

Tomorrow's Women

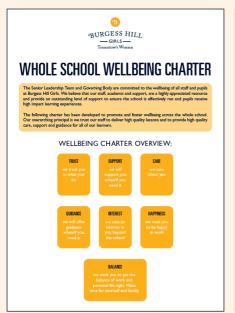
STAFF WELLBEING PROGRAMME



The heartbeat of any successful organisation lies in the vitality and wellbeing of its staff, and this is no different at Burgess Hill Girls. Staff wellbeing encompasses a holistic approach that nurtures not only the physical health but also the mental, emotional, and social welfare of every individual within the organization. Burgess Hill Girls encourages staff to take responsibility for their wellbeing.

This is a workplace that values staff wellbeing and acknowledges that the human element is the cornerstone of productivity and innovation. We are eager to provide a supportive environment that encourages a healthy worklife balance, fosters open communication, and offers resources for personal development.

Nurturing the wellbeing of employees involves initiatives like ergonomic workstations, access to health benefits, and opportunities for physical activity. Moreover, fostering a sense of community and belonging is essential for staff wellbeing. Encouraging teamwork, creating avenues for social interactions, and promoting a culture of inclusivity and diversity help employees feel valued and connected. When individuals feel seen, heard, and respected, a collective spirit of collaboration and support blossoms, leading to a more fulfilling work experience.





BURGESS HILL GIRLS IS COMMITTED TO STAFF WELLBEING THROUGH DEDICATED EVENTS AS WELL AS A RANGE OF EMPLOYMENT RENEFITS.

BIKEABILITY CYCLE TO WORK SCHEME

STAFF BREAKFASTS

ACCESS TO HOT LUNCHES IN SCHOOL

WELLBEING MOTS

FULL TIME NURSE ON SITE WELLBEING WEEK FOCUS ON STAFF

STAFF WELLBEING NEWSLETTER

STAFF WELLBEING CHATS

COMPETITIONS TO BRING COMMUNITY TOGETHER

ADULT MENTAL HEALTH FIRST AIDER - NIKKI DONSON

ACCESS TO SCHOOL'S FITNESS SUITE

MENTAL HEALTH POLICY FOR STAFF

CORPORATE DISCOUNT AT THE TRIANGLE

THANK YOU DRINKS

STAFF DISCOUNT ON SCHOOL FEES

STAFF SOCIALS

WELLBEING SEMINAR BY MID SUSSEX WELLBEING

OPEN DOOR POLICY
TO SLT

JOINT CONSECUTIVE GROUP MEETINGS

VISITS FROM THE COFFEE VAN

STAFF PARKING

USEFUL CONTACTS:

TIME TO TALK - NHS

You can self-refer on the website or over the phone between 9am to 4.45pm without contacting your GP. The number you call depends on where you live. If you live in:

- Adur, Arun, Chanctonbury or Worthing call 01903 703540.
- Bognor Regis, Chichester or the surrounding area call 01273 265967.
- Crawley, Horsham or Mid Sussex (Burgess Hill, East Grinstead or Hayward's Heath) call 01403 620434.

MID SUSSEX WELLBEING

Visit https://midsussex.westsussexwellbeing.org.uk/ Call 01444 477191

EDUCATION SUPPORT

Visit https://www.educationsupport.org.uk/get-help/help-for-you/helpline/ Call 08000 562 561

ANXIETY UK Support for people suffering from anxiety, anxiety based depression, phobias and obsessive compulsive disorder. Call Infoline 03444 775 774 Text 07537 416905

CARERS SUPPORT WEST SUSSEX Information and support for family and friends carers in West Sussex.

Call 0300 028 8888

CITIZENS ADVICE IN WEST SUSSEX Free independent confidential and impartial advice to everyone on their rights and responsibilities. Call 0808 278 7969

CRUSE BEREAVEMENT CARE Bereavement support.

Call 0808 808 1677

FAMILY ACTION Practical support to parents, carers and adults to overcome challenging periods.

Call FamilyLine 0808 802 6666 Text 07537 404282

SWITCHBOARD (BRIGHTON AND HOVE) Helpline and services for the LGBT community. Visit https://www.switchboard.org.uk/

Visit https://www.switchboard.org.uk/ Call 01273 204050

24HR COUNSELLING HELPLINE SERVICE For you and immediate family. Call 0117 933 0687