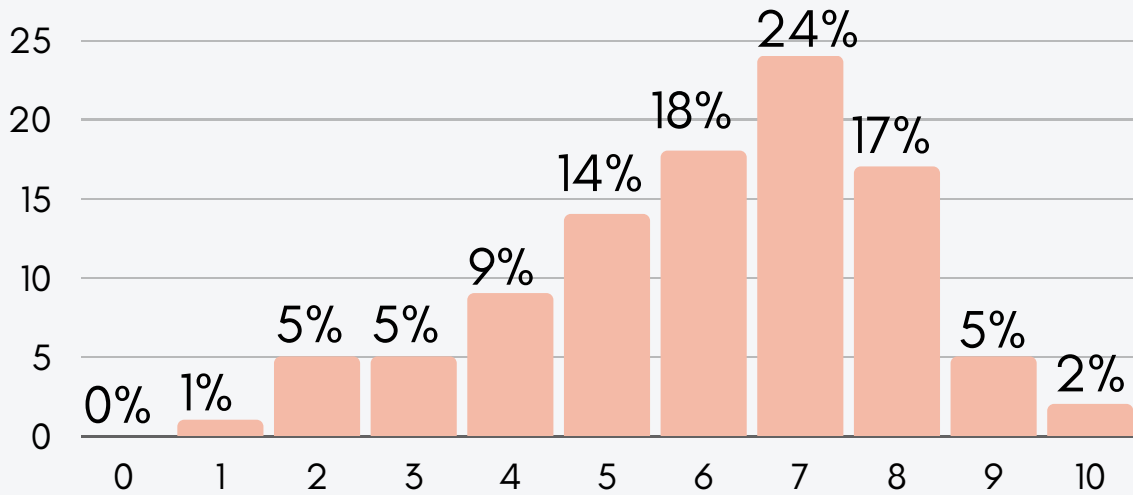


Overall 1023 respondents completed the questionnaire

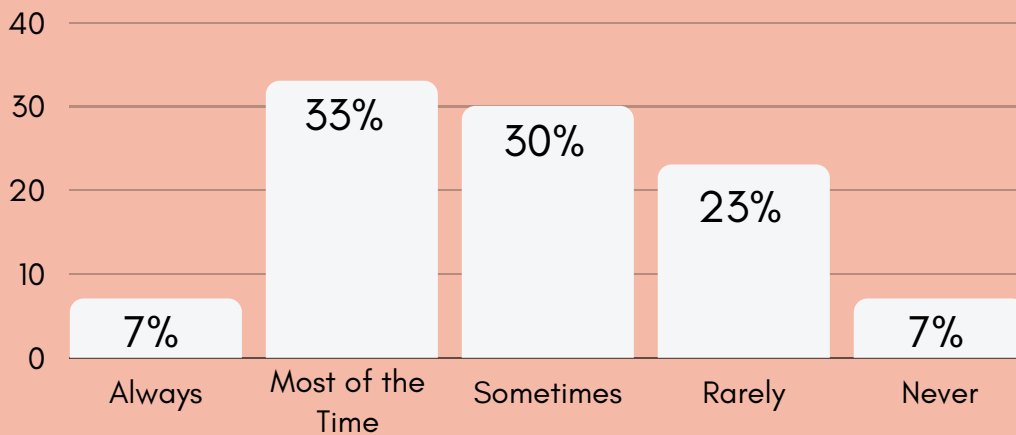
PULSE SURVEY #4 RESULTS

Overall Wellbeing Questions

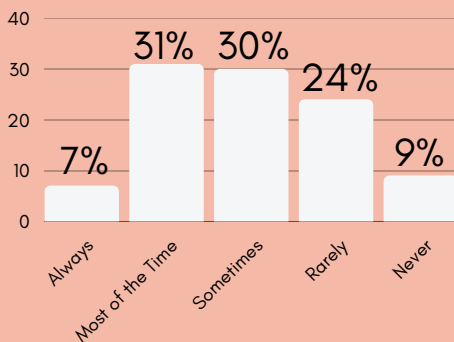
On a scale of 0-10 (where 0 = worst, and 10 = best) where would you score your wellbeing now?



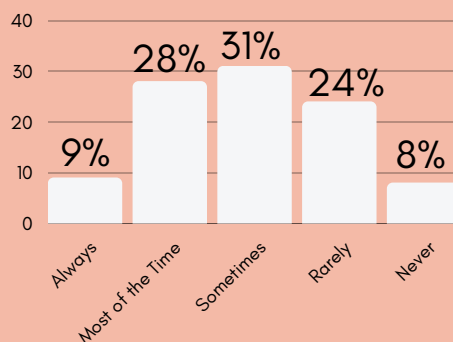
Do you feel that you take sufficient breaks throughout the working day?



