



University Hospitals Dorset
NHS Foundation Trust



Thrive Live
UHD Wellbeing Fair
18-22 March 2024

Your guide
to what's on

MONDAY 18

9-10am	10.30-11.30am	11.30am-12.30pm	12.30-1pm	2-3.30pm
You Matter Too Mindful self-compassion for healthcare workers	Life By Design by Wellbeing People	Understanding Burnout by Dr Lorin Taranis Poole Lecture Theatre	Supporting Lifestyle Change by LiveWell Dorset	5 Steps to Suicide Awareness by Pete's Dragons

TUESDAY 19

9.30-11am	9.30-11.45am	9.30-10.30am	12-1pm	12.30-1.30pm	1-2pm
Sleepstation by Christina Guerra Unwin Poole Lecture Theatre	Wellbeing Essentials For You by LiveWell Dorset RBH Lecture Theatre	Maintaining Energy and Managing Cravings by Wellbeing People	Where Clean Air Meets Compassionate Care by tobacco addiction team No booking needed.	Understanding Burnout by Dr Lorin Taranis RBH Lecture Theatre	Mindfulness Reducing stress and enhancing mental wellbeing by Here for Each Other
2.30-3.30pm	2.30-4.45pm	2.30-4.45pm			
Financial wellbeing advice and resources by MoneyHelper	Wellbeing Essentials For Others by LiveWell Dorset RBH Lecture Theatre	Wellbeing Essentials For You by LiveWell Dorset Poole Lecture Theatre			

WEDNESDAY 20

9.30-11.45am	10-11am	12.30-1.30pm	12.30-1pm	1-2pm	2.30-3.30pm
Wellbeing Essentials For You by LiveWell Dorset Poole Lecture Theatre	Resilience and Mental Fitness by Wellbeing People	Tips for setting up your workstation by Tony Bodycombe No booking needed.	Supporting Lifestyle Change by LiveWell Dorset Poole Lecture Theatre	Workshop The art of practicing compassionate boundaries and effective communication	Understanding Menopause by Dr Tim Hillard Poole Lecture Theatre

THURSDAY 21

9.30-10.30am	10-11am	11am-12pm	12.45-1.15pm	2.30 -3.30pm	2.30-4.45pm
The Happiness Blueprint by Wellbeing People	Cultivating emotional resilience and resourcefulness by Here for Each Other Poole Lecture Theatre	Where Clean Air Meets Compassionate Care by tobacco addiction team Poole Lecture Theatre	Introduction to the staff Psychological Support and Counselling Service No booking needed.	Financial wellbeing advice and resources by MoneyHelper	Wellbeing Essentials For Others by LiveWell Dorset Poole Lecture Theatre

FRIDAY 22

9.30-11.45am	12.30-1pm	1.30-2.30pm	2-3pm
Wellbeing Essentials For Others by LiveWell Dorset Poole Lecture Theatre	Staff supporting staff Understanding peer support available at UHD by Helen Martin	Human Centric Management by Wellbeing People	Mindfulness Reduce stress and enhance mental wellbeing by Here for Each Other Poole Lecture Theatre



Plus...

Free NHS Health Checks
 For staff aged 40-74, these checks can spot early signs of stroke, kidney disease, heart disease or type 2 diabetes. Health checks during the week are now fully booked out please use [this form](#) to register your interest for future dates.

Know your numbers
 Test your blood pressure, heart rate and BMI using our health kiosks in the restaurants at RBH and Poole.

Ask Me: Wellbeing special
 Thursday 21 at 2.30pm.

Physio advice
 Exercises and advice from UHD physiotherapists on healthy legs, desk based exercises and looking after your back.

MONDAY

18 MARCH



Plus...

Physio advice

Exercises and advice from UHD physiotherapists on healthy legs. Video available [here](#) from 9am on 18 March.

Bike Fixed

Dave from Bike Fixed is back to offer us free bike tune ups. He will be at RBH on 18 March from 9am-4pm. To book, email travelteam@uhd.nhs.uk. Please include your contact number.

Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks in the restaurants at RBH and Poole Hospital.

 9-10am

You Matter Too: Mindful self-compassion for healthcare workers

Discover the benefits of **being kind to yourself**. An interactive workshop that will explore the basics of mindful self-compassion and introduce you to practical, evidence-based techniques.

