



Ref: FOIA Reference 2018/19-035

Royal Stoke University Hospital  
Quality, Safety and Compliance Department  
Newcastle Road  
Stoke-on-Trent  
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ST4 6QG

Date: 1<sup>st</sup> May 2018

Tel: 01782 676474  
Email [foi@uhn.nhs.uk](mailto:foi@uhn.nhs.uk)

Dear

I am writing in response to your email dated 17<sup>th</sup> April 2018 requesting information under the Freedom of Information Act (2000) regarding Complementary Therapy.

As of 1<sup>st</sup> November 2014 University Hospitals of North Midlands NHS Trust (UHNM) manages two hospital sites – Royal Stoke University Hospital, and County Hospital (Stafford). Therefore the response below is for the two sites combined from that date where appropriate.

**Q1 Do you have a staff Health and Wellbeing Strategy for the Trust? If yes, can you supply an electronic copy?**

A1 I can confirm that the Trust holds information regarding Health and Wellbeing Strategy for the Trust, but feel this information is exempt under section 21: *information reasonably accessible by other means*. This is because the information is available via the Trust's public website at the following link: <http://www.uhnm.nhs.uk>

(About Us > Our Strategy and Plans > UHNM 2025 Vision and strategy - University Hospitals of North Midlands 5 year people strategy)  
<http://www.uhnm.nhs.uk/aboutus/Documents/141205%20University%20Hospitals%20of%20North%20Midlands%205%20year%20people%20strategy.pdf>

**Q2 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**

A2 Our Health and Wellbeing team in conjunction with the Occupational Health department provides a health and wellbeing programme, which focuses on providing guidance and blood pressure checks for topics such as stress, obesity, eating disorder, menopause, sleep, strokes, heart disease, skin, bowel cancer, hydration, back awareness

Our Occupational Health department offers provides access to central clinical services team, comprising Occupational Health professionals including case managers, physiotherapists, registered mental health nurses and psychologists, but access to complementary therapies are at an additional cost that sits outside of the contractual agreement.

**Q3 If you do use complementary therapy – do you find it useful in reducing sickness absence, reducing stress related absences and expediting return to work?**

A3 The Trust does not use complementary therapies, but does provide a range of offerings to support staff suffering sickness.

**Q4 If you don't currently 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?**

A4 The FOI Act 2000 is for the release of information that is held/recorded and does not cover the opinions of persons regarding suppliers, systems or procedures, therefore this information is not held.

**Q5 Would you consider offering complementary therapy as a staff benefit at discounted rates or donations towards your hospital charity?**

A5 As answer 4

**Q6 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 NHS England?**

A6 Our Occupational Health services are provided by a third party and any discussions about the provision of a complimentary therapist service would be subject to a review of the contractual agreement and subject to a cost / benefits analysis.

\*Please note that any individuals identified do not give consent for their personal data to be processed for the purposes of direct marketing.

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This letter confirms the completion of this request. A log of this request and a copy of this letter will be held by the Trust.

If you have any queries related to the response provided please in the first instance contact my office.

Should you have a complaint about the response or the handling of your request, please also contact my office to request a review of this. If having exhausted the Trust's FOIA complaints process you are still not satisfied, you are entitled to approach the Information Commissioner's Office (ICO) and request an assessment of the manner in which the Trust has managed your request.

The Information Commissioner may be contacted at:

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF or via [www.ico.org.uk](http://www.ico.org.uk).

If following review of the responses I can be of any further assistance please contact my secretary on 01782 676474.

Yours,

A handwritten signature in black ink, consisting of a large, loopy initial 'M' followed by a horizontal line extending to the right.

Mojgan Casillas  
**Interim Information Governance Manager**