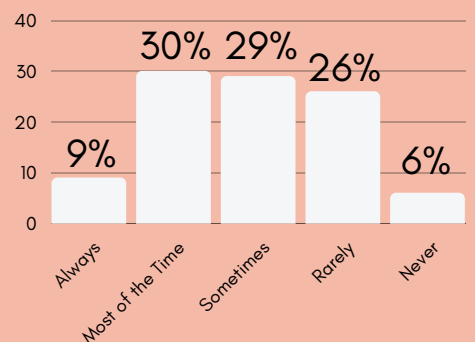
Pulse Survey #3



Pulse Survey #2



Pulse Survey #1

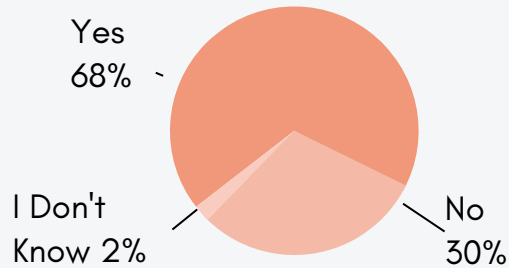


Overall 1023 respondents completed the questionnaire

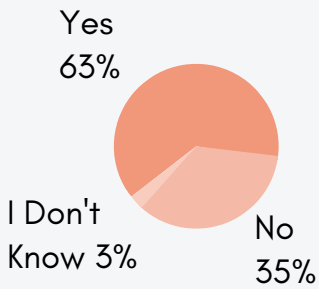
PULSE SURVEY #4 RESULTS

Overall Wellbeing Questions

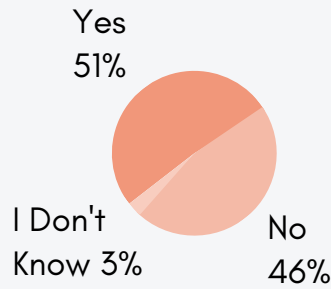
In the past 3 months, have you had an occasion where you have worked despite not feeling well enough to perform your duties?



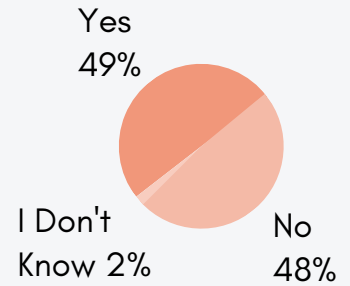
Pulse Survey #3



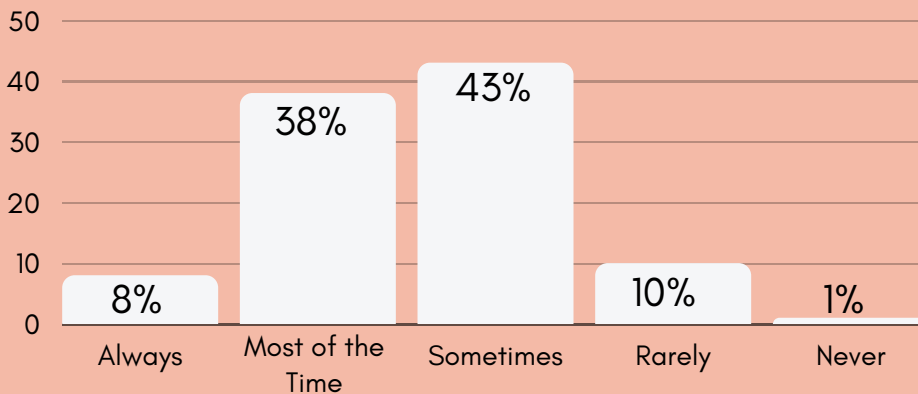
Pulse Survey #2



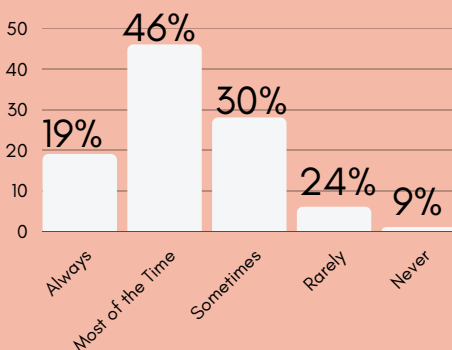
Pulse Survey #1



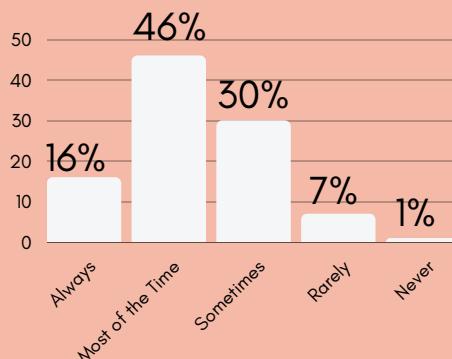
How often do you feel "too tired" after work to enjoy the things you would like to do at home?



