



University Hospitals Dorset
NHS Foundation Trust

Thrive Live

22-26 September 2025

UHD Health and Wellbeing Fair

Your guide to what's on

Supported by



University Hospitals Dorset
NHS Charity

Event times



MONDAY 22

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Thriving in a Hybrid Environment
Virtual

10am-12pm
Talk Cancer
Virtual

12-1pm
What is neurodiversity and why does it matter?
Virtual

1-2pm
Distress, Trauma and PTSD
Virtual

2-3pm
Support and Guidance for Financial Wellbeing
Virtual

TUESDAY 23

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Resilience and Mental Fitness
Virtual

10am-10.45am
The Value of an Active Workforce
Virtual

11am-12pm
Beat Stress With Breathing
Virtual

12-1pm
Understanding Dyslexia at Work
Virtual

2-3.30pm
Supporting Colleagues to Move More
Virtual

WEDNESDAY 24

8.30-8.45am
Start Well, End Well
Virtual

9-10am
Burnout and Bounce-back-ability
Virtual

9-10am
Beat Stress With Breathing
RBH Seminar Room 2

9.30-11.30am
5 Steps to Suicide Awareness
Virtual

10-11am
Building Resilience
Poole Hospital Lecture Theatre

10.30-11.30am
Move Well, Feel Better (Exercise for Menopause)
RBH Seminar Room 2

11.30am-12.30pm
Chronic Stress and Burnout
Poole Hospital Lecture Theatre

12-1pm
Understanding ADHD at Work
Virtual

12-1.30pm
Attention Seeker
Poole Hospital, Lecture Theatre and virtual

2.30-3.30pm
Understanding Menopause
Poole Lecture Theatre and virtual

3.30-3.45pm
Start Well, End Well
Virtual

THURSDAY 25

9-10am
Winter Immunity
Virtual

9-9.45am
How Behaviours Shape Wellbeing
RBH Seminar Room 5 and virtual

10-11.30am
Understanding Burnout
Virtual

11am-12pm
Move to Recharge
Poole Lecture Theatre

11am-12pm
The Science of Better Rest
Virtual

12-1pm
The Power of Your Plate
RBH Seminar Room 5

12-1pm
Understanding Autism at Work
Virtual

12.30-1.15pm
Menopause and Movement
Poole Lecture Theatre

1-4pm
Bereavement and loss
Virtual

1.30-2.15pm
Workplace Ergonomics
RBH Seminar Room 5 and virtual

FRIDAY 26

8.30-8.45am
Start Well, End Well
Virtual

9-9.45am
Workplace Ergonomics
Poole Lecture Theatre

FRIDAY 26

9-10am
Habits and the Future You
Virtual

9-10am
Building Resilience
RBH Seminar Room 5

10-11am
Beat Stress With Breathing
Poole Lecture Theatre

10.30-11.30am
Chronic Stress and Burnout Workshop
RBH Seminar Room 5

12-1pm
Power of Your Plate
Virtual

3.30-3.45pm
Start Well, End Well
Virtual

MONDAY

22 SEPTEMBER



Click [here](#) or scan to book your place on any of these events. There are computers available to all staff in our UHD Libraries.

 8.30–8.45am

 Virtual

Start Well, End Well

by PSC

Managing stress is vital for our physical and emotional wellbeing, especially in the demanding world of healthcare. Join our short, guided relaxation practice **designed specifically for NHS staff**. This 15-minute session will introduce you to a simple routine for the start and end of a shift to help **reduce stress and reset your focus**. It uses mindful breathing, muscle relaxation and guided visualisation. This practice is culturally and religiously neutral, making it accessible to all staff, regardless of background or role.



