

Ref no: 188170418  
From: Press  
Date: 17/04/18  
Subject: Complementary Therapy

## REQUEST & RESPONSE

- Do you have a staff Health and Wellbeing Strategy for the Trust? If yes, can you supply an electronic copy?

**Yes, please see attached as requested.**

- As part of your strategy or through Occupational Health Department, do you or have you considered using Complementary Therapies to support staff? For example, holistic therapeutic massage for staff mental wellbeing and workplace stress, reflexology, sports massage for rehab and recovery or any others

**As part of the strategy the organisation would be happy to consider using Complementary Therapies to support staff. The Occupational Health Team has engaged a number of different types of therapists to support staffs' health and wellbeing.**

- If you do use complementary therapy – do you find it useful in reducing sickness absence, reducing stress related absences and expediting return to work?

**The feedback received from staff has always been very positive and they report finding the therapies beneficial however we have no evidence to support a specific reduction in sickness absence, reducing stress related absence and expediting return to work.**

- If you don't use complementary therapy, would you consider using them if they could help reduce sickness absence days, help manage workplace stress and help rehab/recovery from MSK related sickness?

**Please see above response.**

- Would you consider offering complementary therapy as a staff benefit at discounted rates or donations towards your hospital charity?

**The organisation is very supportive of any initiatives that could benefit or improve staff health and wellbeing.**

- Would you consider employing a Complementary Therapist as part of your Occupational Health Team? If no, would you reconsider this if their qualification was gained via the NHS natural health school which is supported by the NHS England?

**This is something that the organisation may consider in the future, the skills and competencies would form part of a robust recruitment process.**