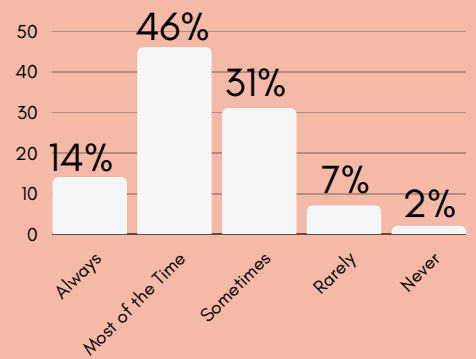
Pulse Survey #3



Pulse Survey #2



Pulse Survey #1



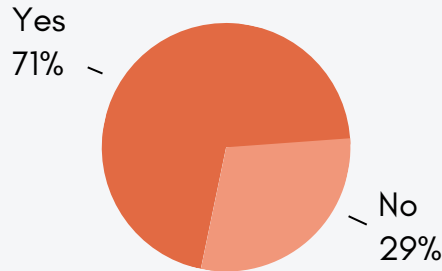
Overall 1023 respondents completed the questionnaire

PULSE SURVEY #4

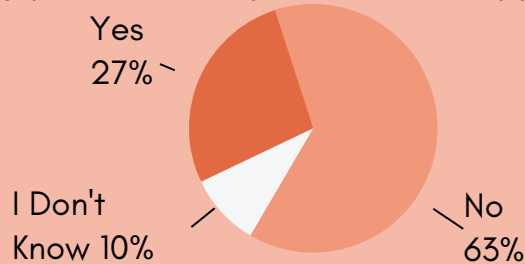
RESULTS

Awareness and Perception of We Care and the Organisation's Wellbeing Resources

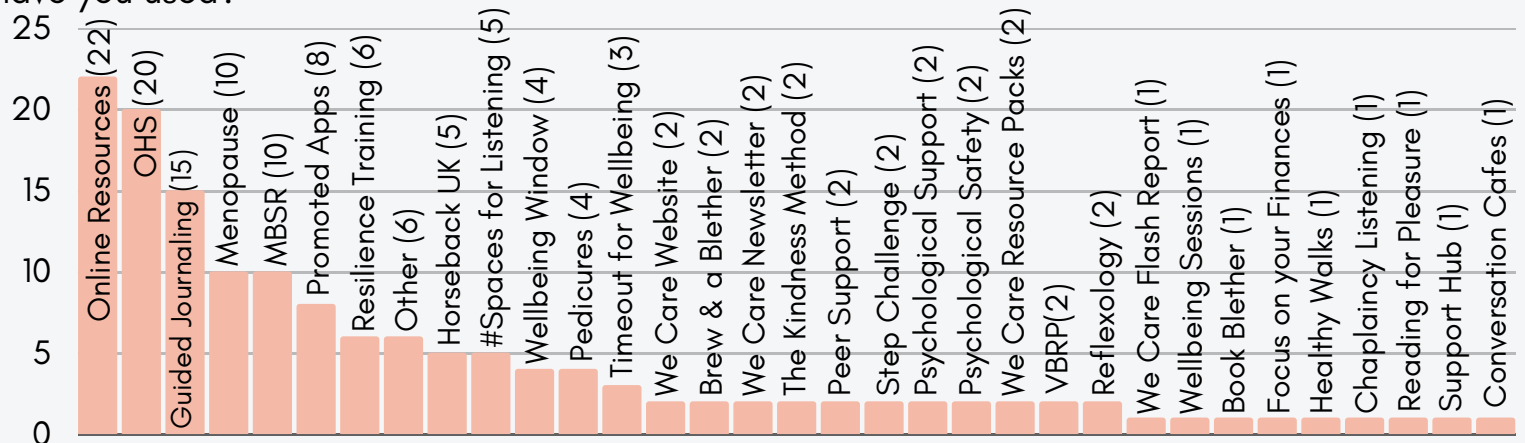
Are you aware of NHS Grampian's We Care programme of work?