Psychological Support
and Counselling Service

 9–10am

 Virtual

Thriving in a Hybrid Environment

by Wellbeing People

As hybrid working becomes the norm, how do we stay engaged, productive and well when we are at home, onsite or somewhere in between? **Because how we work matters as much as where we work**. In this practical and energising session, we will explore how to **prioritise your wellbeing** and create healthy routines in a blended work model. You will learn how to **stay connected and build meaningful relationships with colleagues** across locations and much more.

wellbeing
people

 10am–12pm

 Virtual

Talk Cancer

by Cancer Research UK

Talking about cancer is not always easy. Talk Cancer, our evidence-based awareness session is designed to **equip you with the knowledge, skills and confidence** to have supportive, **life-saving conversations** about cancer and health. In this interactive session, you will learn key facts about cancer risk, early detection, and screening. You will gain confidence to talk to others about how they can reduce their cancer risk, and the barriers people may face when receiving care.



CANCER
RESEARCH
UK



MONDAY

22 SEPTEMBER



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 12-1pm

 Virtual

What is neurodiversity and why does it matter?

by Neurobox

Join us for an engaging and thought-provoking session exploring neurodiversity in the workplace. This session will demystify the language around neurodiversity and explore how to create **environments where everyone can thrive** through inclusive practices. We will also **showcase reasonable adjustments** and how to access them. Let's work together to build a workplace where different ways of thinking and working are **not just accepted, but valued**.

neurobox

 1-2pm

 Virtual

Distress, Trauma and PTSD

by Dr Lorin Taranis

Emotional distress, trauma and Post-Traumatic Stress Disorder (PTSD) are often misunderstood or mixed up, but **recognising the differences** is key to providing or accessing the right support. This informative and compassionate webinar is designed to help **everyone** understand the distinctions between distress, trauma and PTSD and how to respond with **confidence** and **compassion**. We will also explore practical ways to prevent PTSD and how to manage and support yourself and others, including how to signpost to or access further help.

 2-3pm

 Virtual

Support and Guidance for Financial Wellbeing

by MoneyHelper

Managing money can feel overwhelming, but you don't have to face it alone. **Financial confidence starts with the right support.** This informative and supportive webinar will explore practical tools and trusted resources to help you **take control** of your finances. Join us to explore everyday money management, understand credit, discuss money troubles, and access **free, impartial financial education**.

Money
Helper



TUESDAY

23 SEPTEMBER

More details coming soon about our special Thrive Live event in the RBH Marquee.



Click [here](#) or scan to book your place on any of these events.

 8.30–8.45am

 Virtual

Start Well, End Well

by PSC

Managing stress is vital for our physical and emotional wellbeing, especially in the demanding world of healthcare.

Join our short, guided relaxation practice **designed specifically for NHS staff**. This 15-minute session will introduce you to a simple routine for the start and end of a shift to help **reduce stress and reset your focus**. It uses mindful breathing, muscle relaxation and guided visualisation.

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Psychological Support
and Counselling Service

 9–10am

 Virtual

Resilience and Mental Fitness

by Wellbeing People

Resilience and mental fitness are not just about bouncing back from challenges – they are about **growing stronger, more adaptable, and ready to thrive** in any environment. In this energising session, you will discover practical resilience ‘life-hacks’ to **boost your mental strength** and explore ways to **make stress work for you**, transforming pressure into positive energy.



 10am–10.45am

 Virtual

The Value of an Active Workplace

by Active Dorset

Creating an active workplace is not just about physical health – it’s about **boosting energy, morale, productivity** and overall **organisational performance**. This session is designed for managers and team leaders who want to **understand the evidence base behind active working**, explore the financial and productivity benefits and gain practical ideas. Whether you are office-based, remote or hybrid, join us to **discover how small changes can make a big difference**.



TUESDAY

23 SEPTEMBER

More details coming soon about our special Thrive Live event in the RBH Marquee.



Click [here](#) or scan to book your place on any of these events.

 11am-12pm

 Virtual

Beat Stress With Breathing by PSC

Are you feeling overwhelmed, tense or stuck in overdrive? Discover how **your breath can be one of your most powerful tools** to manage stress and restore calm. Join us to learn an easy, effective breathing technique you can use to calm your body and mind – anytime, anywhere. The session will also look at pragmatic approaches to integrating the exercise into your daily routine.

