

Thrive UHD Health Hub

Scan to view online and share with your teams



Winter wellbeing special



Find the full winter wellbeing guide for managers and the winter wellbeing guide for all staff on our Thrive wellbeing intranet pages or by scanning the QR code. Take a look below for a snapshot of what is inside.







Top tips from health and wellbeing champions

Save money if you wash your uniform at home by claiming back the tax. Register at www.gov.uk.



Save cash, stay warm by heating the human not the home. Find this and more tips on MoneySavingExpert.com.

Take a break. A rest break of 20 minutes can help you to refocus, reduce injury, improve creativity and reduce stress. Take breaks away from your working area where possible.



Try a Digital Detox to free up your time, reduce stress, and improve your social and family interactions.



Get moving. Activity can improve your mood, strengthen bones, boost energy, reduce body fat and improve your heart health. For inspiration

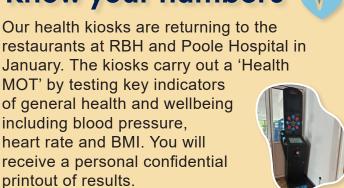
visit your Team UHD Community Noticeboard.





Look out for colleagues wearing the health and wellbeing champion badge.

Know your numbers



Psychological support and counselling (PSC)

Confidential psychological assessment, face-to-face support, counselling and trauma therapy for UHD staff. Help with stress, anxiety, low mood and poor sleep. Scan to self refer.



Spotlight

Blue Christmas

Our chaplaincy team are here to listen and offer



support for anyone who finds this time of year difficult whether because of grief, loss uncertainty or fear. Search 'Spiritual and pastoral care' on the intranet to find out more or visit our chapels on our hospital sites.