

*Jessica Bell – biog*

Jess has a background in Learning and Development and holds a Masters in Education. Her passion for all things Health and Wellbeing grew when she began delivering mental health training as part of her L&D role in Healthcare at Home, and spoke at the company's annual conference about the importance of mental health in the workplace. Subsequently Jess began a brand new role for Healthcare at Home as a Health and Wellbeing Business Partner, where she works alongside key internal and external stakeholders to develop both pro-active and reactive support measures for colleagues' health and wellbeing. This includes supporting and signposting colleagues in distress, a continuation of mental health training and using her L&D background, and implementation of initiatives to encourage individuals to take ownership of their health and wellbeing and to break down stigma. The role also covers Corporate Social Responsibility, including the essential contribution that Healthcare at Home can make to the community and charitable organisations; which Jess has linked to some of the wellbeing strategies being used by Healthcare at Home.