No experience needed – **just bring yourself, a few quiet minutes, and a willingness to try something new.**



Psychological Support
and Counselling Service

 12-1pm

 Virtual

Understanding Dyslexia at Work

by Neurobox

Dyslexia is a common yet misunderstood neurodiversity. So how can we **better understand** and **support colleagues** with dyslexia and other neurodivergent profiles in the workplace? Join us to explore the **importance of language**, understand the **challenges and strengths** associated with dyslexia and learn about **reasonable adjustments**. This session offers tangible takeaways to build a workplace where everyone can shine.

neurobox

 2-3.30pm

 Virtual

Supporting Colleagues to Move More

by Active Dorset

This practical training session will equip you with the **confidence** and **tools** to **support colleagues to move more** during the working day. In this session, we will discuss the **common barriers** to **physical activity** in the **workplace** and learn simple, effective behaviour changes that encourage **lasting habits**. Join us to gain the insight and skills to make a real difference.



WEDNESDAY

24 SEPTEMBER



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 8.30–8.45am

 Virtual

Start Well, End Well by PSC

Join our short, guided relaxation practice **designed specifically for NHS staff**. This 15-minute session will introduce you to a simple routine for the start and end of a shift to help **reduce stress and reset your focus**. It uses mindful breathing, muscle relaxation and guided visualisation. This practice is culturally and religiously neutral, making it accessible to all staff.



 9–10am

 Virtual

Burnout and Bounce-back-ability by Wellbeing People

Burnout is affecting increasing numbers of people, particularly in high-pressure environments like healthcare. This session explores the **science behind burnout**, its **connection to chronic inflammation**, and what you can do to **recover** and **build resilience**. You will learn the 12 stages of burnout, discover the impact of chronic inflammation and learn habits that can help you **prevent or recalibrate burnout**.



 9–10am

 RBH Seminar Room 2

Beat Stress With Breathing by PSC

Discover how **your breath can be one of your most powerful tools** to manage stress and restore calm. Join us to learn an easy, effective breathing technique you can use to calm your body and mind – anytime, anywhere. The session will also look at how you can find time to add the exercise into your daily routine. No experience needed – **just bring yourself, a few quiet minutes, and a willingness to try something new.**



 9.30–11.30am

 Virtual

5 Steps to Suicide Awareness by Pete's Dragons

This powerful workshop offers an introduction to **understanding suicide and its impact**, how to **recognise signs** that someone may be struggling and simple, effective steps to **support someone experiencing suicidal thoughts**. Whether supporting a colleague, friend, patient or family member, the tools shared in **this workshop could help save a life.**



WEDNESDAY

24 SEPTEMBER



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 10-11am

 Poole Lecture Theatre

Building Resilience Workshop

by PSC

This session will help you **understand the impact of stress** and the **difference between resilience and coping**. It will help you identify practical strategies to develop and maintain your resilience. It is also an opportunity to **connect with others** to share experiences in a supportive, confidential space. Whether you are feeling stretched, supporting others, or simply want to invest in your mental health, this workshop is for you.



Psychological Support
and Counselling Service

 10.30-11.30am

 RBH Seminar Room 2

Move Well, Feel Better (Exercise for Menopause)

by Anne-Marie Shepherd

Join Anne-Marie, registered Physiotherapist with specialist expertise in menopause and movement, to learn **how hormonal changes can affect strength, energy, recovery and overall physical performance**. You will discover how to **adapt your training** to support **bone health and muscle maintenance**, how to **manage common symptoms** and **practical tips** to help you feel your best and stay active for the long term.



 11.30am-12.30pm

 Poole Lecture Theatre

Managing Chronic Stress and Burnout Workshop

by PSC

The demands of working in healthcare can lead to chronic stress and increase the risk of burnout, impacting your wellbeing and your ability to provide excellent care. This workshop is designed to help you **recognise the signs and symptoms** of chronic stress and burnout, **understand the impact** of prolonged stress and **explore effective strategies** and tools to **manage stress** and **prevent burnout**.



