



# Student Induction Pack







### Welcome

Hello,

We would like to welcome you to the Isle of Wight NHS Trust; we hope that this pack will provide you with the useful information that will support your placement. We would like to wish you all the best for your placement here at the Trust.

**Best Wishes** 

#### **Clinical Education Team**

iownt.ClinicalEducationTeam@nhs.net www.iow.nhs.uk/Working-With-Us/learning-zone/student-welcome.htm

### **Our vision and mission**

Our vision and mission describe what we want to achieve and why. By sharing this vision we will all be able to bring about significant change and improve the service that local people rely on.

**Our vision** is for high quality, compassionate care that makes a positive difference to our Island community.

**Our mission** is to make sure that our community is at the heart of everything we do. We will work together and with our partners to improve and join up services for its benefit.

### **Our values**

The values that we share are very important. They have been designed by our staff and they are the foundation of everything that we want to achieve.

Our values guide how we behave and how we want people to experience our Trust – whether they are using our services or working in one of our teams.

Our values are...









#### Compassion

- Helping others in need
- Being caring and supporting
- Showing empathy
- Being nonjudgemental

### Accountable

- Providing safe care
- Taking responsibility
- Doing the right thing
- Delivering quality improvement

### Respect

- Building trust
- Being open and honest
- Recognising achievement
- Celebrating success
- Encouraging others

### **Everyone Counts**

- Putting people first
- Working together
- Valuing our differences
- Promoting inclusion
- Believing in myself and others





# **Our Objectives**

To deliver our strategy and the improvement in services that we all want to see it is important that we set clear objectives. The 4P's describe what our organisation wants to achieve and what success will look like for our community, staff and patients.







#### Our people make a positive difference every day. We will:

- Make our Trust a great place to work and to be cared for
- Work with our partners and our community to improve services



#### We share a total commitment to improving what we do. We will:

- Deliver high quality, compassionate care
- Make sure our services are clinically and financially sustainable



#### Our partnerships make us stronger. We will:

- Join up health and care services by working more closely with our partners
- Better share expertise, ways of working and resources



#### Investing to improve how people experience health and care. We will:

• Invest in buildings and IT that help our teams make a positive difference to our island community

### **Trust Board**



Melloney Poole Chair



**Kemi Adennubi** Non Executive Director



Phil Berrington Non-Executive Director



**Dr Tim Peachey**Vice Chair & Senior
Independent Director
Non-Executive Director



**Debbie Beaven**Non-Executive Director



**Inga Kennedy** Non-Executive Director



**Dr Christopher Tibbs**Non-Executive Director



Sarah Weech Non-Executive Director



Julia Ross Non-executive Director



Darren Cattell Chief Executive



**Lois Howell**Director of Governance
& Risk



**Steve Parker** Medical Director



**Juliet Pearce**Director of Nursing,
Midwifery & AHPs



**Jo Gooch** Director of Finance



**Dr Nikki Turner** Director of Strategy , Partnerships & Digital



Julie Pennycook
Director of People &
Organisational
Development



Joe Smyth
Chief Operating Office
Acute & Ambulance/
Director of Estates &
Facilities



**Dr Lesley Stevens**Director of Community,
Mental Health &
Learning Disabilities



Kirk Millis-Ward Director of Communications and Engagement

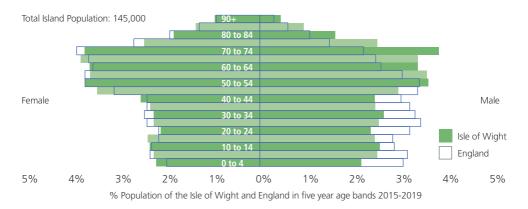
### About us...

We employ approx. 3000 people – including Medical & Dental staff (239), Allied Healthcare professionals (342), Nurses, Midwives & Health visitors (760), Healthcare Assistants & Support staff (562), Scientific, & Technical staff (245) Administrative and Estates staff (789), Ambulance staff (123).

