

Week: 11.12.23 – 15.12.23

Weekly round-up of this week's key messages

East of England Financial Wellbeing Webinars with HSBC

The East of England Staff Experience and Engagement Team are excited to launch a range of financial wellbeing webinars available to all colleagues across our region.

This includes our social care and voluntary and community sector colleagues.

We have teamed up with HSBC to provide a programme of eight, weekly online webinars from 24th January – 21st March 2024. Each session explores a different aspect of financial wellbeing from coping with the cost of living, to planning ahead for your retirement, and colleagues can attend as many sessions as they would like.

The sessions are available to all East colleagues regardless of where they bank.

Each webinar will be delivered by Fatema Shah, Financial Wellbeing Consultant, HSBC UK, with a colleague supporting her with slides and chat function etc.

A member of the East Staff Experience and Wellbeing Team will attend each session.

Due to the sensitivities around discussing financial matters, these sessions will not be recorded. However, post webinar packs with links and reading materials will be circulated to colleagues for the events they attend.

Attendees will be anonymous during the sessions and will be able to post comments and ask questions via the chat function where it is optional to state your name or remain anonymous.

Scroll down to view the webinar programme which includes session details and registration links.

We look forward to welcoming you.

When registering for sessions please ensure you save the meeting invitation generated to your calendar.

Please share the webinar programme with your East colleagues.

For any queries about the sessions, or if you have been forwarded this communication and would like to receive our weekly one page staff experience and wellbeing newsletter going forward, please contact Gemma Goodey, Health & Wellbeing Coordinator, NHSE, East region at: gemma.goodey1@nhs.net



East of England Staff Experience & Wellbeing Collaborative

Monday 29th January, 10am -12pm

We look forward to welcoming you to the next Staff Experience and Wellbeing Collaborative session.

Papers, resources, and session recordings from previous meetings can be found [here](#).

Staff Health & Wellbeing

Click [here](#) to access the latest staff support provision.

Do reach out, you are not alone and help is available.

Health & Wellbeing Champions Development Sessions

How to Spot the Signs of Loneliness

Thursday 18th January, 12pm – 1pm

The next Health & Wellbeing Champions Development Session will focus on how to spot the signs of loneliness.

Click [here](#) to register for this event and [here](#) to view future sessions.



Join the conversation on our [EoE NHS Futures page](#) and stay up to date with the latest information

East of England Financial Wellbeing Webinars with HSBC



A series of eight, weekly financial wellbeing webinars delivered by HSBC and available to all colleagues across our region

Wednesday 24th January, 12pm - 1pm

Making the Most of Your Money



12pm-1pm
[Book Here](#)

Managing your money can sometimes prove challenging and for many it's a case of knowing where to start. Our 'Making the Most of Your Money' presentation educates and explores ideas that could make the most of your everyday finances.

Wednesday 31st January, 12pm – 1pm

My Family - Making your Money Work Harder for your Family



12pm-1pm
[Book Here](#)

Organising the family finances can often seem complicated. Our 'My Family' presentation explores ways of making your money work harder for your family. We give straightforward ideas that could reduce your spending and increase your income. This session also covers how to have conversations with your family about money.

Tuesday 6th February, 12pm – 12.45pm

Spending your Income/Budgeting



12pm–12.45pm
[Book Here](#)

One of the key ways to take control and manage your financial health is creating a budget. Budgeting can help you to create a spending plan so that your money could work harder for you and that you stay on the right track to reaching your financial goals.

Thursday 15th February, 12pm – 12.45pm

Managing Debt



12pm–12.45pm
[Book Here](#)

Would you like to find out more about managing debt to help you be financially fit?

Dealing with money issues can sometimes be off-putting and feel overwhelming, but if you don't know how and where to get support, you could end up losing out financially. This presentation signposts to support services and information to help you get back on track.

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Tuesday 27th February, 12pm – 12.45pm

Coping with the Rising Cost of Living



12pm–12.45pm

[Book Here](#)

If you are worried about the rising cost of living, including higher energy, food and petrol prices, our presentation can help you create a budget, provide tips on how to save money and where you can access help and support.

Tuesday 5th March, 12pm – 12.45pm

Understanding your Credit Score



12pm–12.45pm

[Book Here](#)

Would you like to feel more confident in your understanding of credit reports and the affect they may have on your personal finances and goals?

The concept of a credit score is tricky to understand at the best of times, but with our 'Credit Scoring' presentation, you'll be best placed to know how a credit score is put together and what your score means for you.

Wednesday 13th March, 12pm – 1pm

First Time Buyer



12pm–1pm

[Book Here](#)

Our 'First Time Buyers' presentation gives guidance on some of the essentials that you will want to consider, including top tips on what you need to know for every aspect of your journey, from your first viewing through to moving in day!

Thursday 21st March, 12pm – 1pm

Retirement - Planning Ahead



12pm–1pm

[Book Here](#)

Would you like to feel in control and understand what actions you can take now to plan for a comfortable retirement? This presentation discusses the importance of knowing your options when it comes to planning ahead for your retirement, and tools and support to help you plan.