Practicing these techniques daily can build your **personal resilience** increase **self-kindness** and **compassion** for others and decrease **anxiety** and **stress**.

 Virtual

**Book
your place**

 10.30-11.30am

Life by Design by Wellbeing People

Experience first-hand how to **set realistic goals** and cultivate the motivation you need to **achieve them**.

Discover the secret to the 'growth mindset'. Learn how to set motivated outcome goals. Ditch the 'bandwagon' mentality for good. Make your team mantra 'progress not perfection'.

 Virtual

**Book
your place**

 11.30am-12.30pm

Understanding Burnout by Dr Lorin Taranis

What is burnout and what is it not? Who gets burnt out and who doesn't? What can you do to prevent it?

This talk will discuss burnout in the context of **working in the NHS**. It will give you the chance to think about different approaches to **managing stress** and **preventing burnout**.

 Poole Lecture
Theatre

**Book
your place**

 12.30-1pm

Supporting lifestyle change by LiveWell Dorset

Find out how **LiveWell Dorset** can help you **stop smoking for good, cut down on alcohol, get more active and achieve a healthy weight**.

LiveWell Dorset is a **free** at the point of delivery, health improvement service that supports adults in Dorset to lead healthier lifestyles.

 Virtual

**Book
your place**

 2-3.30pm

5 Steps to Suicide Awareness by Pete's Dragons

A powerful workshop which aims to provide a general overview of suicidality and the **impact** of suicide.

It demonstrates the steps which can be taken to **help** someone experiencing suicidal thoughts.

 Virtual

**Book
your place**



TUESDAY

19 MARCH



🕒 9.30-11am

Sleepstation by Christina Guerra Unwin

In this seminar 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 that can help you sleep better after just four sessions. **Designed by experts** and backed by science, their online sleep service is proven to **combat even the most severe insomnia**.

 **Poole Lecture Theatre**

Book your place

🕒 9.30-10.30am

Maintaining energy and managing cravings by Wellbeing People

Do you struggle with low energy, the 3pm slumps, food cravings or h-anger? This workshop will explain how different types of hunger affect our cravings and **how to eat for sustainable energy** and manage your blood sugar.

 **Virtual**

Book your place

🕒 9.30-11.45am

Wellbeing essentials for you by LiveWell Dorset

This session will introduce you to the **'Five Ways to Wellbeing'** and help you to understand how to implement these in your life. The training will provide you with tools to help **manage stress** by recognising healthy boundaries and ways to **build your resilience**.

 **RBH Lecture Theatre**

Book your place

🕒 12-1pm

Where clean air meets compassionate care

Do you want to quit smoking? We are here to **help you navigate your smoke free journey**. We are starting a new pilot which gives UHD staff access to expert support and **free Nicotine Replacement Therapy**. Come and meet the tobacco addiction nurse specialist team to find out more.

 **Virtual**

Join the session

🕒 12.30-1.30pm

Understanding Burnout by Dr Lorin Taranis

This talk will discuss burnout in the context of **working in the NHS**. It will give you the chance to think about different approaches to **managing stress** and **preventing burnout**.

This event will also be live streamed. Click [here](#) to join via MS Teams.

 **RBH Lecture Theatre**

Book your place

Plus...

Physio advice

Desk based exercises and advice from UHD physiotherapists. Video available [here](#) from 9am.

Bike Fixed

Dave from Bike Fixed is back to offer us free bike tune ups. He will be at Poole on 19 March from 9am-4pm. To book, email travelteam@uhd.nhs.uk. Please include your contact number.

Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks in the restaurants at RBH and Poole Hospital.



Thrive Live
UHD Wellbeing Fair

TUESDAY

19 MARCH

Plus...

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Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks in the restaurants at RBH and Poole Hospital.

🕒 1-2pm

Mindfulness by Here for Each Other

In this session we will explore the psychology and neuroscience of **stress** and **mindfulness**. You will be guided through a mindfulness exercise and provided with **self-management skills** using evidence-based mindfulness techniques.

 Virtual

**Book
your place**

🕒 2.30-4.45pm

Wellbeing essentials for Others

by LiveWell Dorset

Designed to help you **improve effective wellbeing conversation skills**, and motivational interviewing techniques. This session will help you to support others to make positive lifestyle changes and set and work towards goals.

