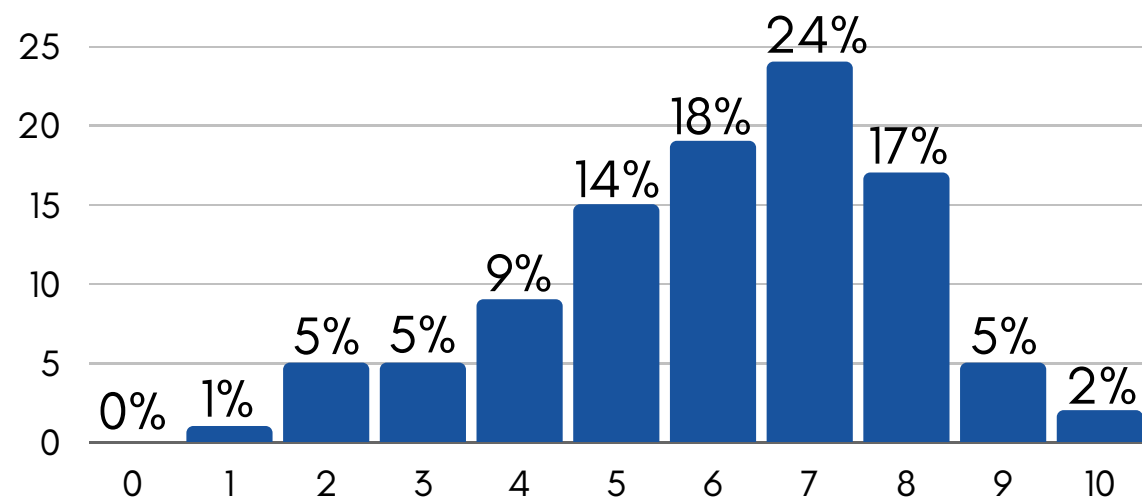


# WE CARE PULSE SURVEY #4 RESULTS

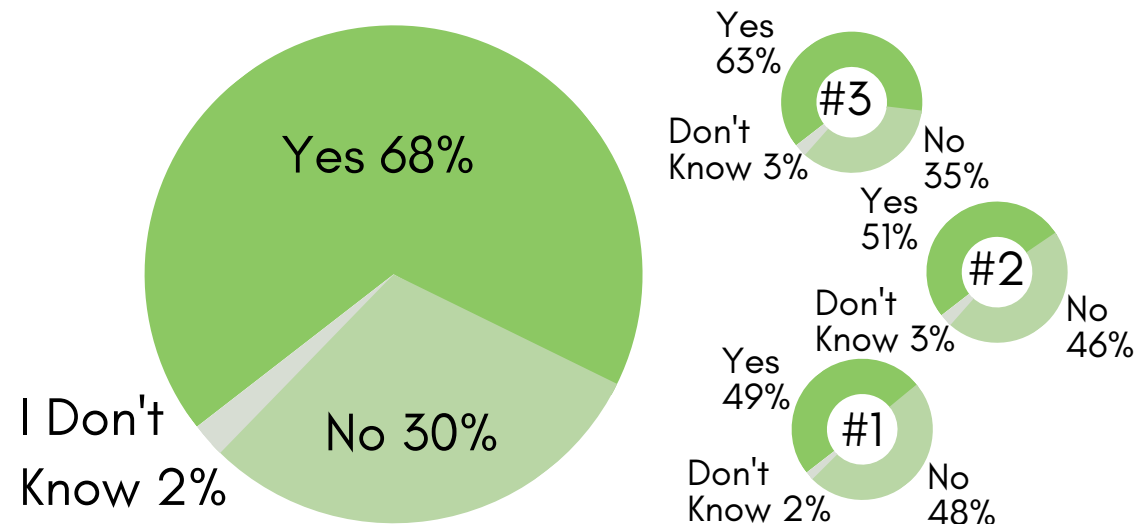
Thank you to the 1023 staff that took the time to complete the We Care Pulse Survey #4.

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



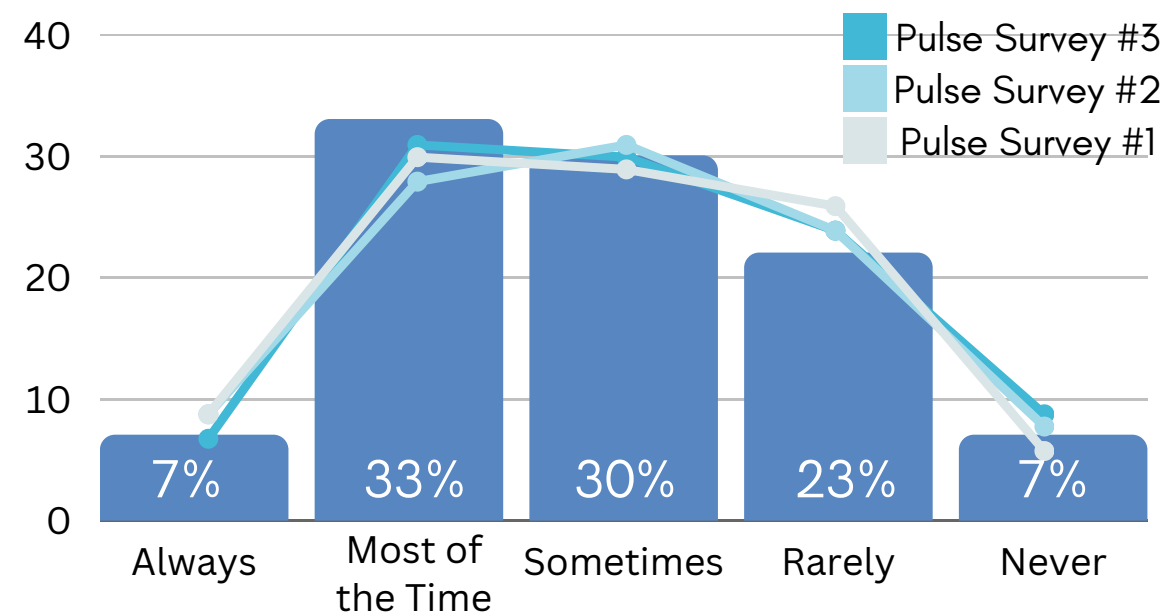
48% of you reported positive views of your wellbeing (scoring 7-10); 32% reported moderate views (scoring 5-6); and 20% reported poor views (scoring 0-4).

