



# Living Well North Tyneside

Supporting Health and Wellbeing

**14 May 2025** marks the **National Day for Staff Networks**, a day dedicated to recognising the collective power and positive impact of employee and staff networks across the UK. Whether it's a group that supports LGBTQ+ inclusion, disability rights, race equality, carers, women in leadership or interfaith connections, this day champions the idea that when people come together, good things happen.

## The Story Behind the Day

Established in **2017**, the National Day for Staff Networks is coordinated by National Day for Staff Networks (also known as **#ThisIsUs**), an initiative that grew out of the recognition that workplace staff networks make a real difference—not just to inclusion and representation, but to overall employee wellbeing and organisational success.

The aim is simple: to celebrate the voices, vision and value of staff networks across sectors and encourage cross-network collaboration. The day shines a light on how networks can support diversity, influence change, and give members a safe space to connect, learn, and lead.

## Why Staff Networks Matter

Staff networks are more than social groups—they're engines of inclusion. They give employees a platform to raise issues, share lived experiences, and shape more supportive, inclusive workplaces. They're often led by passionate volunteers who balance network duties alongside their day jobs.

These networks contribute to:

- Improved employee wellbeing and engagement
- Better policies and practices
- Stronger workplace cultures
- Increased recruitment and retention of diverse talent

By celebrating them, organisations acknowledge the invisible labour and leadership that keeps networks thriving.

## How to Mark the Day

There are plenty of ways for organisations and individuals to take part in National Day for Staff Networks:

- **Host a network showcase** – Give staff networks a platform to share their achievements, upcoming plans and how colleagues can get involved.
- **Encourage collaboration** – Facilitate cross-network activities, like panel discussions or lunchtime learning events.
- **Say thank you** – Recognise the effort of network leads and members with appreciation posts, thank-you notes or small gestures.
- **Share stories** – Use your internal comms or social media to spotlight individual members and how being part of a network has helped them.
- **Review your support** – Take stock of how your organisation supports staff networks—do they have protected time, resources, and leadership backing?

## Getting Involved in North Tyneside

In North Tyneside, many large employers—including NHS trusts, local councils, universities, and voluntary sector organisations—have active staff networks. If you're an employer or network member in the area, consider:

- Reaching out to North Tyneside Council, Northumbria Healthcare NHS Foundation Trust, or VODA to connect with other local staff network leads.

- Encouraging joint events between networks across organisations.
- Using the Living Well North Tyneside platform to promote inclusive events, talks, or awareness activities connected to your networks.
- If you're from a smaller organisation and don't yet have staff networks, this day is a great time to explore how they might benefit your team's wellbeing, morale and engagement.

## Final Thoughts

Staff networks remind us that when people find shared purpose and peer support, real change is possible. On 14 May, let's recognise the unsung heroes of our workplaces—the network chairs, the organisers, the advocates—and the vital role they play in making our workspaces fairer, friendlier, and more inclusive for all. Together, we rise.

## Related Links

- [National Day for Staff Networks](#)
- [NHS England – Equality, Diversity and Inclusion Resources](#)
- [CIPD – Supporting employee networks](#)



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