

Speak Up Week 2026

“Five Years of the Whistleblowing Standards – What’s Changed? What’s Next?”

As we reflect on five years of speaking up, we want NHS Boards to share their reflections, learning and aspirations for the future. Your experiences tell the story of how speaking up culture has developed over the last five years. Take part by choosing a bronze, silver or gold challenge on your social media platforms during Speak Up Week 2026. Don’t forget to tag us and use hashtag #SpeakUpWeek

Bronze - Looking back



Take a moment to look back on the last five years.

Tell us:

- ✓ What you’re most proud of
- ✓ What has changed in your organisation

Silver - Looking at learning



Share a photograph, case study, story or example that demonstrates a key lesson from your speaking up journey.

Tell us:

- 📷 How did learning help improve culture, processes or support?
- 📷 What advice would you share with others?

Gold - Looking to the future



Record a short video commitment from a leader in your organisation.

Tell us:

- 👤 One commitment for the future
- 👤 The vision for a positive speaking up culture