



UpLifting the occupational well-being of NHS staff: A Randomised Controlled Trial Workshop Booking and Attendance

Welcome to the UpLift Trial.

Thank you for agreeing to participate in this important study that focuses on improving the occupational health and well-being of NHS staff. This is a 6-week course of interactive webinar workshops and online interventions with a 6 month follow-up period.

You have now consented and created an account that allows you to book your place on the webinar workshops and to access the UpLiftTRIAL online interventions through the UpLiftTRIAL website www.uplifttrial.com.

You should have received an email which allows you to select the time and day you wish to attend your coping skills workshop each week. Where possible we would like you to stick to this fixed schedule each week, for a total of 6 weeks. Of course, we understand that you may need to change your schedule on certain weeks, so please contact the research team if this is the case and we can enable you to attend your weekly session at an alternative day or time.

The workshops will not run if they have very few participants, so we please ask you to let us know as soon as possible if you cannot attend or wish to change your day or time of attendance. Our contact details are on this website.

You will be sent a link to the meeting which will not change – so please use this each week. Please log on at least 2 minutes before the start time, to enable us to begin on time. You will then be in the workshop for an hour. The workshop will include a presentation from a facilitator, and it will also be interactive, so please feel free to ask questions and get involved using the chat function.

During the workshop sessions, please keep your microphone muted and videos off. However, we will ask for contributions and you are welcome to ask questions. You can use the raise hand function on Microsoft Teams.

Please keep us updated if you are unable to attend your scheduled session.

Please do not discuss/share materials with colleagues in the other intervention group to protect the integrity of the randomised control trial.

Email: rdash.groundedresearch@nhs.net

Once the workshop session has finished, you will have access to the online UpLiftTRIAL digital interventions which enables you to further explore the lessons provided in the webinar and benefit from skills practice exercises, which will help you to transfer the knowledge and strategies gained into your daily life. You can access the interventions via the LOGIN facility on this website. Each week's intervention will be unlocked by your webinar facilitator.

If you attend a minimum of four workshop sessions and four app interventions, you will receive a CPD certificate from the University of Sheffield.

We hope you enjoy the workshops and online interventions. This is a great opportunity to find ways to help you cope with workplace stress and reduce the risk of burnout, and you will be contributing to very important research which could benefit others in the future. At various points throughout the course there will be questionnaires to complete which will help us to monitor your progress and help with our research. Your contribution is very valuable so it's important that you do complete these questionnaires. If you are unsure how to access these, please contact rdash.groundedresearch@nhs.net.

We look forward to working with you, and if you have any questions please do not hesitate to contact us.

See you soon at the start of the trial in week 1.

Contact details for enquiries

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Thank you for taking time to consider participating in this study.

Email: rdash.groundedresearch@nhs.net