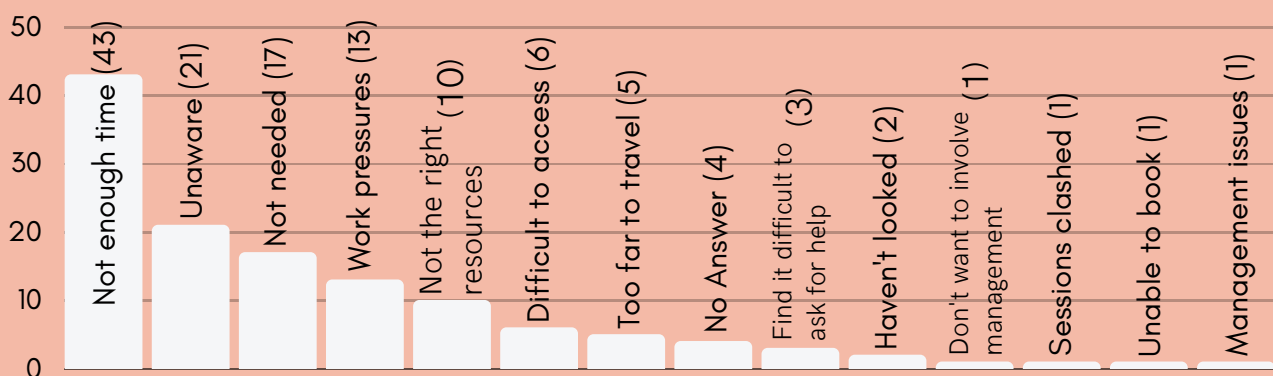
Have you used/taken part in any of the resources or opportunities provided by any part of the organisation to support your wellbeing?



Which of the wellbeing resources, activities or training, provided by any part of the organisation have you used?



What are the reasons you haven't accessed any of these wellbeing resources?