We also employ approximately 400 Bank staff and have approximately 300 volunteers.

We provide Acute; Ambulance; Community; and Mental Health Services as one Organisation – the only fully integrated Trust in England.

### **Demographics of the Isle of Wight**



- The Isle of Wight population is older than the England average by five years
- More people live alone on the Isle of Wight (15%) than nationally (12%)
- The Isle of Wight net migration shows the largest net inflow is in those aged 50
   64 impacting on our ageing population
- 93.8% from White ethnic background latest census showing that population is becoming more diverse
- Life expectancy between 3-5 years lower than Hampshire. Cancer and circulatory disease are biggest cause of death
- Decreasing birth rate between 800-900 births per year.

Further information can be accessed via www.iow.gov.uk/council/OtherServices/Isle-of-Wight-Facts-and-Figures/Joint-Strategic-Needs-Assessment-JSNA

# Rated Good by the CQC

The Care Quality Commission (CQC) make sure health and social care services provide people with safe, effective, compassionate, high-quality care and we encourage care services to improve.

The Isle of Wight NHS Trust has been on a journey to get to 'good' since our 2016 CQC visit.

We are proud to say that through everyones hard work, as of September 2021 we have been rated as 'good'.

Please look at this link to find out more about how we got to 'good'.

http://intranet.iow.nhs.uk/Great-to-be-Good



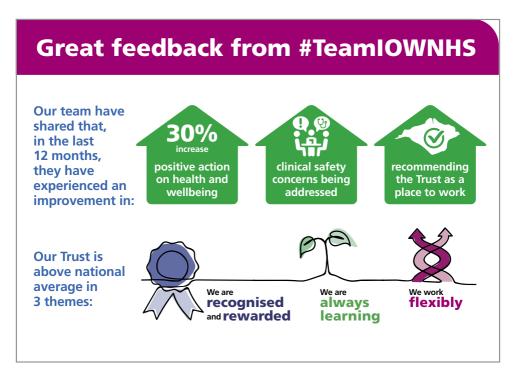


### **Staff Survey**

The NHS Staff Survey is one of the largest workforce surveys in the world and has been conducted every year since 2003.

It asks NHS staff in England about their experiences of working for their respective NHS organisations. The survey provides essential information to employers and national stakeholders about staff experience across the NHS in England. There are approximately 220 NHS trusts in total in England that take part.

The overall response rate to the 2021 staff survey was 65% which is the highest response rate ever.



Source: NHS Staff Survey, November 2021

### **Placement information**

### **Pre-placement checklist**

Before starting your placement please consider the following points:

- Contact your placement area it is advised that you contact them approximately two weeks before you start your placement to arrange your shift pattern and find out the name(s) of your Practice Assessor/Supervisor/ Educator
- Review the Practice Profile use the below link to access the Profile for your placement area which will give you the named contact, contact details and some useful information about the clinical area:

www.iow.nhs.uk/Working-With-Us/learning-zone/practiceplacement-profiles 2.htm

Consider Placement Visit
 Opportunities – whilst on placement
 we like to encourage our learners to
 spend time with other professionals or
 specialists. This is to enhance the
 overall learning experience.

www.iow.nhs.uk/Working-With-Us/learning-zone/placement-visitopportunities.htm



- Uniform ensure that you know what you are expected to wear. You must also wear your identification badge at all times, and adhere to the Trust's uniform policy. This includes removing facial piercings, when you are in the placement setting.
  - As a student, you are able to use the auto valet service. You must have 3 uniforms to be able to use this service. Your uniforms will be given a number and you will be given a card with the same number. There will be a £5 deposit for the card; the money will be returned to you once you give back the card. Speak to the sewing room on 01983 534378 to arrange this.
- Transport Find out about parking or transport links for your placement areas, as parking can at times be limited and some bus routes are not frequent. Onsite parking is free until March 2022, for more information contact iow@cp-plus.co.uk 01983 822099 ext. 4500.
- Food there is a canteen, shop and Costa on the SMH site. There is a cash point on site, near the entry to UTC and Diagnostic Imaging, which is free to use. Review the Practice Profile for your clinical area to find out if the department/ward has its own kitchen facilities.

