

## **The Soup Stop**

**Creating the opportunity to rest, refresh and refuel in  
Midlothian Community Hospital, Midlothian HSCP**

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# People feel valued, respected and supported

The Soup Stop is a wellbeing and kindness initiative, rooted firmly in our values, and in our ambition to ensure people feel valued, respected, and supported.

- Started in October 2022 the stop offers
- social connection
  - recognises reduced services in the community (no café are in Midlothian community Hospital (MCH))
  - and offers support with the cost of living

## Reinvigorate our workforce

The soup stop is a monthly event, hosted at MCH.

- Open to all our staff within the HSCP
- Supported by volunteers
- An opportunity to rest, refresh and refuel
- Free and healthy
- Soup Committee work together
- Specific dietary requirements



# Meeting the core needs of our staff



Times are tough for staff. Food Banks have been set up in our hospitals, and more staff are seeking support from financial services.

The Soup Stop means, that at least once a month, staff can access a healthy meal without worrying about the cost.



# Invest in people to flourish

We know that nurses often miss their breaks and eat on the go. The Soup Stop is a way of encouraging people to take a much needed break.

However, there are always reasons why people can't stay so we offer a takeaway service, too. Colleagues can pop in, pick up, and go.





# Creating a fundamental sense of belonging



The partnership relies on creating a sense of belonging to a community. The Soup Stop is a simple way to care for each other, offer support, and demonstrate that we are all valued.

The Soup Stop offers a welcoming environment where staff can come together, from different teams, have lunch, connect, and catch up.

## Appreciation for a Little Kindness

The Soup Stop offers an open door for managers to join staff. It provides a chance to talk to people who may normally only be seen on Teams.

We know that the Soup Stop reinvigorates our colleagues, ensuring they are ready for the cheers and challenges for the rest of their day!

**The feedback from staff has been overwhelmingly positive.**





Brilliant,  
encourages you to  
eat on your break

Relaxing  
atmosphere

So friendly

Brilliant  
accommodating to  
vegetarians

Great concept -  
brings people  
together

Great to have so  
many choices

What a way to connect  
and share ideas and  
experiences

Excellent  
soup was  
fab!

Nice to see MCH staff

Lovely Idea to meet up  
with other staff and  
lovely soup



## 17 months; 500 cups; 100,000 mls – what next?

- 'kit', with four slow cookers
- 30 mugs and takeaway cups (people are encouraged to bring their own)
- consistently 30 – 40 staff
- discreet donations box
- home baking, tea and coffee
- Soup Stop trials, care home, health centres, community service



# Connecting our communities, realising our ambitions

The Soup Stop allows us to nurture our teams. It helps us to embed the work well strategy by delivering an initiative that supports colleagues to invest in their own wellbeing. It enables us to connect with students and encourage recruitment and retention. It offers us opportunities to engage with staff and understand what matters to them.

Initiatives like the Soup Stop help us to support ‘the population to live longer and healthier lives with better outcomes from the care and treatment we provide’.

**Midlothian is a great place to work!**