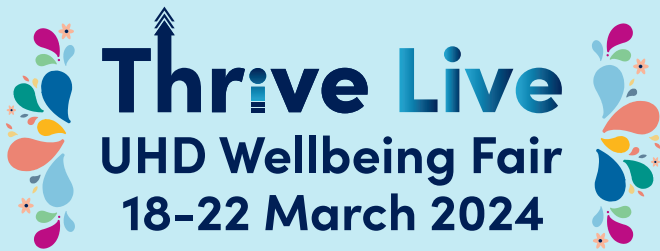




Spotlight: Measles advice and guidance

There's now a one-stop [intranet page](#) rounding up all the must-have advice and guidance on measles. Measles spreads easily among those who are not vaccinated and can, in rare cases, be fatal. The new measles page includes information on symptoms to spot, our action card outlining what to do if you think you have been exposed, and how to check your vaccination status. Symptoms of measles include a runny nose, cough, high fever, sore red watery eyes, and a blotchy red-brown rash.



Click here or scan to
book your place on any
of the events below and
view the full programme



Seminars, webinars and guidance sessions designed to empower you to prioritise self-care and support one another. Below is a taster of some of the sessions. Recordings will be available for all staff to watch after Thrive Live.

Mental health



Make positive change

LiveWell Dorset will be holding sessions throughout the week designed to help you improve your own wellbeing and support your colleagues:

Wellbeing essentials for you: This session will help you to understand how to implement the 'Five Ways to Wellbeing' in your life and **manage stress** by recognising healthy boundaries and **building your resilience**.

Wellbeing essentials for others: Designed to help you **improve effective wellbeing conversation skills**, and motivational interviewing techniques to help you support others to make positive lifestyle changes.

Navigating challenging patient facing conversations

This interactive workshop is designed to empower you to **maintain your sense of emotional wellbeing** when navigating the emotional effects of difficult conversations with patients and their families within a healthcare setting.

Physical health



Do you want to quit smoking?

UHD is starting a new pilot which gives staff access to expert support and **free Nicotine Replacement Therapy**. Come and meet the tobacco addiction nurse specialist team to find out how we can help you navigate your smoke free journey.

Are you struggling to sleep?

Discover the main causes of poor sleep and how Sleepstation can help you to **feel the benefits of great sleep**. Sleepstation is a clinically validated sleep improvement programme **designed by experts** and backed by science.

Financial health



Exploring everyday money

Financial wellbeing advice from **Money Helper** on the power of budgeting, financial resilience, credit and purchases, dealing with debt, fraud and scam awareness.