 Accommodation - Onsite accommodation is provided by Sovereign Housing Association.

### www.iow.nhs.uk/work-for-us/accommodation.htm

Contact details - Tel: **01983 534561** Email: **iow.properties@sovereign.org.uk** 

More information about their service can be found here:

www.sovereign.org.uk/keyworker-accommodation/isle-of-wight

### Sickness and working hours

- Please may we remind you about absences from placement whilst here, if you are unable to attend a shift please make sure that you contact the following people:
  - Your placement area make note of the shift co-ordinator's name
  - Your HEI HEI link tutor/ placements team
  - The Clinical Education Team each clinical area has a named Practice Development Facilitator (see following pages)
- Working hours on placement. Make sure you find out your rota/shift patterns in advance – this will vary between clinical areas and you will be expected to work the normal shift pattern of the area.

Students are reminded that best practice and the working time directive states that you should not work more than 48 hours per week on average, in both your placement and your job if. In addition you should have at least 11 hours rest in any 24 hour period.

Remember that as a health professional you have a duty of care for patients and that working more than 48 hours per week may impact negatively on patient care and as such you may be subject to a fitness to practice investigation.

#### **IT Systems access**

You will be provided with an IT login for Trust computers at the Trust induction. For access to specific systems you will be required to attend a mandatory online systems training session, this will be organised by your placement area if deemed necessary. For example:

- Acute setting E-Carelogic
- Mental Health setting PARIS
- Community Systemone
- Emergency Department Symphony

By completing your mandatory training in the above, this will enable you to access patient's notes electronically, for the specific dates that you are on placement. At the end of the placement date your log in and passwords will expire.

If you are going to be administering medication as part of your placement with us then it is mandatory to complete the e-Learning module and security access form to gain access to our online prescribing system JACs, this will need to be completed within the first week of your placement.

http://intranet.iow.nhs.uk/Home/ Clinical-Support-Cancer-and-Diagnostics/Pharmacy/Pharmacy-Systems/EPMA-JAC/Systems-Training

# Practice Development Facilitators

Practice Development Facilitators act as a bridge between the HEI, yourself and the Trust. We are always happy to help you and you will be able to contact us on the below emails. Please copy in iownt.ClinicalEducationTeam@nhs.net encase the area specific PDF is on leave to ensure you get a response.

CLINICAL AREAS	Practice Development Facilitator	Contact details		
MENTAL HEALTH/LEARNING DISABILITIES DIVISION				
	Corporate Practice Development Facilitator			
Afton Ward	Izzy Mattson	isabelle.mattsson@nhs.net		
Community Learning Disability Team / LD Liaison	Izzy Mattson	isabelle.mattsson@nhs.net		
Community Mental Health Service	Izzy Mattson	isabelle.mattsson@nhs.net		
ECT Clinic	Izzy Mattson	isabelle.mattsson@nhs.net		
Dementia Outreach Team	Izzy Mattson	isabelle.mattsson@nhs.net		
Early Intervention Psycosis	Izzy Mattson	isabelle.mattsson@nhs.net		
Home Treatment Team	Izzy Mattson	isabelle.mattsson@nhs.net		
MH Liason Team	Izzy Mattson	isabelle.mattsson@nhs.net		
Memory Services	Izzy Mattson	isabelle.mattsson@nhs.net		
Osborne Ward	Izzy Mattson	isabelle.mattsson@nhs.net		
Seagrove Ward	Izzy Mattson	isabelle.mattsson@nhs.net		
Single Point of Access	Izzy Mattson	isabelle.mattsson@nhs.net		
Mental Health Recovery Service (formerly Woodlands)	Izzy Mattson	isabelle.mattsson@nhs.net		
CAMHS	Aimee Staunton	aimee.smart1@nhs.net		
Clinical Psychology	Lisa Quigley	lisa.quigley2@nhs.net		

