

Staff Wellbeing Nurse at Lewisham and Greenwich NHS Trust

LEWISHAM AND GREENWICH NHS TRUST CHARITY

Summary

High quality patient care relies on staff who are not only physically and mentally well enough to do their jobs, but also feel valued and supported. Our charity consulted key Trust colleagues and identified the need for a Staff Wellbeing Nurse role and together shaped this key and innovative post. We are grateful to NHS Charities Together this funding which enabled us to recruit Sumita Regmi to this post.

“I want to reach out to every member of staff to offer health checks and provide general information on topics such as high blood pressure, diabetes and back problems. I will also be referring them to other services, with their consent, as needed.”

Sumita Regmi, Staff Wellbeing Nurse Practitioner, Lewisham and Greenwich NHS Trust



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Progress to date

Since Sumita's appointment to this role in summer 2023, her wellbeing support to staff has included:

- Blood pressure checks
- Health and fitness sessions
- Back care awareness sessions
- Stoptober
- Men's health awareness sessions
- Individual Wellbeing sessions