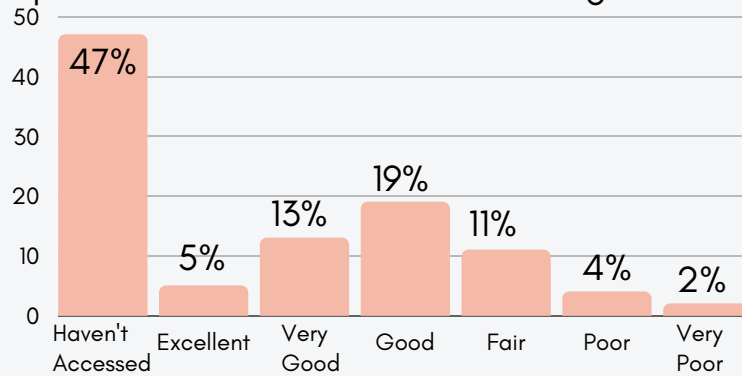


Overall 1023 respondents completed the questionnaire

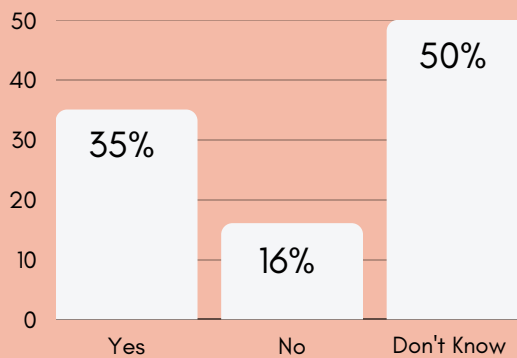
PULSE SURVEY #4 RESULTS

Awareness and Perception of We Care and the Organisation's Wellbeing Resources

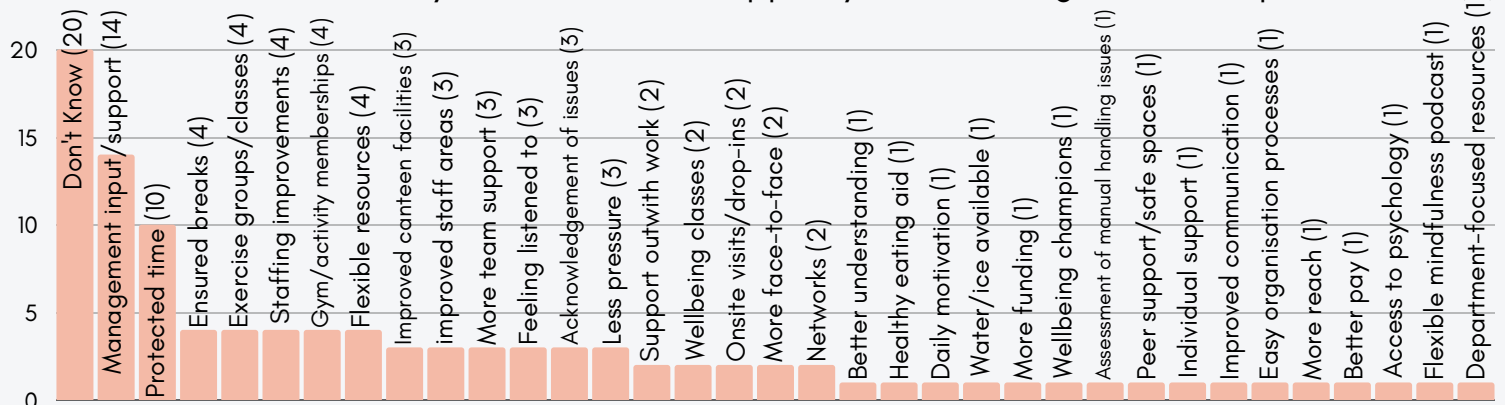
What is your perception of We Care and the Wellbeing Resources on offer?



Do you believe We Care supports your health and wellbeing in the workplace?



What other resources would you like to see to support your wellbeing in the workplace?



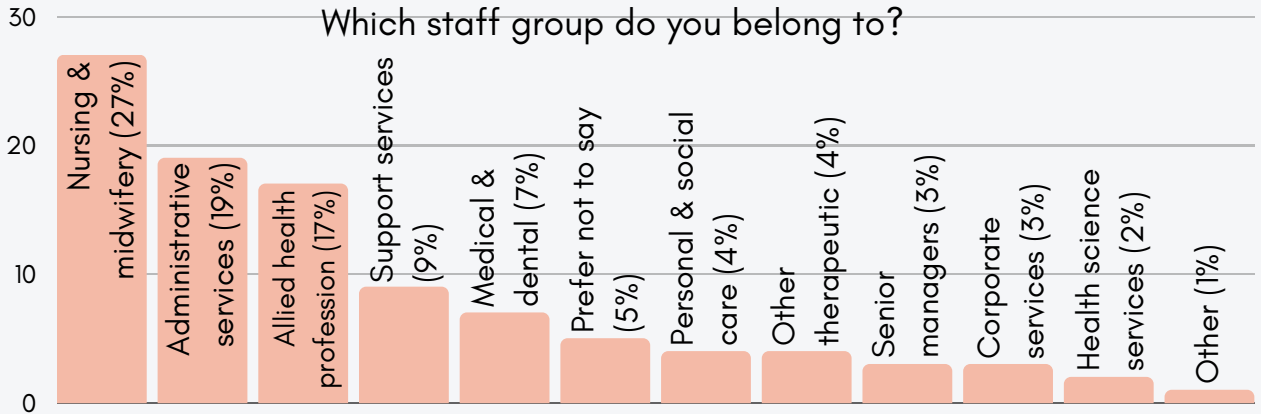
Other comments:

- "more links with management to address workload"
- "you're doing a great job. keep smiling"
- "protected reading time/catching up time/just time"
- "I appreciate there are many things on offer - problem is not having time in the workplace to access them"
- "one of the biggest stress is childcare. maybe holiday clubs for children?"
- "we give our best and it feels it is not good enough"
- "keep doing what you are doing"
- "I struggle to ask for help as I feel like a failure"
- "I know I can access when required"
- it remains difficult to find the time within the day to access resources"

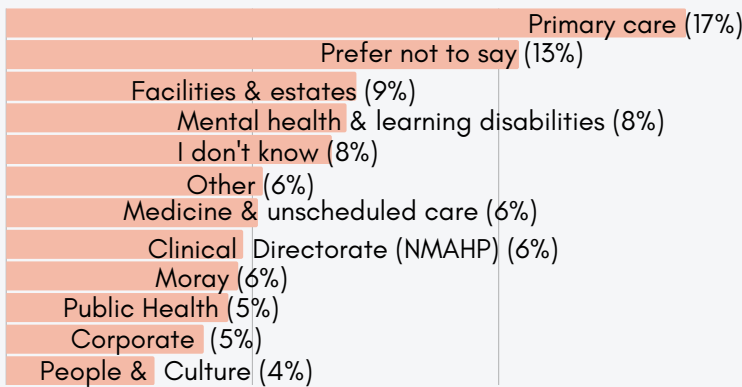
Overall 1023 respondents completed the questionnaire

PULSE SURVEY #4 RESULTS

Demographic Information



Which portfolio of NHS Grampian do you work in?



Which area of HSCP do you belong to?