Psychological Support
and Counselling Service



WEDNESDAY

24 SEPTEMBER



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 12-1pm

 Virtual

Understanding ADHD at Work

by Neurobox

ADHD is often associated with distraction or hyperactivity, but the reality is far more complex. This session will help you to better **understand, support and empower colleagues** with ADHD. We will also discuss how **inclusive practices benefit everyone**, the **language and perceptions** surrounding ADHD and the common **challenges and strengths** of ADHD in the workplace. We will also explain what reasonable adjustments might look like and how to access them.

 12-1.30pm

 Poole Lecture Theatre and virtual

Attention Seeker

by Gerard Harris

Storyteller and comedian Gerard Harris shares his **painfully honest, hilarious journey** through anxiety, ADHD, OCD and Tourette's. This show is about **finding your voice in the unlikeliest of places**. From writing jokes behind the scenes to accidentally stepping into the spotlight, **Gerard turns personal struggles into laugh-out-loud moments**. It's a show about learning to live with yourself, speak your truth, and even **find joy in the chaos**.



 2.30-3.30pm

 Poole Lecture Theatre and virtual

Understanding Menopause and HRT

by Mr Tim Hillard

Join Tim Hillard, founder of Dorset's first menopause clinic as he talks through **what menopause is, common symptoms**, and the available **treatment options**. There will also be an opportunity to gain **personalised advice** in a supportive environment. This session will inform and empower you with trusted information.



 3.30-3.45pm

 Virtual

Start Well, End Well

by PSC

Join our short, guided relaxation practice **designed specifically for NHS staff**. This 15-minute session will introduce you to a simple routine for the start and end of a shift to help **reduce stress and reset your focus**. It uses mindful breathing, muscle relaxation and guided visualisation. This practice is culturally and religiously neutral, making it accessible to all staff, regardless of background or role.



THURSDAY

25 SEPTEMBER



Click [here](#) or scan to book your place on any of these events. There are computers available to all staff in our UHD Libraries.

 **9-10am**

 **Virtual**

Winter Immunity

by Wellbeing People

Winter brings its own set of physical and emotional demands, making it essential to adapt our self-care strategies. Join this engaging webinar to **discover practical ways to bolster your immunity and support your mental wellbeing** during the colder months. You will learn about **nutrition, exercise habits to stay energised, the vital role of light exposure** in boosting mood and **tools to prevent seasonal burnout**. Ideal for everyone looking to stay well, energised and resilient through the winter season.

**wellbeing
people**

 **9-10am**

 **RBH Seminar Room 5
and virtual**

How Behaviours Shape Wellbeing

by Helen Martin

This session will look at how kindness, civility, and respect can strengthen team relationships, reduce stress, and foster a healthier, more compassionate workplace. Aligned with the UHD Behaviour Charter, this session will explore how small acts of kindness and civility can have a big impact, ways to challenge incivility constructively and supportively, how to role model behaviours and practical actions to embed our values into every day.

We are **caring**
one team
listening to understand
open and honest
always improving
inclusive

 **11am-12pm**

 **Poole Lecture Theatre**

Move to Recharge

by Active Dorset

Sitting for long periods is now recognised as a significant health risk – but small changes can make a big difference. Learn about the **impact of sedentary behaviour** and **how to introduce more movement** into the working day. You will gain an overview of the benefits of regular movement, insight into national guidance and **practical tips and resources** to help you and your colleagues move more.



THURSDAY

25 SEPTEMBER



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 11am–12pm

 Virtual

Sleep Essentials: The Science of Better Rest

by Sleep School

Sleep is the foundation of our mental, emotional, and physical wellbeing, yet so many of us struggle to get enough of it. This expert-led webinar is designed to help you **understand and improve your sleep using a 100% drug-free, science-based approach.**

You will learn practical, evidence-based strategies to **rest better and live better.** There will be time for questions at the end.