CLINICAL AREAS	Practice Development Facilitator	Contact details		
COMMUNITY DIVISION				
	Divisional Practice Educator			
Community Nursing Team SW Locality "	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Community Nursing Team W&C Locality"	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Community Nursing Team N&E Locality	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Community Rapid Response Team	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Community Ward (Laidlaw)	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Continence Team	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Regaining Independence Team	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
Tissue Viability	Anne-Marie Phillips	anne-marie.phillips@nhs.net		
	Corporate Practice Development Facilitator			
Dietetics	Lisa Quigley	lisa.quigley2@nhs.net		
Occupational Therapy	Lisa Quigley	lisa.quigley2@nhs.net		
Orthotics and Prosthetics	Lisa Quigley	lisa.quigley2@nhs.net		
Physiotherapy	Lisa Quigley	lisa.quigley2@nhs.net		
Podiatry	Lisa Quigley	lisa.quigley2@nhs.net		
Integrated Discharge Team	Lisa Quigley	lisa.quigley2@nhs.net		
Speech and Language Therapy Service	Lisa Quigley	lisa.quigley2@nhs.net		

CLINICAL AREAS	Practice Development Facilitator	Contact details
	PLANNED CARE DIVISION	
INPATIENT WARDS	Corporate Practice Development Facilitator	
Alverstone	Mary-Ann Torralba	mary.torralba@nhs.net
Day Surgery Ward	Mary-Ann Torralba	mary.torralba@nhs.net
St Helens	Mary-Ann Torralba	mary.torralba@nhs.net
Luccombe	Mary-Ann Torralba	mary.torralba@nhs.net
Mottistone Ward	Mary-Ann Torralba	mary.torralba@nhs.net
THEATRES	Divisional Practice Educator	
Main Theatres	Bethanie William	bethanie.william@nhs.net
Day Theatres	Bethanie William	bethanie.william@nhs.net
OUTPATIENT SERVICES	Corporate Practice Development Facilitator	aimee.smart1@nhs.net
Outpatients Department	Aimee Staunton	aimee.smart1@nhs.net
Ophthalmology	Aimee Staunton	aimee.smart1@nhs.net
PAAU	Aimee Staunton	aimee.smart1@nhs.net
Chemotherapy	Aimee Staunton	aimee.smart1@nhs.net
Pharmacy	Departmental: Nicola Wright	nicola.wright28@nhs.net
CHILDRENS AND YOUNG PERSONS		
Children's Community Nursing Team	Corporate Practice Development Facilitator	
Children's Ward	Aimee Staunton	aimee.smart1@nhs.net
MATERNITY	Aimee Staunton	aimee.smart1@nhs.net
Maternity Unit		
SCBU		
	Divisional Practice Development Midwife Nicole Hinton	nicole.hinton1@nhs.net
	Corporate Practice Development Facilitator Aimee Staunton	aimee.smart1@nhs.net

