Thrive wellbeing

Physical health

Commit to quit this Stoptober

You can access free stop smoking support from LiveWell Dorset including coaching, nicotine replacement packs and face-face support from your local pharmacy.

Download the free NHS Quit Smoking app to track your progress, see how much money you save and get daily support.

If you stop smoking for 28 days you're 5 times more likely to give up for good

Have you had your vaccines?

Scan to view October dates for the Covid-19 and flu vaccination trolley and pop-up clinic. Act now to protect yourself and others in time for this winter.

I've boosted...
COVID FLU
...my immunity

Spotlight

What makes you happy?

Our library team are holding a photography competition with the theme **'what makes you happy?'**. The winning entries will be displayed in our libraries to create a wellbeing space. Scan to find out more about the entry requirements and email your picture to **library@uhd.nhs.uk**

Mental health

Could you join our team of Health and Wellbeing Champions?

Do you...

☑ have an interest in supporting your colleagues' mental health?

☑ have a passion for social wellbeing and inclusion?

☑ have a desire to support your colleagues to be fit and healthy at work?

As a health and wellbeing champion you can play a significant role in supporting your colleagues. A proactive approach to supporting the health and wellbeing of Team UHD is vital. Without first taking care of our own wellbeing, we cannot look after others.

Rachael Relf, health and wellbeing champion

"Health and Wellbeing Champions know best what their teams need to thrive and are equipped with the passion and knowledge to influence positive change in the workplace. Every team needs one, so apply today!"

Sorcha Dossitt, health and wellbeing lead

Search Health and Wellbeing Champions on the intranet to apply.

10 October is World Mental Health Day

Talking about mental health isn't easy. The Mental Health Foundation has tips to help you talk to someone about how you're feeling or check-in with someone you care about. You can find our full list of support by clicking the 'Thrive wellbeing' then 'Mental health' buttons on the homepage of the intranet or our @UHD app.

Mental Health First Aiders and **Health and Wellbeing Champions** are here to support you