

Stronger Together Team Wellbeing Grants

Manager Forum 27 July 2022

Cath Jeffries OHS Director



Stronger Together – Team Wellbeing Grants



**Stronger
Together**
Team Wellbeing Grants



Overview

- Part of Be Well Be Safe Program, and within guidelines of this funding
- To improve healthcare worker health and wellbeing
- Managers allocated funding dependent on team size
- Manager and Teams to chose either a pre-arranged Health and Wellbeing Package
- Or a Self Selected option

Apply for a Team Wellbeing Grant

As part of the Be Well Be Safe Program, apply for funding to implement a team health and wellbeing initiative in your area.

Visit the intranet for more information on eligibility, how to apply and FAQs.

Monash Health

Applications open **Monday 25 July - Friday 12 August**



Phase one – submit an application for a grant

- Managers apply for funding to implement a team-based health and wellbeing initiative in consultation with team
- Applications accepted for psychological, psychosocial, physical, and other support in line with the aim of the Be Well Be Safe Program and used towards immediately improving healthcare worker wellbeing
- Grants allocated by cost centre with dollar amount available based on number of employees in a team.
- Managers required to provide specific details about how the funds are to be used for the benefit of the health and wellbeing of their team.

Cost Centre Managers apply for a grant dependant on employee numbers.

- 5-20 employees - up to \$650
- 21-50 employees up to \$1,200
- 51-100 employees up to \$2,000
- over 100 employees- up to \$3,000

Choice of Health and Wellbeing Packages
OR
Self Selected options examples of these.

Apply for a Team Wellbeing Grant

As part of the Be Well Be Safe Program, apply for funding to implement a team health and wellbeing initiative in your area.

[Find out more](#)



Stronger Together Team Wellbeing Grant Process

Stronger Together Wellbeing Grants Application Form

Grants overview

As we continue to prioritize the wellbeing of all our employees, and as part of our Be Well Be Safe Program, Stronger Together Wellbeing Grants are available for our teams to apply for. Applications are open from Monday 25 July, and close Friday 12 August.

Grants criteria
The grants will be allocated by cost centre, and different grant values will be available based on the number of employees in your team.

- 3 to 20 employees, up to \$650
- 21 to 50 employees, up to \$1,200
- 51 to 100 employees, up to \$2,000
- Over 100 employees, up to \$3,000

As the grants are allocated by cost centre, this application form is required to be submitted by cost centre managers on behalf of your team. With limited funding available, all applications will be considered by a review panel.

Before cost centre managers complete this application form, please ensure you have:

1. Reviewed and read the [Stronger Together Wellbeing Grants Information Pack](#) in full.
2. Consulted your team on their preferred activity options adhering to the grants criteria.

The [Stronger Together Wellbeing Grants Information Pack](#) includes details on:

- Grants criteria
- Grant activity options
- Grant application process
- Grant application evaluation process
- Grant applications outcomes
- Successful grant invoicing process
- Further grant enquiries

*Mandatory questions

Demographic information

Q1* **Name**

Q2* **Position/role**

Q3* **Phone number**

Q4* **Email address**

Q5* **Cost centre code & description**

Q6* **Which grant size are you applying for? (tick applicable)**

3 to 20 employees, up to \$650

21 to 50 employees, up to \$1,200

51 to 100 employees, up to \$2,000

Over 100 employees, up to \$3,000

Stronger Together Wellbeing Grants Application Form

Grants information

Q7* **What activities are you applying for? (tick applicable)**

Health and wellbeing packages

Tick	Option	How many	Total cost
<input type="checkbox"/>	1. Health and wellbeing information sessions from Converge International - 10 topics available (\$650 plus GST per session)		
<input type="checkbox"/>	2. Relaxation and meditation sessions - 8 topics available (\$300 per session)		
<input type="checkbox"/>	3. Be Well Program team coaching sessions (\$150 per hour)		
<input type="checkbox"/>	4. Chair-based massages - 3 hours minimum (\$83 per hour, \$249 for 3 hours)		
<input type="checkbox"/>	5. Online fitness classes hosted by Medibank—Three topics available (\$200 per session)		
<input type="checkbox"/>	6. Physical wellbeing sessions hosted by Healthwise Fitness- Three topics available (\$50 per session)		

Self-selected activity options

Describe what type of activity you are applying for and how it will assist your team?

List the items or activities you have chosen, their individual costs, and the total cost of all items.

Items	Cost
Total cost	

Stronger Together Wellbeing Grants Application Form

Grants information

Q8* **What is the total cost of your grant application?**

Q9 **Any further information you would like considered with your grant application.**

This question is optional.

Thank you for applying for a Stronger Together Wellbeing Grant. Please email your completed grant application to wellbeing@monashhealth.org.



