

**Request Reference:** FOI/075/24

**Published:** 02 April 2025

**Information requested:**

How much has TSH spent on:

- Massage chairs for the staff wellbeing hub
- Massage chairs for use by patients
- Exercise equipment for the staff wellbeing hub
- Exercise equipment for the patients
- Mindfulness classes for the staff wellbeing hub
- Mindfulness classes for the patients

Please provide me with all guidance or literature disseminated to staff that covers 'self-soothing' strategies as well as stress or distress management strategies.

**Response:**

As there was no date range for this request we have limited the scope to the last 12 months in most cases so that we did not need to search around 11 years of financial records. Such searches would have pushed the cost of the FOI over the £600 maximum.

**Costs in the last 12 months:**

Massage chairs for staff wellbeing hub – £2,158.93

Massage chairs for patients - £0.00. We do not have any massage chairs for patients.

Exercise equipment for the staff wellbeing hub - £4,709.71

Mindfulness classes for the staff wellbeing hub - £0.00

In 2020 the hospital procured gym equipment for patient use costing £43,772.00. No further costs have been incurred since.

We may provide mindfulness as part of a wider session with patients, but we do not hold records that would allow the calculation of the cost of this part of a session. We give notice under FOISA section 17 that we do not hold information relating to the cost of mindfulness classes for the patients.

Throughout the year, several initiatives are organised as part of the Healthy Working Lives (H WL) Calendar of Events. These initiatives align with our Organisational Development Strategy, which focuses on four pillars of wellbeing: mental, physical, social, and financial. Our goal is to create a healthy organisation that promotes staff engagement and provides health promotion activities, along with guidance on best practices that protect and enhance the health, safety, and wellbeing of our workforce.

The guidance or literature are generally links to approved websites, sent as part of an e-mail to all users within the workforce. Information held on other organisations' websites is beyond the scope of a freedom of information request, but we have provided the 'headlines' in the H WL Calendar of Events documents for 2023-2024 and 2024-2025.

Below are some links to wellbeing resources that we disseminate regularly.

National Wellbeing Hub: <https://wellbeinghub.scot/>

Time for Talking: <https://timefortalking.co.uk/>

We have enclosed the literature in a zip file that we disseminate to staff within the wellbeing centre and at corporate induction. However, the names, some job titles, some locations and their contact details have been withheld as they constitute personal data (FOISA section 38(1)(b)). None of the staff would expect their details to be made public from what are internal communications.

In addition we have removed the internal email addresses and direct telephone numbers within the literature as public disclosure will result in unsolicited communications to these. This will increase the burden on staff and most likely need us to replace the email address/telephone number with a new one, which in turn would require us to update our procedure to accommodate this. We consider disclosures that would force us to change procedures are likely to substantially prejudice the effective conduct of public affairs. (FOISA Section 30(c)).