 RBH Lecture
Theatre

**Book
your place**

🕒 2.30-4.45pm

Wellbeing Essentials for You

by LiveWell Dorset

This session will introduce you to the '**Five Ways to Wellbeing**' and help you to understand how to implement these in your life. The training will provide you with tools to help **manage stress** by recognising healthy boundaries and ways to **build your resilience**.

 Poole Lecture
Theatre

**Book
your place**

🕒 2.30-3.30pm

Financial wellbeing advice by Money Helper

Exploring everyday money: the power of budgeting, mid-life money MOT, financial resilience, credit and purchases.

Discussing money troubles: dealing with debt, fraud and scam awareness.

 Virtual

**Book
your place**

Did you know?



You can log your wellbeing activities like staying hydrated, taking 10,000 steps and connecting with nature on [EcoEarn](#) for a chance to win a **£20 voucher!**

Can't make it on the day?

All events will be recorded and available [here](#) for you to watch any time after Thrive Live.

 **Thrive Live**
UHD Wellbeing Fair

WEDNESDAY

20 MARCH



Plus...

Physio advice

Exercises and advice for looking after your back from UHD physiotherapists. Video available [here](#) from 9am.

Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks located in the restaurants at RBH and Poole Hospital. You will get a confidential print out of your results.

'You can't pour from an empty cup'

Join us on **Wednesday 6 March** for our **Thrive Live Wellbeing special** in the physio gym in XCH. Free lunch from 12.30-1pm, Schwartz Round 1-2pm.

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



 **9.30-11.45am**

Wellbeing essentials for you

by LiveWell Dorset

This session will introduce you to the **'Five Ways to Wellbeing'** and help you to understand how to implement these in your life. The training will provide you with tools to help **manage stress** by recognising healthy boundaries and ways to **build your resilience**.

 **Poole Lecture Theatre**

Book your place

 **10-11am**

Resilience and Mental Fitness

by Wellbeing People

Discover the impact that your daily habits are having on your health, wellbeing and productivity. Learn hands-on practical tools to help **manage stress**, **enhance resilience**, and **improve mental fitness** to achieve goals.

 **Virtual**

Book your place

 **12.30-1.30pm**

Tips for setting up your workstation

by Tony Bodycombe

Are you sitting comfortably? Poor chair posture can lead to lower back problems.

Join UHD's health and safety risk advisor and ergonomist for lunchtime learning with hints and tips on how to make your space safe.

 **Virtual**

Join the session

Did you know?

Up to 50% of cancer cases can be prevented through lifestyle changes, such as not smoking, healthy diet and exercise.

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

Source: worldcancerday.org



Thrive Live
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WEDNESDAY

20 MARCH



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 **12.30-1pm**

Supporting Lifestyle Change

by LiveWell Dorset

Find out how LiveWell Dorset can help you stop smoking, cut down on alcohol, get more active and achieve a healthy weight.

LiveWell Dorset is a **free** at the point of delivery, health improvement service that supports adults in Dorset to lead healthier lifestyles.

 **Poole Lecture Theatre**

Book your place

 **1-2pm**

Workshop

The act of practicing compassionate boundaries and effective communication

This interactive session will empower staff to maintain their sense of **emotional wellbeing** when navigating the emotional effects of **challenging** patient facing conversations within a **healthcare** setting.

 **Virtual**

Book your place

 **2.30-3.30pm**

Understanding Menopause

by Dr Tim Hillard

An overview of the **menopause**; what it is, what the symptoms are and what the treatments are. With the opportunity to ask questions.

This event will be live streamed. Click [here](#) to join via MS Teams.

 **Poole Lecture Theatre**

Book your place

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 by reading our [health and wellbeing check-in guidance](#).

Ask

Assess

Assist

Plus...

Physio advice

Exercises and advice for looking after your back from UHD physiotherapists. Video available [here](#) from 9am.

Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks located in the restaurants at RBH and Poole Hospital. You will get a confidential print out of your results.



THURSDAY

21 MARCH



Can't make it on the day?

All events will be recorded and available [here](#) for you to watch any time after Thrive Live.

Does your team have a health and wellbeing champion?

Our network of champions are here to support your health and wellbeing, so it's important you know who they are. If your team doesn't have one, **could it be you?** [Learn more.](#)



 **9.30-10.30am**

The Happiness Blueprint

by Wellbeing People

Learn **happiness habits from around the world** and educate yourself to empower others.

