

September 2023

UHD Health Hub

Physical health



Health kiosks coming soon!

Keep an eye out in the restaurants at RBH and Poole Hospital for our health kiosks, arriving 18 September. The kiosks carry out a 'Health MOT' by testing key indicators of general health and wellbeing including blood pressure, heart rate and BMI. You will receive a personal confidential printout of results.

Financial health



Get to grip with your finances this Autumn

[Moneyhelper](#) offer free, confidential and impartial support for a range of concerns including debt, travel insurance, budgets and benefits.



Spotlight

Do you regularly check-in with your team?

Talking to your team about their health and wellbeing - what impacts it and how it can be protected and nurtured - creates a culture in which your team feel heard, valued and respected. Use our managers' guidance, self-directed learning and personal health and wellbeing plan on our [Thrive wellbeing](#) intranet pages and the @UHDapp.

Ask

Assess

Assist



Do you have an interest in supporting health and wellbeing?

Do you have a passion for social wellbeing and a desire to support your colleagues to be fit, healthy and well at work? You could become a health and wellbeing champion.

Look out for information on how to apply in our October Health Hub.

Mental health



World Suicide Prevention Day 10 September

[Samaritans](#) can help you start conversations and support someone having suicidal thoughts.



Are you having suicidal thoughts?

Call **Dorset Connection** on **0800 652 0190**, [Samaritans](#) on **116 123**, or contact [Shout](#) by texting the word 'SHOUT' to **85258**.

[Full list of support](#) on our Thrive wellbeing intranet pages / mental health / other support.

Do you know the real me?

[Schwartz Rounds](#) connect clinical and non-clinical staff by putting the focus on the human aspects of our work. The next round (13 September) is about highlighting the importance of inclusivity and reflecting on how our behaviour may impact others. You do not need to book, just turn up from 12.30pm in the conference room, post grad centre at RBH.



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

Mental Health First Aiders are here to support you