

Freedom of Information Team
Post Room
Queen Alexandra Hospital
Southwick Hill Road
Portsmouth
Hampshire
PO6 3LY

Name:
Email:
Date: 10/05/2021
Ref: 21-22 048

Dear

Freedom of Information request

Thank you for your request for information under the Freedom of Information Act 2000, which was received by the Trust on 23/04/2021.

Please could you provide me with information regarding the introduction of any wellbeing days or mental health days for the employees in your trust. By wellbeing days, I mean days off given to employees to help them prioritise wellness or mental health. Some companies have introduced these days in response to the stress of the pandemic.

- 1. Have you introduced a wellbeing day for your employees?**
Yes, the Trust has introduced wellbeing days for all staff.
- 2. If so, does this apply to all your employees or just some?**
Wellbeing days applies to all Trust staff
- 3. When was it introduced?**
For the year 1st April 2021 to 31st March 2022.
- 4. Can the wellbeing day be taken off by employees at any time of year, or is there a specific date when everyone takes the day off together?**
This is the employee's choice.
- 5. Why did you introduce a wellbeing day?**
To recognise the extra effort the pandemic had caused for staff and the impact on their personal wellbeing.

Please accept this letter as completion of your request. Please note that copies of this request will be held on file for three years before being confidentially destroyed.

If you are dissatisfied with the outcome of your request, please contact our Head of Information Governance on Information.Governance@porthosp.nhs.uk or write to the above address and we will conduct an internal review. Upon review, if you are still dissatisfied, you may appeal our decision by contacting the Information Commissioner's Office; for more information please visit the [ICO's website](#).

Please be aware, if we do not receive an appeal within 30 days of you receiving this letter, we will assume that you are satisfied with our response. If you have any further queries, please do not hesitate to contact us.

Yours sincerely

Freedom of Information Team