

What's on at ELFT



If you would like us to circulate any Wellbeing offers or events, please email elft.employee.engage@nhs.net

New EAP Wellbeing App



The new Trust Employee Assistance Programme, operated by Pam Wellness, can be accessed by online via the Pam Wellness Champion Health app, which provides 24/7 confidential access to EAP support, including advice and free counselling. The app also offers wellbeing resources and allows staff to create a personalised dashboard with tailored support, all in one place. Use code `elfteap` to register!

Carers Week 2026

Carers Week recognises the millions of people who provide care and support to family, friends, and loved ones, often unpaid and alongside work and other responsibilities. This week celebrates all carers and their extraordinary efforts, while also offering support to help make caring a little easier and less isolating. Be sure to discover free activities, wellbeing workshops, and community support sessions across the UK and online.



8th - 14th June

HSBC Money Matters:



- Carers & financial wellbeing - 10 June, 10:00am (supporting carers with practical tools and guidance to help manage money with confidence)
- Family finances - 30 June, 2:00pm (simple, helpful tips to support everyday budgeting and financial planning for family life)



From Thriving to Surviving

Explore happiness through a trauma-informed lens - sharing ideas to help you move from surviving life to thriving and effecting positive behaviors to support your wellbeing and that of others. The session will challenge some of the myths around happiness and healing, while offering hope that meaningful change is possible.

10th June

Cycle to Work Scheme

With warmer weather here, the Cycle to Work Scheme helps you spread the cost of a bike or e-bike and enjoy the benefits of cycling through salary deductions.