	Dynatica Davalanmant		
CLINICAL AREAS	Practice Development Facilitator	Contact details	
UN	PLANNED CARE DIVISION		
	Corporate Practice Development Facilitator		
Appley	Stuart Egan	stuart.egan1@nhs.net	
Colwell	Stuart Egan	stuart.egan1@nhs.net	
Coronary Care Unit	Stuart Egan	stuart.egan1@nhs.net	
Stroke Early Supported Discharge Team	Stuart Egan	stuart.egan1@nhs.net	
Stroke Unit	Stuart Egan	stuart.egan1@nhs.net	
Wellow Ward	Stuart Egan	stuart.egan1@nhs.net	
Endoscopy	Stuart Egan	stuart.egan1@nhs.net	
Infusion Suite	Stuart Egan	stuart.egan1@nhs.net	
	Divisional Practice Educator		
Emergency Department	David Turner	david.turner3@nhs.net	
Paeds Emergency Department	David Turner/Aimee Staunton	david.turner3@nhs.net	
Acute Admissions Unit (MAU) Short Stay Unit (Whippingham) Same Day Emergency Care"	David Turner	david.turner3@nhs.net	
Urgent Treatment Centre	David Turner	david.turner3@nhs.net	
ITU and Critical Care Outreach Service	Helen Stephens	helen.stephens14@ nhs.net	
	Corporate Practice Development Facilitator		
Radiography	Lisa Quigley	lisa.quigley2@nhs.net	
Cardiology Services	Lisa Quigley	lisa.quigley2@nhs.net	
Respiratory Physiology	Lisa Quigley	lisa.quigley2@nhs.net	
AMBULANCE DIVISION			
	Divisional Practice Educator		
Ambulance	Alasdair Hay	alasdair.hay1@nhs.net	

### **Practice Learning Commitment**

Health Education England define quality as:

'Education and training within a well-led, effectively managed and supportive learning environment that provides opportunities for the current and future healthcare workforce to develop the knowledge, skills, values and behaviours to deliver the highest quality patient care.

By high quality care we mean care that is clinically effective, safe and responsive, provides a positive experience for patients, and contributes to the health and wellbeing of the population.'

# People who access healthcare services can expect:

 To know when they are being treated by a service that supports the education of our future workforce and that learners may be part of their care team, though they have the right to decline this.

# As a learner you have a responsibility to:

- Work in a manner that is consistent with the values of the NHS Constitution and of the placement provider
- Act at all times in a professional manner
- Follow national, regional and local policies and procedures
- Adhere to the Code of your chosen profession

- Maintain compliance with any required statutory and mandatory training.
- Use all forms of communication appropriately and responsibly, including social media and networking sites, maintaining confidentiality and professional boundaries at all times.
- Commit to education, learning and development and actively seek out learning opportunities including inter-professional working
- Listen to and act on constructive feedback and feed forward
- Evaluate your placements
- Follow absence reporting procedures
- Work under the supervision of an educator for the required amount of time, and range of service hours, as specified by your training programme.
- Follow uniform, dress code and appearance policies and guidelines
- Wear your ID badge at all times
- Ensure your Practice Assessment
   Documentation is available and
   completed as instructed throughout
   the placement period.
- Follow locally agreed procedures when identifying any:
  - deviation from this commitment
  - area of concern regarding your placement experience or
  - area of concern regarding delivery of care that may have occurred whilst you were on placement.



### **Health Education England**

- Proactively manage your own learning needs, alerting an educator to any specific requirements you may have that would support your learning in practice.
- Discuss the learning outcomes available in the placement area with an educator and identify which may be achieved during your placement period
- Contribute to peer learning and engage with coaching philosophies.

### As a learner you can expect:

- That the learning environment has a culture of education and training which meets your needs, is safe, open and honest and provides high quality care and experience.
- To be treated fairly, with dignity and respect, and not be subjected to, negative attitudes or behaviours.
- That all placements have effective systems for educational governance to manage and improve the quality of education and learning.
- To be provided with information about what to do if you have concerns about the quality of care.
- To have a named educator identified to you at the start of each placement and to have a structured support system if they should not be available.
- To have access to resources that support your health and wellbeing and to educational and pastoral support.

- To receive timely and accurate information about your curriculum, assessments, training programme and placement.
- To receive regular, constructive and meaningful feedback on your performance, development and progress
- To have an initial, midway (where appropriate) and final interview during your placement.
- To have an organisational and local induction.
- To have your placement attendance planned and to work with an educator as outlined by Regulatory Bodies in order to meet the professional requirements of your training programme.
- To negotiate and prioritise (with appropriate support) learning experiences that support you to meet the leaning outcomes and competence standards associated with your training programme.
- Access to contemporary learning resources (including IT) to enhance your learning opportunities.
- To be encouraged to participate in peer learning and support which uses a coaching philosophy.



