



Well-being Policy

We have implemented this policy as a result of the pandemic. We realise that the whole team will be under enormous stress and could possibly suffer with anxiety regarding working, especially when conducting Aerosol Generated Procedures. We have asked team member to complete a Wellness Action Plan so we can identify and implement any improvements, provisions we need to make.

Karen Suarez our Practice Manager is the Wellbeing lead.

We are providing:

- We have an open-door policy staff are able to come to Karen whenever they want.
- We provide bottled water on a daily basis
- Fresh fruit is always readily available
- Chocolates are kept in office in case of emergency need!
- We run mediation session every Wednesday lunch time or whenever needed. Using various meditation techniques
- We encourage healthy lifestyles diet, exercise and sleep.
- We have Disco Therapy every other Thursday morning; every team member is able to choose a song to dance to.
- We offer days off if needed and we are able to do so.
- Well-being has been added as a standing item on our monthly practice meetings

Raising concerns

- If you are concerned about a colleague, please raise your concerns with Karen Suarez or Benjamin Lauffer
- If you are concerned about Benjamin Lauffer, please raise your concerns with Karen Suarez or Charles Landau
- All concerns will be dealt with in the strictest confidence

Contact details for Local Support Groups

STRESS SAMARITANS	0845909090
ALCOHOL ABUSE AA	02074030888
DRUG ADDICTION (Talk to Frank)	0800776600
RETHINK (mental Health)	0845 456 0455
BDA Benevolence Fund	02074864994
NHS Team	02079322670
GDC	02071676000
BADN	01253338365

Date	18/10/2023
By	KS
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All calls are private and confidential.