



South Yorkshire Health and Wellbeing offer

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Integrated Care Board**



What support is available to you?

[Vivup platform - Home \(yourcareeap.co.uk\)](https://yourcareeap.co.uk)

[Our website -https://syics.co.uk/workforce-wellbeing](https://syics.co.uk/workforce-wellbeing)

[Our booking page - https://bookwhen.com/sybicshwb](https://bookwhen.com/sybicshwb)



Some of our programmes of work include:

Menopause support

Financial Wellbeing

Sleep

Supporting internationally recruited colleagues



Menopause Support

Women/those who identify as women make up nearly half of the UK workforce. In South Yorkshire we have 72,000 colleagues working in the NHS and social care, 34,000 of them are women between the age of 40 and 60.

Many women leave employment due to the symptoms of menopause, a lack of understanding from line managers and workplace policies.

We aim to:

- Raise awareness of the symptoms of menopause
- Run menopause support sessions aimed at those going through the menopause but also line managers, colleagues and partners
- Menopause cafes to provide those experiencing the menopause with a safe place to discuss their experiences
- Menopause festival to raise awareness and offer support
- Menopause conference aimed at senior leaders to influence change and the development of menopause friendly policies



Financial Wellbeing

- Important programme of work due to the ongoing cost of living crisis
- Webpage updated on a weekly basis with advice
- MoneyHelper offer an NHS telephone support line – free and impartial money advice guidance 0800 448 0826, available Monday to Friday, 8am to 6pm.
- Pensions webinars



Sleep

- The Sleep School deliver webinars focusing on different sleep related topics – very popular!
- Sleep platform [Sleep School](#) Password: sy123
- Recordings, guides, videos all included on the platform



Sleep School

Supporting Internationally Recruited colleagues

- Welcome to South Yorkshire event
- CONNECT club
- Further events to be planned in 2023



Connect_{Club}

Arrived in the North East and Yorkshire since 2020?

Join us online each month for a quick friendly chat.

The CONNECT club is open to anyone working in health or social care who has come from another country and others new to the North East and Yorkshire.

- Learn about the support available for you and your family.
- Make friends with others who have arrived over the past few years.
- Listen to speakers and share how things are going for you.

We're meeting online for about 30 minutes each month for 6 months. You can come to a few sessions or all of them. It's fun and free.

Book now to say you're interested in being part of the CONNECT club.

We'll send you reminders of the dates and let you know what topics speakers will talk about nearer the time



When

- Tues 1 Nov 2022, 1-1.40pm
- Tues 22 Nov 2022, 1-1.40pm
- Weds 18 Jan 2023, 8-8.40am
- Mon 27 Feb 2023, 8-8.40am
- Mon 27 Mar 2023, 1-1.40pm
- Mon 24 Apr 2023, 6.30-7.10pm



Contact us

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