

## Physical health

### August offers from our local gyms

The [Village Gym](#) Bournemouth and [Anytime Fitness](#) in Poole are offering UHD staff the chance to use their facilities for free on the day of their choosing in August 2023.

To book, call the **Village Gym** on **01202 416123** or **Anytime Fitness** on **01202 835970**. Don't forget to bring your NHS ID or Bluelight Card and Photo ID (passport or drivers licence) on the day.



## A guide to Thrive

### Your new wellbeing intranet pages

We've been busy refreshing your [Thrive Wellbeing](#) intranet pages which have been updated with all the information on our health and wellbeing support.

The pages are split into six categories. Click each icon to discover more.



**Mental health** is where you'll find links to all of the support available to you, including the Psychological Support and Counselling service, Mental Health First Aid and TRiM.



**Physical health** includes staff physiotherapy, Be Active and Health Passports as well as advice and resources to support your health and safety at work.



**Financial health** has links to a range of information and confidential support to help you manage your money.



**Connect** is all about building relationships with your colleagues to improve your wellbeing. Here you'll find our staff networks, Health and Wellbeing Champions and your Team UHD community noticeboard.



**Development** features the personal development opportunities on offer to all UHD staff including coaching and support for leaders.



**Health and wellbeing check-ins** is the place to go for training, information and resources to help you have open and honest wellbeing conversations with your teams.

You can also find every edition of Health Hub here too!

## Spotlight

### Paws for wellbeing

Caring Canines therapy dogs paid a visit to RBH for a theatres team wellbeing day. You can read more about this in August's [The Brief](#).



**Mental Health First Aiders are here for you**



Scan to view your UHD health hub online and share with your teams