

## Physical health



### On yer' bike!

5 - 11 June is national [Bike Week](#). Get inspired by Claire Creasey, senior physiotherapist:



"My husband and I started to cycle to work together to keep fit and healthy, but also to reduce our car usage. I'm not someone who enjoys going to the gym, so cycling is perfect; I'm keeping fit, getting to work and saving money. It's also a great way to decompress at the end of the day."

### Free Park Yoga

21 June is International Day of Yoga, get out and celebrate by joining a free local [Park Yoga](#) session, like Rosalind Edwards, clinical skills facilitator:



"For me, Park Yoga is a welcoming and refreshing way to start my day, connecting with my body, nature and other yogis - including a couple from our education team."

Don't forget you can log these activities at [ecoearn.co.uk](https://ecoearn.co.uk) and collect Green Points to be in with a chance of winning a prize.



## Financial health



### Confidential financial wellbeing poster

View, download and share our updated confidential financial wellbeing [poster](#).



## Mental health

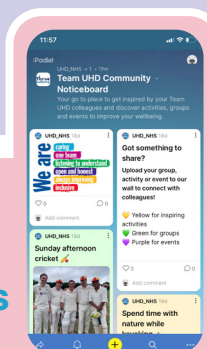


### Staff Bereavement Support Group

Our next meetings are 4-5pm on Friday 6 June in PH conference room and 13 June in RBH committee room. All UHD staff are welcome to join us. Email [StaffBereavementGroup@uhd.nhs.uk](mailto:StaffBereavementGroup@uhd.nhs.uk) to find out more.

### Schwartz Rounds

Our next round will focus on the topic '[The world feels in turmoil](#)'. Join us on 28 June from 12.30pm in the lecture theatre at PH.



## Spotlight

### Connect with colleagues



Our new [Team UHD community noticeboard](#) is your place to share local activities, groups and events with colleagues. Take a look, get inspired and get posting!

### Men's Health Week 12 - 18 June

Three out of four men don't go to the doctor when something is wrong. Suicide is the biggest cause of death in men under 35. It's tough for men to ask for help but if you don't, things get worse. So, what can UHD do, as an employer, to help our men lead happier, healthier lives? Help us build an open and positive workplace wellbeing culture by sending your thoughts to [organisational.development@uhd.nhs.uk](mailto:organisational.development@uhd.nhs.uk)



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

[Mental Health First Aiders and Health and Wellbeing Ambassadors are here to support you](#)