

What's On

People, Culture, EDI and OD Leadership Team

"We believe that we all have the power to be the best that we can be"



The Shrewsbury and
Telford Hospital
NHS Trust

PEOPLE & OD EVENTS GUIDE

2025



Our NHS

People Promise



We are
compassionate
and inclusive



We are recognised
and rewarded



We each have
a voice that
counts



We are
safe and
healthy



We are
always
learning



We work
flexibly



We are
a team

Health & Wellbeing

At SaTH your wellbeing matters and that is why we all need to take some time to consider the factors which have an impact on our wellbeing.



We want to ensure that our people are provided with the correct support and an environment that enables and encourages each of us to lead healthy lives and make choices to support our wellbeing.

If you would like further support, or have some suggestions on how to improve the wellbeing offer please contact sath.ahealthieryou@nhs.net

WELLBEING WALKS

Dates	Venue
15.01.25, 26.03.25, 23.04.25, 28.05.25, 25.06.25, 23.07.25, 24.09.25, 22.10.25, 26.11.25, 17.12.25	Royal Shrewsbury Hospital (different teams each time)
08.01.25, 12.03.25, 09.04.25, 14.05.25, 11.06.25, 09.07.25, 10.09.25, 08.10.25, 12.11.25, 10.12.25	Princess Royal Hospital (different teams each time)
12.02.25 and 13.08.25	William Farr House and Atcham Business Park
26.02.25 and 27.08.25	Shrewsbury Business Park and Queensway

WELLBEING NATIONAL CAMPAIGNS

Campaign	Date
Dry January	1 st to 31 st January
Time to Talk Day	2 nd Feb
World Cancer Day	4 th February
Eating Disorder Awareness Week	28 th Feb to 6 th March
Ovarian Cancer Awareness Week	1 st to 31 st March
No Smoking Awareness Day	12 th March
Nutrition and Hydration Week	10 th to 16 th March
World Sleep Day	14 th March
Stress Awareness Month	1 st to 30 th April
On Your Feet Britain	24 th April
National Walking Month	1 st to 31 st May
Mental Health Awareness Week	12 th to 18 th May
Cervical Screening Awareness Week	19 th to 24 th June

Our Vision: "To provide excellent care for the communities we serve"

Health Eating Week	9 th to 13 th June
Mens Health Week	9 th to 15 th June
SaTH Wellbeing Roadshow	TBC
World Wellbeing Week	24 th to 30 th June
Alcohol Awareness Week	7 th to 13 th July
Cycle to Work Day	7 th August
World Suicide Prevention Day	10 th September
Urology Awareness Month	1 st to 30 th September 2025
Know Your Numbers Week (Blood Pressure)	8 th to 14 th Sept 2025
National Fitness Day	25 th September
Stoptober	1 st to 31 st October
National Cholesterol Month	1 st to 31 st October
OCD Awareness Week	13 th to 19 th October
World Mental Health Day	10 th October
World Menopause Day	18 th October
Movember	1 st to 30 th November
National Stress Awareness Week	4 th to 8 th November
Self Care Week	18 th to 24 th November
International Men's Day	19 th November
Grief Awareness Week	2 nd to 8 th December



Reward & Recognition

Rewarding and recognising not only the outstanding commitment and dedication of our people, but also the culture and diversity that makes up the amazing SaTH family.

You can email sath.awards@nhs.net for more information.

REWARD & RECOGNITION DAYS

Date	Event
September to November	Staff Survey
11 th November	Remembrance Day
w/c 11 th November	Trust Awards Week
8 th November	International Day of Radiology
25 th December	Christmas

Equality, Diversity & Inclusion



At SaTH we believe that 'Our Differences are Our Strengths' and with the firm aim of "Making Equality, Diversity and Inclusion a reality for all at SaTH", the ED&I team along with staff network members and ally's, work to achieve this goal.

The team can be contacted via email at: SaTH.EDI@nhs.net

CELEBRATING ALL

Date	Event
29 th January	Lunar New Year
1 st to 28 th February	LGBTQIA+ History Month
28 th February to 30 th March	Ramadan and Eid
17 th to 23 rd March	Neurodiversity Week
13 th to 19 th May	Dementia Action Week
16 th to 22 nd June	Diabetes Awareness Week
22 nd June	Windrush Day
1 st to 30 th June	PRIDE Month
18 th July to 17 th August	South Asian Heritage Month
1 st to 31 st July	Disability PRIDE Month
1 st to 30 th September	East and South East Asian Heritage Month
1 st to 31 st October	Black History Month
18 th October	Menopause Day
20 th October	Diwali
14 th to 20 th November	Disability History Week
14 th November	World Diabetes Day
19 th November	International Men's Day

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Network Meetings: (QR Code to access the meeting link on the day)

Culture & Leadership

SaTH offer courses delivered face to face and digitally to fully support and develop our manager and leaders so we can together achieve improvements in areas such as values and behaviours, health and wellbeing and inclusion.