 **Virtual**

Book your place

 **10-11am**

Cultivating emotional resilience and resourcefulness

by Here for Each Other

The session will explore what emotional resilience and resourcefulness is and offer guidance on how to **manage difficult emotions** using cutting edge neuroscience and mindfulness. This event will be live streamed. Click [here](#) to join via MS Teams.

 **Poole Lecture Theatre**

Book your place

 **11am-12pm**

Where clean air meets compassionate care

Do you want to quit smoking? We are here to **help you navigate your smoke free journey**. We are starting a new pilot which gives UHD staff access to expert support and **free Nicotine Replacement Therapy**. Come and meet the tobacco addiction nurse specialist team to find out more.

 **Poole Lecture Theatre**

Book your place

Plus...

Know your numbers

Test your blood pressure, heart rate and BMI using our health kiosks located in the restaurants at RBH and Poole Hospital. You will get a confidential print out of your results.

Ask Me: Wellbeing special

Ask occupational health, organisational development and senior leaders your wellbeing questions. Thursday 21 at 2.30pm. [Join here.](#)

Did you know?

The UHD Health Hub is your monthly newsletter featuring the latest wellbeing offers, information and resources.

Find it on the [intranet](#) and [@UHD app](#). Don't forget to share it with your colleagues!



Thrive Live
UHD Wellbeing Fair

THURSDAY

21 MARCH



Plus...

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Ask Me: Wellbeing special

Ask occupational health, organisational development and senior leaders your wellbeing questions. Thursday 21 at 2.30pm.

[Join here.](#)

 12.45-1.15pm

Can't make it on the day?

All events will be recorded and available [here](#) for you to watch any time after Thrive Live.

Introduction to staff Psychological Support and Counselling Service

by PSC team

A chance to hear about the support that staff can access through the PSC service. This session will include information on **confidentiality**, **how to refer yourself**, the support that is available, and **what to expect** from the service.

 Virtual

[Join the session](#)

 2.30-3.30pm

Financial wellbeing advice

by Money Helper

Exploring everyday money: the power of budgeting, mid-life money MOT, financial resilience and credit and purchases.

Discussing money troubles: dealing with debt, fraud and scam awareness.

General cost of living advice.

 Virtual

[Book your place](#)

 2.30-4.45pm

Wellbeing essentials for Others

by LiveWell Dorset

Designed to help you **improve effective wellbeing conversation skills**, and motivational interviewing techniques. This session will **help you to support others** to make positive lifestyle changes and set and work towards goals.

 Poole Lecture Theatre

[Book your place](#)

Do you know where to find wellbeing support?

Look out for our badge across all of our communications channels to stay up to date with events, offers and resources.

 Thrive wellbeing

You can access wellbeing support on the UHD intranet, website and @UHD app.



 Thrive Live
UHD Wellbeing Fair

FRIDAY

22 MARCH



Plus...

Physio advice

Exercises and advice for looking after your back from UHD physiotherapists. Video available [here](#) from 9am.

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 9.30-11.45am

Wellbeing essentials for Others

by LiveWell Dorset

Designed to help you **improve effective wellbeing conversation skills**, and motivational interviewing techniques. This session will **help you to support others** to make positive lifestyle changes and set and work towards goals.

 **Poole Lecture Theatre**

Book your place

 12.30-1pm

Staff supporting staff

by Helen Martin

Learn about **colleague support services** available at UHD including Trauma Risk Management (TRiM) and Team Immediate Meet (TIM). Find out what they are and how to access them.

 **Virtual**

Join the session

 1.30-2.30pm

Human Centric Management

by Wellbeing People

Creating a workplace culture that values and supports employees by promoting wellbeing and development leads to a more successful and sustainable organisation.

This session will support you to enhance **personal emotional regulation**, create a culture of **psychological safety** and embed **powerful coaching tools** into everyday scenarios.

 **Virtual**

Book your place

 2-3pm

Mindfulness

by Here for Each Other

In this session we will explore the psychology and neuroscience of stress and mindfulness. You will be guided through a **mindfulness exercise** and provided with self-management skills using evidence-based mindfulness techniques.

 **Poole Lecture Theatre**

Book your place

Did you know?



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Thrive Live
UHD Wellbeing Fair



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**For more information on
any of the events, please email
organisational.development@uhd.nhs.uk**