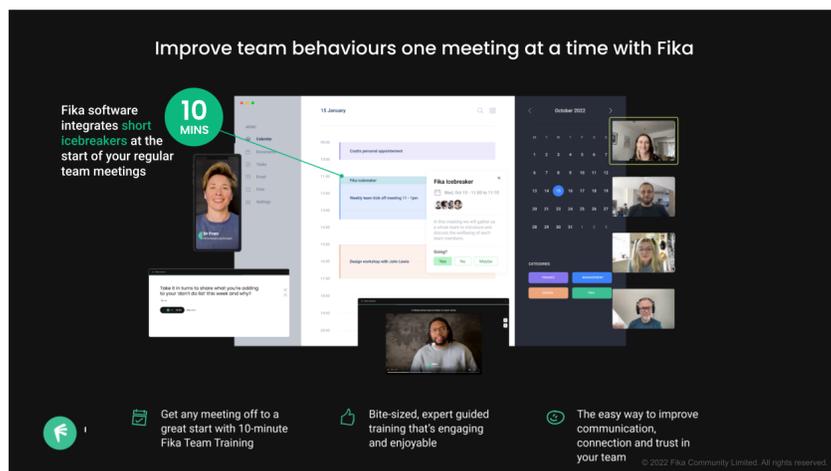


PROBLEM

The NHS workforce is in crisis. Staff are burnt out or have left and compassionate leadership is lacking.

This mental wellbeing decline is being treated too late or not at all. Not preventing this decline costs 100's of millions yearly. Mental health days off have exceeded musculoskeletal absence. Lack of people skills from managers impact team wellbeing compounding burnout and attrition rates, placing critical risks on staffing capacity and NHS ability to deliver care to the country. Solutions are being offered but their implementation is impractical. Training workshops require time away for leaders, and a hierarchy of knowledge dissemination.



“The Accelerator has been a very valuable experience. Peer networking and knowledge sharing. Face to face networking days have been very valuable to get face time with experts and potential customers. The most valuable has been working on a weekly basis with our Navigator Christina. Strategic guidance, introductions and reliable and consistent support.”



Mental Fitness

➔ fika.community

🐦 @TeamFikaHQ

SUCSESSES AND IMPACT

- Successful Seed funding raise at the start of 2022. The funding target was hit within weeks of opening the round. Fika were oversubscribed and had the rare opportunity of turning further investment down.
- Fika is well established nationally in the education sector. 2022 was the year they broke into the workplace market. Winning major corporate contracts and importantly in the NHS with first ICS contract and a number of Secondary and Primary care contracts forecast to close out in 2022.
- Hitting 'half a million' Fika mental fitness exercises delivered across the UK (approx. 30,000 hours), contributing to the reduction of stress, burnout and attrition particularly with the use of Team Tools.

RCT evidence shows significant increases in positive affect and self-efficacy, and decreases in negative affect after **6 weeks**

79% of team leaders saw improved psychological safety in their teams after **4 weeks** of using Fika

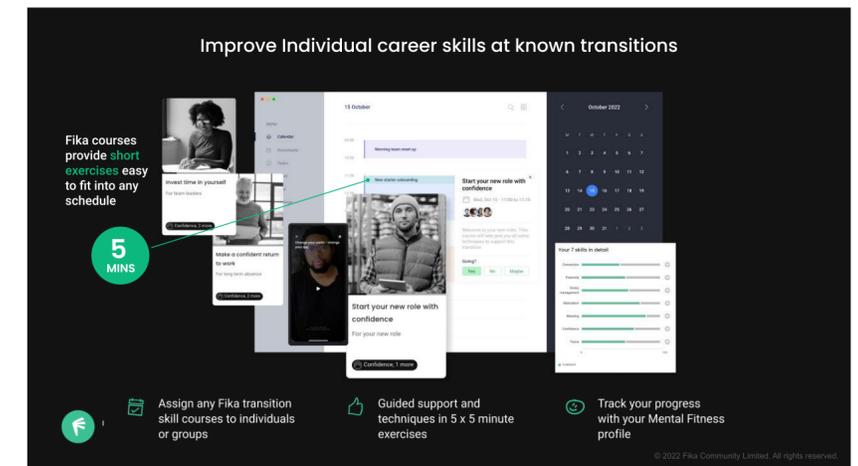
£2430 annual savings per employee in underperformance costs

Find out more:



SOLUTION

Fika prevents workplace burnout and attrition. Fika's micro-training software plugs into a Trust's existing meeting cadence providing guided, bite-sized behaviour change activities with no burden on managers. Proven via RCT, their digitally integrated platform builds resilience by improving stress management, compassionate leadership and psychological safety.



“It's absolutely brilliant, (Fika) I can't rate it highly enough. NHSE should definitely make this a mandatory element of both clinical and support staff induction and ongoing Continuous Professional Development”

- NHS Manager, London leadership

WHAT'S NEXT?

Continued growth across the NHS through ICS partnership relationships started during the Accelerator period, beyond London to ensure the impacts of health and financial inequalities are lessened. Additionally, raising Series A in 2023 and expanding operations to the US in healthcare and the workplace.