



Scan to view online and share with your teams

Join us for a week of workshops, discussions and exclusive offers to support your wellbeing.



Find out more



Mental health

Continue the conversation

Talking about mental health is hard, but simply checking in with colleagues has the power to change lives. Find out how to make wellbeing conversations part of your regular routine at work.



Supporting staff who raise a concern

We understand sometimes people wish to raise concerns anonymously. This can be done via the @UHD App but it means our FTSU team cannot check in with you to support your wellbeing. Please ensure you check our Thrive wellbeing intranet pages to see what support is available to you.

Other ways to speak up:

FreedomToSpeakUp@uhd.nhs.uk
0300 019 4220



Every concern raised is confidential. Only the FTSU Guardians monitor the inbox and voicemail.

Make a staff lottery bid to benefit your teams' wellbeing

You can bid for money from the lottery funds for items and equipment that will benefit as many of us as possible. Previous items funded by the Staff Lottery Committee include: items for the pharmacy garden and pictures to improve staff rooms.

Go to 'staff lottery' / 'lottery bids and funding' on the intranet to find out the requirements and policies, and request a bid form.

Bid deadline is
31 March 2024.



Physical health



Did you know that up to 50% of cancer cases can be prevented through lifestyle changes, such as not smoking, healthy diet and exercise?



Visit LiveWellDorset.co.uk for support, resources and activities to help you move more, manage your weight, stop smoking and drink less.

Source: worldcancerday.org



Don't forget to log your wellbeing activities on EcoEarn for a chance to win a £20 voucher!

You can also use our health kiosks in the restaurants at RBH and Poole Hospital to test your blood pressure, heart rate and BMI.

You will then get a confidential print out of your results with tips on how to improve your general health and wellbeing.

"The health kiosk showed me what I needed to focus on to improve my health. I knew I didn't do enough exercise but seeing it in black and white motivated me to change. I have started 'couch to 5k' and I am looking forward to using the kiosk again to see how my health has improved" - Anonymous

Spotlight

SCHWARTZ ROUNDS

A safe space to talk

Schwartz Rounds are an opportunity for all staff to come together and talk about the stresses of working in the NHS.

Join us in the Physio gym at XCH on Wednesday 6 March from 12.30-2pm for our Thrive Live Wellbeing special:

'You cannot pour from an empty cup'