

WELCOME TO



Wellbeing Wednesday's

DO YOU FEEL HEARD IN THE WORKPLACE?



Is there something you would like to discuss at work, but you're worried about doing so? CW Growth Hub have just launched a new FREEDOM TO SPEAK UP (FTSU) policy for general practice.

You can find out more information including the full policy details here (FTSU) or by visiting <https://www.cwtraininghub.co.uk/wp-content/uploads/2024/02/Updated-FTSU-Policy-141123.pdf>

In addition to this they have appointed a FTSU Guardian who's details you'll find on the page below

It's not always easy having conversations about issues within the workplace and it can feel scary & daunting

However, if something is bothering you it's important you do raise your concerns to help not only the practice but to also remove the personal worry & burden for your own wellbeing



INTRODUCING YOUR FREEDOM TO SPEAK UP GUARDIAN



Coventry and Warwickshire
Training Hub



**Do you need to raise a concern?
Speak up!**

Not sure what you can speak up about, how to speak up or who to speak to?

Scan the QR code below to access the Freedom to Speak Up policy for General Practice, which covers all of these questions and more.

You can also contact your **Freedom to Speak Up Guardian**, Mai Elftise, by emailing pcftsuguardian@nhs.net



National Guardian
Freedom to Speak Up

Mai Elftise
FTSUG and CW Training Hub EDIB Lead
pcftsuguardian@nhs.net

This service is **free, confidential and open to all** colleagues in General Practice.

X @cwtraininghub
@cwtraininghub
cw.traininghub@nhs.net

I will be encouraging all practices to have this flyer visible in staff communal areas alongside the other wellbeing information. If you feel there is someone you know may benefit then please feel free to share.

My door is always open if anyone would like a chat about this or anything else relating to health & wellbeing