If you would like further information please contact your local People and OD Business Partner or contact the OD team:

sath.leadership@nhs.net or call on 01952 641222 Ext 4378

To book on any of the programmes or courses below, please log into your LMS account and search for the course you require. [LMS](#)



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LEADERSHIP PROGRAMMES

Session	Dates	Time	Venue
SaTH 1	April to August 2025 September to December 2025	9:00am - 4:30pm	SERII, RSH
SaTH 2	April to July 2025 September to December 2025	9:00am - 4:30pm	SERII, RSH
SaTH 3	April to July 2025 September to December 2025	9:00am – 4:30pm	SERII, RSH
SaTH 4	March to June 2025 September to December 2025	10:00am - 4:00pm	SERII, RSH
Strive Towards Excellence Programme (STEP)	April to October 2025 June to December 2025	9:00am - 5:00pm	SERII
Foundation of Supervision and Team Leading (FOSATL)	April to July 2025 September to November 2025	9:00am - 4:30pm	SERII, RSH
Galvanise	September 2024 to April 2025 September 2025 to April 2026	Various Times	SERII, RSH
Emotional Intelligence	30 th April, 13 th May, 23 rd July, 1 st September, 27 th October, 2 nd December	9:00am – 12:00pm	SERII, RSH and Education Centre, PRH
Resilience	30 th April, 13 th May, 23 rd July, 1 st September, 27 th October, 2 nd December	1:00pm – 4:30pm	SERII, RSH and Education Centre, PRH
Values, Behaviours, Attitudes Interview Training	28 th May, 17 th June, 7 th July, 2 nd September, 8 th October, 13 th November	9:00am – 4:00pm or 9:30am to 4:30pm	SERII, RSH
Coaching Skills for Leaders (1.5 days)	11 th April and 11 th June, 10 th September and 22 nd November, 16 th October and 3 rd December	9:00am – 4:30pm and 9:00am to 2:00pm	SERII, RSH
Situational Leadership	24 th June, 8 th September, 13 th November	9:00am – 4:00pm	SERII, RSH
Civility and Respect	7 th April, 29 th May, 19 th June, 8 th July, 16 th July, 24 th July, 28 th July, 12 th August, 20 th October, 25 th November, 8 th December	Various Times	SERII, RSH
Coaching CPD for Trust Coaches Drop In Sessions			
Masterclass NEW Hospital Flow: What does this mean	23 rd April	12:00pm – 1:00pm	online
Masterclass Flexible Working Toolkit Briefing for Managers	4 th April, 9 th May, 6 th June, 4 th July, 5 th September, 7 th November	10:00am – 11:00am	online
Masterclass	9 th May, 4 th July, 3 rd September, 5 th November	10:00am – 11:00am	online

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Flexible Working Toolkit Briefing for Staff Members			
Masterclass Flexible Working	4 th April 25, 9 th May 25, 6 th June, 4 th July, 1 st August, 5 th September, 2 nd October, 7 th November	12:00pm – 1:00pm	online
Masterclass Courageous Conversations	14 th May, 11 th September, 25 th November	12:00pm – 1:00pm	online
Masterclass Compassionate and Inclusive Leadership	10 th April 25, 17 th July, 7 th October	12:00pm – 1:00 pm	online
Masterclass Health & Wellbeing Conversations	1 st May 27 th May, 25 th June, 26 th June	12:30pm – 1:45 pm 1:00am – 12:15 pm	online
Masterclass People Promise	11 th April, 6 th June, 1 st August	12:30pm – 1:30pm 12:00pm – 1:00pm	online
Masterclass Supporting Others Through Change			
Masterclass Super Confidence			
Masterclass Feedback is a Gift			
Masterclass That Thing Called Change			
Masterclass An Introduction to Mentoring			
Masterclass How to start and set expectations for improvement			
Masterclass Engagement – Face to Face			
Masterclass Risk			
Leadership Conference			
Schwartz			