### **Accountability**

The law imposes a duty of care on practitioners, whether they are HCAs, APs, nursing associates, students, registered nurses, doctors or others. The duty of care applies whether they are performing straightforward activities such as bathing patients or undertaking complex surgery.

 All practitioners must ensure that they perform competently and that they don't work beyond their level of competence. They must inform a senior member of staff when they are unable to perform competently.

To be accountable, practitioners must:

- have the ability to perform the activity or intervention
- accept responsibility for doing the activity
- have the authority to perform the activity, through delegation and the policies and protocols of the organisation

NMC & RCN





# Work within the limits of your knowledge and skills

#### As a student you should:

- make sure that you are appropriately supervised for any task that you are asked to carry out
- ask for help when you need it. You should be aware of any restrictions which apply to you in carrying out certain tasks and follow any relevant policies of your education provider or practice placement provider
- recognise that opportunities for carrying out any unsupervised tasks will vary during your programme and may depend on your knowledge, understanding, skills and experience
- only carry out an unsupervised task if you feel that you have the appropriate knowledge and skills to do so safely and effectively
- take responsibility for your own learning
- be aware of and follow any guidance issued by your education provider or practice placement provider for working with service users and carers
- ask for, listen to, think about and respond proactively to feedback you are given

HCPC 2020

### Managing issues in practice

It can be a stressful time for you when you are living and working in an unfamiliar place. We want to ensure that you have a wonderful placement and are well supported throughout.

We believe that it is important for any issues or concerns to be dealt with as quickly as possible. Each HEI has 'Managing Issues in Practice' guidelines, but we have summarized below the process you should follow:

- Take your individual concerns directly to your Practice Assessor/Supervisor/Educator and/or the Clinical Education Team/Ward Manager.
- You may also want to consider contacting your Academic Assessor/Practice Liaison Lead from the HEL.
- Refer to the Trust's 'raising concerns policy' below:



### Making it easy to raise a concern





### Creating a **great place** to work

#### Raising Concerns through People Conversations

Wherever possible, you should feel comfortable and supported in raising any concerns with your line manage supervisor or mentor. This can be carried out formally or informally.

You are able to submit concerns in writing, discuss over the

or any other manager, Occupational Health, an Executive/ Hon-Executive Director or the Local Counter Fraud Specialist

#### **Human Resources** and Health & Safety & Security

e able to raise your concerns to the Resources Department. You can do emailing the following:

#### **Datix Incident** Reporting



#### Staff Side

#### Whistleblowing

fou can contact the Whistleblowing Helpline to raise a oneem by caling 6000 71-4725 The National Rabing Concerns (Whistle Blowing) Policy enables and enourages staff to report any malpractice, legal acts, or omissions by its employees.

#### Support Mechanisms

### **Learning Resources**

### **Oliveria Library**

www.iow.nhs.uk/Working-With-Us/oliveira-library/oliveira-library.htm

Marsden Manual and ClinicalSkills.net can be found via the web based systems page on the intranet when logged into a Trust computer

Trust computers can be used in the Cyber Cafe near the Full Circle Restaurant - unfortunately there is no printing facility available. Please ask your clinical team for the door access code.

### **Coffee and Catch Up**

Join a coffee and catch up session with the learning and development team.

These are on a Wednesday morning but alternate weekly between different learner cohorts.

You will be sent an MST invite to join those scheduled during your placement.

The aim of the sessions are to give everyone the opportunity share and discuss your learning journeys and have been designed to allow students to discuss issues and celebrations in practice within a confidential and supportive space.



# **Inclusion and Diversity**

### www.england.nhs.uk/ournhspeople/online-version/lfaop/our-nhs-people-promise/the-promise/

The Isle of Wight NHS Trust is committed to creating an inclusive and diverse place to work, ensuring that we all have a voice that counts. We have four Equality Networks in the organisation who meet once a month via MS Teams which you can join while on placement with us.