Stronger Together Team Wellbeing Grant Options

Stronger Together Team Wellbeing Grants Information Pack

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Health and wellbeing packages

Tick	Option	How many	Total cost
<input type="checkbox"/>	1. Health and wellbeing information sessions from Converge International - 10 topics available (\$650 plus GST per session)		
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<input type="checkbox"/>	5. Online fitness classes hosted by Medibank—Three topics available (\$200 per session)		
<input type="checkbox"/>	6. Physical wellbeing sessions hosted by Healthwise Fitness- Three topics available (\$50 per session)		

Self-selected activity options

Describe what type of activity you are applying for and how it will assist your team?



Be Well Program

- A free and confidential service to support employee and team wellbeing.
- An expansion of the Call a Psychologist program, facilitated by Monash Health psychologists.
- Individual employees who believe their team requires support or could benefit from a session can ask their manager to contact the Be Well team to make a booking.
- **Booking and enquiries:**
 - Monday to Friday, 9am to 5pm
 - Phone: 0418 905 414
 - Email: bewell@monashhealth.org
- **Service hours**
 - Monday to Friday, 8am to 7pm
 - Weekends by arrangement



Self Selected Options

BeWell Guidelines specify that funding cannot be used for the following:

- Building of new capital infrastructure
- Additional salaries
- Deemed a risk to quality, health and safety
- Things that don't specifically relate to wellbeing (for example the purchase of new clinical equipment.
- Food or drink for a team functions
- Gift cards

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Phase two – post application submission

Self Selected Options

- A grant approval panel will assess applications for Self Selected Options
- Successful and unsuccessful applications will be advised of the outcome of their application by the end of August.
- The successful applications will be provided with any information or instructions necessary to successfully implement their grant
- If there are multiple requests in the ‘Self-Selected Option’ category, the grant approval panel will consider a collective purchase with the view to saving costs.



Phase two – post application submission

Health and Wellbeing Packages

- Managers nominate the pre-arranged packages which add up to the total grant for the team size
- Provide details on application form and submit
- The Health and Wellbeing Team will notify the supplier of all packages which have been ordered
- Supplier will contact the Manager to arrange delivery
- Supplier will provide invoice to Health and Wellbeing Grant Administrator

Example:

**Team of 40 employees
\$1200 available**

- BeWell Team - Team Be Well support package \$600
- Self Selected Option – Coffee machine \$200
- Set up a “Relaxation Zone” in the department \$400



Next steps

- Communications advertising Health and Wellbeing Grants released 25/7/22
- Visits the Health and Wellbeing site on Intranet for more Information

The screenshot shows the Monash Health intranet page for Wellbeing Grants. At the top, there is a navigation bar with a 'COVID-19' badge, a search bar, and buttons for 'Employee hotline' and 'Save this website'. Below the navigation bar is a breadcrumb trail: 'Home > Health and wellbeing > Applications for Stronger Together Wellbeing Grants now open'. The main heading is 'Applications for Stronger Together Wellbeing Grants now open'. On the left side, there is a sidebar with 'In this section' (Latest news, Events) and 'Latest news' (Are you familiar with our family escalation of care process? 27 July 2022, COVID19 Vaccination Update for Employees 26 July 2022, Emerging Researcher Fellowships for 2022 have been announced! 26 July 2022, Chief Executive Update – 26 July 2022 26 July 2022). On the right side, there is a large orange banner with the text 'THANK YOU Stronger Together Team Wellbeing Grants' and a logo featuring two hands holding a heart with the text 'You are the heart of all we do at Monash Health'.

Applications submitted to Wellbeing_Team@MonashHealth.org



Leading Mentally Healthy Teams Sessions

- **Part 1:** 3.5-hour workshops for people leaders on how to lead mentally healthy teams.
- **Part 2:** Facilitated discussion for leaders following the training for shared learning and follow up questions.

Program objectives

Upskill and support leaders with:

- Tips on how to create a mentally healthy environment where employees feel safe to express any mental health concerns or issues.
- How to respond to any acute mental health issue with appropriate mental health first aid strategies, manage any immediate risk and provide appropriate support to an employee.
- Feeling confident in approaching an employee that a leader may be concerned about with guidance on how to have the conversation.



Leading Mentally Healthy Teams Sessions

Part 1: Online training with half an hour break

- Wednesday 20 July, 9am to 1pm
- Monday 25 July, 1pm to 5pm
- Thursday 28 July, 9am to 1pm
- Wednesday 3 August, 1pm to 5pm
- Monday 8 August, 9am to 1pm
- Wednesday 24 August, 1pm to 5pm
- Tuesday 6 September, 9am to 1pm
- Monday 12 September, 1pm to 5pm

How to book:

- Enrol via Latte for a session on 'Leading Mentally Healthy Teams' (Part 1).
- You will then be invited to a facilitated follow up session (Part 2).

Part 2: Facilitated follow up workshop

- Tuesday 19 July, 9:30am to 10.30am
- Thursday 21 July, 2pm to 3pm
- Wednesday 27 July, 12:30pm to 1.30pm

