

July 2023

UHD Health Hub

Physical health



Do you drink too much?

3-9 July is Alcohol Awareness Week.

You can find information and support here:

[LiveWell Dorset](#)

[We Are With You](#)

[REACH Dorset](#)

[Alcoholics Anonymous](#)

[Al-Anon \(for friends and family\)](#)



Gym sessions for £2.50

Bournemouth Heart Club (located on site at RBH) are offering staff 20 gym sessions for £50. That's just £2.50 per session, including a personal exercise programme and a health assessment.

Email office@bournemouthheartclub.org.uk to sign up.



“Our members say they feel energised and have improved mental wellbeing. Our health assessments evaluate physical and psychological

wellbeing, allowing us to personalise your exercise plan. Our classes are a safe space with no judgement, everybody is here to improve their health and wellbeing from head to toe, not to look ‘beach body ready.’

- Samuel Panton, joint general manager

Parkrun for the NHS



The NHS has teamed up with parkrun to celebrate the NHS at 75 this July. Visit www.parkrun.org.uk to register for a free event near you. All abilities are welcome to walk, jog or run - your pace, your choice.

Mental health



Mental Health First Aid (MHFA)

We will be training new [Mental Health First Aiders](#) this autumn. Please email organisational.development@uhd.nhs.uk if you would like to learn how to spot the signs and symptoms of mental ill health, and provide help on a first aid basis by offering reassurance and signposting.

All current MHFA please complete your 3 yearly update by 31 November. Email organisational.development@uhd.nhs.uk to find out more.

UHD Pride Network



To mark the end of Pride month, we're highlighting the support available to our LGBTQIA+ staff through our UHD Pride Network. Visit their [network page](#) on the intranet for more information or get in touch by emailing pride.network@uhd.nhs.uk

Spotlight

Pharmacy Garden

From 10 July - 11 August, the [Pharmacy Garden](#) at RBH will be filled with art and curiosities. Why not pop down and spend some time in this award winning staff rest space? It is located on the ground floor of the west wing.



Health and wellbeing training

These short courses provided by LiveWell Dorset are for reflecting on your own health and wellbeing, building resilience within your team and providing you with the tools to create a positive workplace culture. Click [here](#) or scan the QR code to see upcoming dates and book your place.



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