

Welcome to our first UHD Health Hub

Sorcha, health and wellbeing lead



My name is Sorcha and after 18 years as a physiotherapist, I have joined the organisational development team as your health and wellbeing lead.

People are our most vital resource, so ensuring you are as happy and healthy in work as possible is

incredibly important. When our staff thrive, our patients do too.

That is why we have created this monthly hub to keep you up to date with all of our UHD staff wellbeing support. This newsletter will be released in the last week of every month alongside a video update on our social channels.

Please share it with your colleagues and spread the word.

Thank you for reading our first edition. If you have any feedback, we would love to hear from you at organisational.development@uhd.nhs.uk

Mental health



Mental Health Awareness Week 15-21 May

We will be in the dome at PH (16 May) and outside the Oasis Cafe at RBH (18 May). Come and have a chat and learn more about our staff mental health services.



Psychological Support and Counselling (PSC) Service



The [PSC service](#) support staff with stress and mental health related symptoms and difficulties that affect their wellbeing at work. They provide totally confidential assessment, intervention, referral, and signposting.

Physical health



May is National Walking Month

Walking is one of the easiest ways to improve physical and mental health. Visit the [Be Active](#) intranet pages to learn more.



“As someone who suffers with depression and anxiety, life can be very overwhelming at times. Walking allows me to reconnect with my surroundings, listen to music and get my body moving. It brings me so much joy.” Siân, marketing and communications officer, recruitment

Spotlight

Deaf awareness week 2-8 May

People with hearing loss are more likely to have poor mental health than the general population. If you or someone you know needs support, visit [Deaf4Deaf](#) or the [ProAbility intranet page](#).

Enhancing staff rest areas

The trust has secured charity funding to make small improvements to existing staff rest areas. As a team, [fill out this bid application](#) to apply to enhance your area.