt to pay for their bikes and equipment through 12 monthly deductions. [Find out more about the scheme](#), and [how to get signed up](#), now.



### Better Backs at Work

Join our Trust’s EAP provider, PAM Wellness, for a webinar tackling back pain and stress, while improving daily movement, posture, and workplace health, with practical tips and expert guidance you can apply both at work and at home. [Sign up for the webinar on 15<sup>th</sup> April!](#)



### Stress Awareness Month

April is Stress Awareness Month and this year’s theme, “Be the Change,” is all about taking back a bit of control. If stress has been creeping in lately (work, life, and everything in between), this is your reminder to pause and reset for your health. The Stress Management Society has [free webinars](#), [quick-read guides](#), and [practical tools](#) available this month, all designed to help you manage stress in a way that fits into your day.

You don’t need to overhaul your whole routine, sometimes it’s just about making one small change that makes things feel more manageable. Take a moment. check in with yourself and if needed, use the support that’s available, whether that be discussing your [Wellbeing needs with your manager](#) or seeking some support with the [EAP](#) service.

A colorful poster for Stress Awareness Month. The main text reads "STRESS AWARENESS MONTH" and "BE THE CHANGE". Below this, it says "Scan the QR code to find out more". There are three bullet points: "FREE TIPS, TOOLS, AND RESOURCES TO MANAGE STRESS", "JOIN WORKSHOPS, WEBINARS, AND CHALLENGES", and "LEARN HOW TO CREATE A HEALTHIER WORKPLACE". To the right, there are four human icons and the text "1 IN 4 WORKERS REPORT FEELING UNABLE TO COPE WITH STRESS AT WORK". At the bottom left, there is a circular logo for "STRESS AWARENESS MONTH 2026" with a water drop and the hashtag "#BeTheChange". At the bottom right, there is a QR code and a small cartoon character. The bottom of the poster asks "HOW WILL YOU BE THE CHANGE?".

### HSBC Money Matters– The Home-Buying Journey

Attention all prospective home-buyers! HSBC has paired up with ELFT to deliver professionally led sessions to help you feel more empowered with your finances - join the next session for all there is to know about what to expect and everything you need to know about the financial aspect of home buying! [Book your place on the virtual session on the 14<sup>th</sup> of May!](#)



## Take Control of Your Financial Future with the Mortgage Advice Clinic

Whether you're buying your first home, remortgaging, or planning for your family's future, ELFT offers a range of free services including [will writing](#), [mortgage advice](#) and no obligation [mortgage protection](#), plus discounted estate planning, financial protections services and products to help you get your finances in order with confidence.



Insurances & Protection



Buy-To-Let Properties



First Time Buyers & Home Movers



Remortgages

## Discounts, Benefits and Savings

### Holiday Savings with Blue Light Card!

Make the most of Easter with Blue Light Card; enter ticket ballots for major events including football, cricket, horse racing and concerts like Take That, explore MoneyHub for financial wellbeing support, and enjoy Big Shop Fridays (10% off £40+ at Morrisons). Remember, you [must sign up for account](#) to access all the deals!



## Support for Parents and Guardians

### Holiday Play Scheme – Easter Break

The Easter Break is here! Staff can enjoy 40% off OFSTED-registered holiday playschemes with [ELFT's Holiday Play Scheme](#), plus exclusive discounts at [Barracudas Holiday Camps](#) for children aged 4–14 using code **ELFT26**. [Don't miss out find out more now!](#)



## Quick Links



PAM Wellness is ELFT's Employee Assistance Programme and gives you access to a 24/7, confidential helpline where a team of trained professionals can offer counselling, information and guidance on a range of issues covering your home and work life. Contact: **0800 882 4102** or [online](#) and use organisation code: **elfteap**, to sign up for an account and access the portal.



Need to contact the [Freedom to Speak Up Guardian?](#)

Email: [elft.freedomtospeakup@nhs.net](mailto:elft.freedomtospeakup@nhs.net)

Phone: 07436027388



**People Promise Champions** advocate for a positive staff experience across the Trust and within their localities. If you're passionate about improving staff experience, [find out more](#) and [apply now](#).

Keep Well!

Wellbeing and Engagement Team

E: [elft.employee.enage@nhs.net](mailto:elft.employee.enage@nhs.net)

[Keep Up to Date with all the Latest Offers](#)