### Disability Equality Network

Our Disability Equality
Network aims to provide a
safe, inclusive and diverse
working environment that
encourages respect and
equality for all. The network
is open for staff who have
any form of disability e.g.
physical, mental, learning
or sensory and people
interested in progressing
disability equality:

iownt.disabilityequality @nhs.net



#### Race Equality Network

Our Race Equality Network believes that, in order for every individual to reach their full potential, there must be no fear of discrimination or prejudice and a belief that career opportunities or experience of work is not predetermined by ethnicity, nationality or colour. The network is open to all staff who have a positive interest in driving forward race equality:

iownt.raceequality @nhs.net



#### LGBT+ Equality Network

Our LGBT+ Equality Network was set up to create a safe, inclusive and diverse working environment that encourages respect and equality for all and recognises the differences between sexual orientation and gender identity and works proactively to address these. Open to all staff with a positive interest in driving forward LGBT+ diversity and inclusion within our Trust:

iownt.lgbtequality @nhs.net

Our fourth Equality Network is a Neurodiversity group with a particular focus on Autism, Dyslexia, ADHD. All neurodivergent members of staff very welcome to join us. Please contact **Katie.bond6@nhs.net** 

For more information about the Trusts Equality Networks please see our intranet pages: http://intranet.iow.nhs.uk/Equality-and-Diversity

# **Rainbow Badges**

The NHS Rainbow Badge initiative is a way for NHS staff to demonstrate that they are aware of the issues that LGBT+ people can face when accessing healthcare. The badge itself is intended to be a simple visual symbol identifying its wearer as someone who an LGBT+ person can feel comfortable talking to about issues relating to sexuality or gender identity. It shows that the wearer is there to listen without judgement and signpost to further support if needed.

If you would like an NHS Rainbow Badge you can complete the pledge found here http://intranet.iow.nhs.uk/Home/Corporate/Human-Resources/ Equality-and-Diversity/NHS-Rainbow-Badges and one will be sent out to you.



# **Health and Wellbeing**

The Isle of Wight NHS Trust is committed to improving the health and wellbeing of all staff. It is important that our staff are supported to feel fit and healthy at work, both physically and mentally, to continue to deliver high quality care. A health and wellbeing programme has been developed and as a student on placement with us then you are entitled to utilise these resources.

Please do take some time to look at the Health and Wellbeing Hub for full information.

#### www.hub.iow.nhs.uk/health-and-wellbeing

Username: Staff

Password: Appley2020

For more information email iownt.leadership@nhs.net

Look out for the monthly 'Thrive' Newsletter for the latest updates and activities available this will be emailed to your NHS.net email account.



In response to the increased level of stress and anxiety staff are working under we want to support them by offering them an opportunity to talk to someone confidentially. Trained

coaches will be available to listen, support and signpost staff for further help and support if necessary. These will be offered via telephone.

To request a session with one of our coaches, please text **07881 860038**, or send an email **iownt.listening-ear-service@nhs.net** with your name and preferred contact number and we will ensure we respond to all requests within 48 hours with an appointment.

Please note if you feel you are in crisis situation you can contact the in & out of hours Crisis Team on: **01983 522214**.

To be put in touch with your local Wellbeing Champion please contact: iownt.wellbeing@nhs.net

# **About the Isle of Wight**

Situated just off the south coast of England we are just over 2 hours from London and a quick ferry ride from Lymington, Southampton or Portsmouth.

The Island offers an excellent environment in which to work and live, with attractive coastal resorts, varied countryside, and many areas of outstanding natural beauty. It is the largest off-shore community in England and Wales.

The Island is a place of great beauty with much to cherish, but also needing to continue to modernise and to take maximum advantage of new opportunities. In short it is a place of strong contrasts with unusual challenges and opportunities.



Main Road
Airport

# great place to live great place to work





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