

# WELLBEING ROOM GRANTS



More than just a breakout area or canteen, a wellbeing room is a designated, private area in your practice where employees can take a bit of time out to tend to their own personal health needs.



The Primary Care Wellbeing Pilot has secured funding to support 10 practices across General Practice, Dentistry, Optometry and Community Pharmacy. Up to £1000 is available for practices interested in creating a Wellbeing Room within their practice.

What could you put in a Wellbeing Room?



Comfortable seating/bed



Soothing music



A calming colour pallet for the walls and furnishings



Yoga mats



Exercise equipment



Wellbeing Reading Materials

There are a variety of things you can include to support staff wellbeing within the practice, you just need some space and your imagination.



To apply for a Wellbeing Room Grant click [here](#) and complete the attached form **before 15 March**. Grants will be approved on a first come first served basis.