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



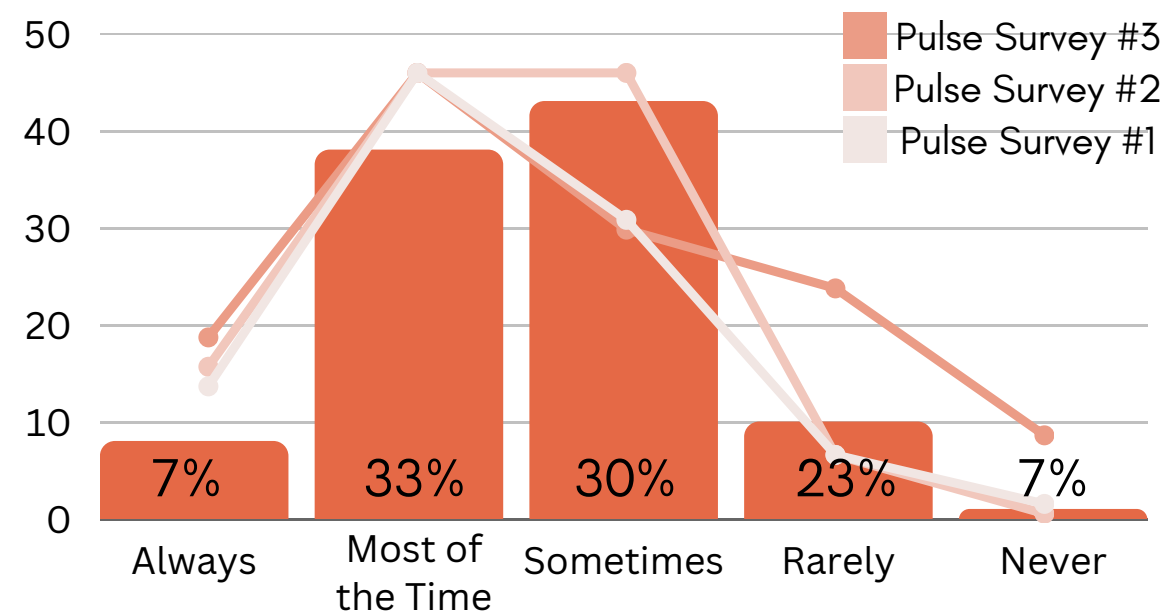
68% of you reported that you have worked despite not feeling well enough to do so, which is a higher percentage than previous surveys.

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



30% of you reported that you rarely or never take sufficient breaks, which is similar to our previous Pulse Surveys.

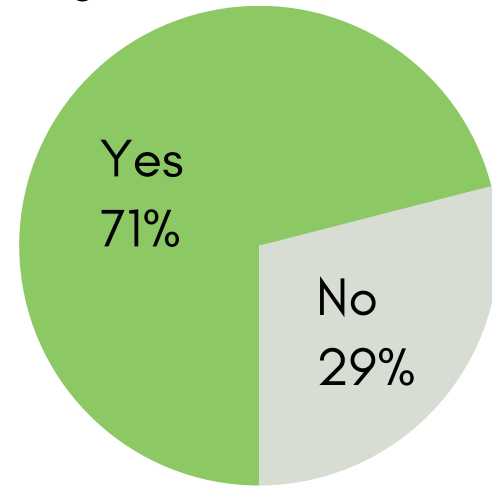
How often do you feel "too tired" after work to enjoy the things you would like to do at home?



40% of you reported that you feel "too tired" after work always or most of the time, which is lower than previous surveys found.

# WE CARE PULSE SURVEY #4 RESULTS

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



The majority of you reported you were aware of We Care and our programme of work.

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



The majority of those who had accessed We Care and the wellbeing resources on offer, reported these to be positive.

63% of you reported not taking part in any of the resources/opportunities provided - with the main reason for this being a lack of time. In addition, the top responses for resources you would like to see include increased management input/support; protected time; and ensured breaks.

This is an overview of what is planned, and underway in response to the needs highlighted in these results:

**Increase Awareness:** Our new website is now live and will be launched imminently. You can also sign up to our mailing list for updates, and/or to receive a resource pack.

**Taking Breaks:** A SLWG has been set up, chaired by GAPF and ACF to look at breaks, rest and recovery.

**Management Support:** This year, NHSG is running Year of the Manager. In addition, we have incorporated a wellbeing section in management training.

**Wellbeing Resources:** Please see our website for resources and sessions that are available to you and your team

- [www.nhsgrampian.org/wecare](http://www.nhsgrampian.org/wecare) -

We want We Care to work for you.

[Click here](#) to complete our anonymous feedback form, and feel free to contact the team at any time via [gram.wecare@nhs.scot](mailto:gram.wecare@nhs.scot).



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

