

Good Practice Exchange

**Mental Health and Well-Being
During COVID 19**

*Supporting Staff in a pan-Wales
Organisation*

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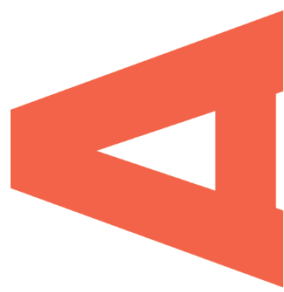
“Self, family, work.....in that order”

Well-Being at Audit Wales at the start



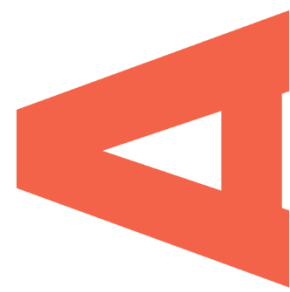
- Leadership was vital to set the tone
- Co-ordination through daily COVID response group
- Working group to deliver
- Set out line managers role and upskilled them – ‘Making Contact Count’
- Smarter Working

Well-Being at Audit Wales – what did we do



- Weekly email to all staff from the AGW
- Regular Zoom calls led by AGW and Executive team members
- Utilised our EAP
- Themed support and signposting – isolation, bereavement
- ‘Help a Colleague’ – staff led
- Encouraged staff to write blogs to share on the intranet

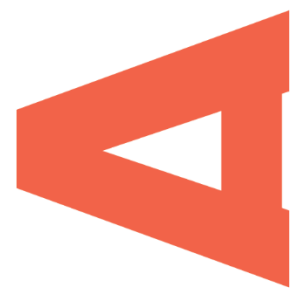
Well-Being at Audit Wales – National Work Life week



- Oct 12th – 16th
- Focused on well-being and work life balance



Well-Being at Audit Wales – National Work Life week



Bring your pet to work virtually

All staff Zoom quiz

Showcased staff stories about volunteering

Mental Health first aiders



'Tea and Natter'

Coaching for carers

Smarter working policy and family friendly policies

Well-Being at Audit Wales – what did our people say?



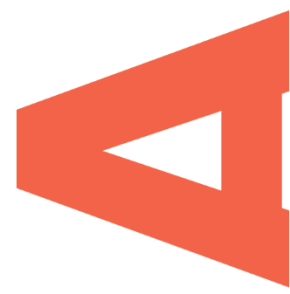
- Surveyed staff and several common themes

Social
interaction –
'let's have
some fun'

Being
ourselves -
being human

Making
connections –
replicating
corridor
conversations

Well-Being at Audit Wales – what are we doing now?



- Focusing on ‘Being Human – Making Connections’
- Regular blogs from staff about life experiences
- 6-month programme of events
- Communication channels from AGW and managers
- Making the most of technology
- Working group co-ordinating and driving events

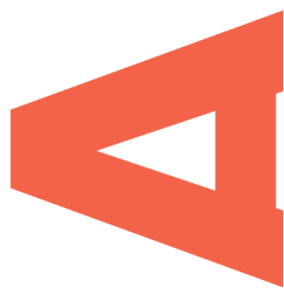


Well-Being at Audit Wales – what are we doing now?

'I'm an Auditor Get Me Outta Here'



Well-Being at Audit Wales – what are we doing now?



- Awareness Day recognition – Movember, Stress Awareness Day, World Sleep Day
- Launching parent / carer network
- Breaktime chat / teatime talk
- Christmas events – carols, quiz, Christmas jumper day
- Physical well being focus
- ‘Tea and Natter’

Any Questions?