

Exeter Occupational Health Service (EXOHS)

EXOHS is the in-house Occupational Health & Wellbeing (OHWB) Service of the Royal Devon and Exeter (RD&E) NHS Foundation Trust. Formed in 1993, the service has increased in size over the years and was the first NHS service based in the South West of England with SEQOHS accreditation.

The service is led by an OHWB consultant physician with 40 multidisciplinary personnel, including OH Physicians, OH Advisors, dietician, OHWB practitioner and counsellors. In addition to the core in-house counselling team, there is an Employee Assistance Programme providing 24/7 cover. Additional services like independent psychiatrist, clinical psychologist and educational psychologist assessments are procured on a case by case basis.

EXOHS provides a comprehensive service to NHS organisations on a regional basis in Devon as well as large public sector employers in the area, providing services to staff and students across Devon, Somerset and Cornwall. EXOHS provides core services including immunisation screening, on employment screening, management referrals and counselling. As well as this, the team provides extended services including trauma therapy and critical incident debriefs along with a number of courses including Mindfulness, bite-sized sleep CBT courses and managing stress courses.

In recognition of the importance of health and wellbeing, EXOHS has a dedicated full time OHWB practitioner. The service provides leadership through the Health and Wellbeing group, as well as running a Health and Wellbeing and also a Mental Health Champions (who are Mental Health First Aiders) programme. A range of health and wellbeing activities are co-ordinated by the service including Wellbeing talks, Alcohol Awareness sessions and Meditation sessions amongst others, all of which are publicised to all staff through a monthly newsletter. Most recently, a pioneering Menopause project encompassing a series of lectures as well as a large scale survey was undertaken.

