

## Key Programme Achievements

The Rugby League Cares Offload Programme has shown impressive results in NHS staff survey data, improving overall health and wellbeing.

- **5,137 ATTENDEES** ACROSS 610 GROUP SESSIONS
- **99.49%** REPORTED IMPROVED WELLBEING
- **98.68%** FELT HAPPIER AFTER SESSIONS
- **97.89%** FELT BETTER ABLE TO MANAGE STRESS AND ANXIETY
- **72%** SHOWED SIGNIFICANT IMPROVEMENT IN WELLBEING USING SWEMWBS
- **94%** FOUND SESSIONS USEFUL
- **66.7%** OF STAFF FELT MORE CONNECTED TO THEIR TEAM AND COLLEAGUES

### ENHANCED TEAM CONNECTION AND PATIENT CARE

TEAMS REPORT BEING ABLE TO COMMUNICATE MORE OPENLY, WITH IMPROVED SUPPORT AND INCLUSION ACROSS ALL DEPARTMENTS. BETTER STAFF HEALTH AND WELLBEING ARE DIRECTLY LINKED TO ENHANCED PATIENT OUTCOMES, SAFER CARE AND IMPROVED FINANCIAL PERFORMANCE FOR HEALTH CARE PROVIDERS.

JOIN RUGBY LEAGUE CARES AND THE NHS IN FOSTERING A HEALTHIER, HAPPIER WORKPLACE!

### Estates & facilities case study

- **Absence rates reduced** from 8.2% to 5.79%
- **Long-term sickness absence** dropped from 7.31% to 3.66%
- **Staff turnover** was on an upward trajectory & has now reduced
- **Peer support** was seen as a protector against burnout and negative wellbeing



### Next Steps

We understand that each NHS trust works differently and we aim to accommodate all needs.

Please contact: [Community@rlcares.org.uk](mailto:Community@rlcares.org.uk)  
For more information or arrange an introductory conversation

BUILDING MENTAL FITNESS  
**TOGETHER**

