

## Freedom to Speak Up

### Speak Up Month - October 2022



Speaking up enhances all our working lives and improves the quality and safety of care. Listening and acting upon matters raised means that Freedom to Speak Up will help us be the best place to work.

Speak Up Month in October is an opportunity to raise awareness of how much we value speaking up in our organisation.

The theme for Speak Up Month 2022 is “**Freedom to Speak Up for Everyone**” with each week having a specific focus:

#### **Week 1 #SpeakUpforSafety**

The safety of people who use and work in our services is core to how we work. Week 1 highlights the importance of speaking up about anything that gets in the way of you doing a good job, particularly relating to patient care and worker safety. Use this week to speak up for something you think can help us learn and improve for the benefit of patients and colleagues.

#### **Week 2 #SpeakUpforCivility**

Week 2 focuses on being kind to colleagues and not forgetting to be kind to yourself. Civility Saves Lives say that “Almost all excellence in healthcare is dependent on teams, and teams work best when all members feel safe and have a voice.” Use this week to connect with colleagues.

### Week 3 #SpeakUpforInclusion

Week 3 is all about promoting inclusion and breaking down the barriers we know exist to enable all workers to feel safe to speak up and be heard. This week we are also celebrating Black History Month alongside Speak up Month. Use this week to promote equality, diversity and inclusion and engage with staff networks.

### Week 4 #FTSUforEveryone

Week 4 brings together all professions, worker groups and sectors, both within health and social care and beyond. We want to make speaking up business as usual for everyone; regardless of job role, background or circumstance.

The National Guardians Office are encouraging everyone to take part in “**Wear Green Wednesdays**” throughout October, to show their visible support for Freedom to Speak Up. You can get involved with Speak Up Month on Twitter and LinkedIn by using the hashtag **#FTSUforEveryone**.

**Panorama Undercover Hospital: Patients at Risk** is another programme that again highlights the importance of speaking up. If you are worried about the patient safety/quality of care levels or the culture that exists in your team, please do get in contact.

For further information and contact details, please see the Trust's Freedom to Speak Up intranet page [here](#).

Kind regards,

The Freedom to Speak Up Team  
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**We care**  
**We respect**  
**We are inclusive**