

Contact us ...

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health living
change life live well
wellbeing advice
mindful support
resilience



East Cheshire Trust Wellbeing Contacts

Wellbeing Advisor

Alison Nuttall

alison.nuttall@nhs.net

01625 656526

www.hrdirect-east.cheshirehr.nhs.uk/wellbeing-direct/home.htm

Staff counselling: www.hrdirect-east.cheshirehr.nhs.uk/wellbeing-direct/staff-counselling.htm

(both websites are only accessible from work)



www.eastcheshirenhslibrary.net



Library &
Knowledge Service

NHS

East Cheshire
NHS Trust

Resources



Wellbeing

April 2018



How the library can support you

We can provide support and resources to help you manage your health and wellbeing. We have a large collection of relevant books which are available to all East Cheshire NHS Trust staff. We can help signpost you to East Cheshire Trust resources, and to external sources of support and information. You can access the library, computers and study space 24/7.

www.eastcheshirelibrary.net/staff-wellbeing.html

Books & eBooks

We have a growing collection of wellbeing books. Topics include: managing stress; musculoskeletal problems; anxiety; fears and phobias; stopping smoking; and sleep problems.

As well as the printed books we also have a growing collection of ebooks which you can access from work or home on your mobile device or computer:

<http://macle.cirqahosting.com>



Online resources

East Cheshire NHS Trust Wellbeing Direct (on-site access only):

www.hrdirect-east.cheshirehr.nhs.uk/wellbeing-direct/home.htm

NHS Choices: www.nhs.uk/pages/home.aspx - lots of quality links and information in the 'Live Well' section.

NHS Employers: www.nhsemployers.org/your-workforce/retain-and-improve/staff-experience/health-work-and-wellbeing

Change for life: www.nhs.uk/Change4Life/Pages/change-for-life.aspx

WellBeingInfo: <http://wellbeinginfo.org/>

SmokeFree: www.nhs.uk/smokefree

Drink Aware: www.drinkaware.co.uk/

Be Mindful: <https://bemindful.co.uk/>

Carers Trust 4 All: www.carerstrust4all.org.uk/

Doctors' Support Network: www.dsn.org.uk/

Citizens Advice: www.citizensadvice.org.uk/

Time to change: www.time-to-change.org.uk/

Mind: www.mind.org.uk/

Cheshire East leisure facilities: www.cheshireeast.gov.uk/leisure,_culture_and_tourism/leisure,_culture_and_tourism.aspx

NHS One You apps: www.nhs.uk/oneyou/apps