 12–1pm

 Virtual

Understanding Autism at Work

by Neurobox

Every person with autism is different, yet misconceptions and a lack of understanding can create **unnecessary barriers.** Join us to explore **inclusive and respectful language**, understand the **challenges and strengths of autism** and get **guidance on reasonable adjustments.** You will learn the tools to build a workplace where neurodivergent individuals feel **valued, supported and empowered.**

neurobox

 10–11.30am

 Virtual

Understanding Burnout

by Dr Lorin Taranis

What is burnout and how does it differ from ordinary stress? Who is most at risk and why do some thrive while others struggle? This session discusses **burnout in the context of NHS work** and **evidence-based strategies** to manage stress and prevent burnout. We will also reflect on what works and what does not when it comes to **protecting your wellbeing.**



THURSDAY

25 SEPTEMBER



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 12-1pm

 RBH Seminar Room 5

The Power of Your Plate

by Didem Varol

With so much conflicting information about nutrition, it can be hard to know what is truly healthy. In this session, you will **learn what a healthy, balanced diet really looks like**, the **benefits of whole plant-based foods** and **how to make simple, sustainable changes** to improve your health. Join registered Dietitian, Didem Varol, and **enjoy a taste of delicious, healthy recipes!**



 12.30-1.15pm

 Poole Lecture Theatre

Menopause and Movement

by Active Dorset

Movement can be a powerful tool to manage menopause symptoms and support wellbeing during hormonal transition. We will cover how **physical activity can help ease symptoms, boost your mood, and protect your health** during perimenopause and menopause. We will also talk through **practical ways** to introduce activity into your daily life and showcase **support services**.



 1-4pm

 Virtual

Bereavement and Loss

by Pete's Dragons

Grief affects everyone differently. Understanding those differences is key to offering meaningful support. This workshop, delivered by a **leading bereavement charity** explains the **core theories of bereavement and loss**. Whether you are supporting patients, colleagues, or loved ones, this will help you **grow your understanding and confidence around grief**.

**PETE'S
DRAGONS**

 1.30-2.15pm

 RBH Seminar Room 5 and virtual

Workplace Ergonomics and Your Wellbeing

by Helen Doody

Our working environments affect how we feel, focus, and function. Learn how **ergonomics goes far beyond chairs and desks**, delve into how **cognitive and physical load impact your wellbeing**, and discover how to **make meaningful improvements**. You will **learn simple strategies** to reduce physical and mental strain during the working day.



FRIDAY

26 SEPTEMBER



Click [here](#) or scan to book your place on any of these events. There are computers available to all staff in our UHD Libraries.

 8.30–8.45am

 Virtual

Start Well, End Well by PSC

Join our short, guided relaxation practice **designed specifically for NHS staff**. This 15-minute session will introduce you to a simple routine for the start and end of a shift to help **reduce stress and reset your focus**. It uses mindful breathing, muscle relaxation and guided visualisation. This practice is culturally and religiously neutral, making it accessible to all staff, regardless of background or role.



Psychological Support
and Counselling Service

 9–9.45am

 Poole Lecture Theatre

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 9–10am

 RBH Seminar Room 3

Building Resilience Workshop by PSC

This session will help you **understand the impact of stress** and the **difference between resilience and coping**. It will help you identify practical strategies to develop and maintain your resilience. It is also an opportunity to **connect with others** to share experiences in a supportive, confidential space. If you are feeling stretched, supporting others, or simply want to invest in your mental health, this workshop is for you.

 9–10am

 Virtual

Habits and the Future You by Wellbeing People

Understanding how habits work is key to sustainable success. This webinar explores the psychology behind behaviour change and **how to create habits that truly stick**. You will discover **the key ingredients for lasting behaviour change** and **how your environment influences your actions**. Perfect for anyone looking to boost productivity, improve wellbeing, or achieve a better work-life balance.

 wellbeing
people



FRIDAY

26 SEPTEMBER



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 10–11am

 Poole Lecture Theatre

Beat Stress With Breathing

by PSC

Discover how **your breath can be one of your most powerful tools** to manage stress and restore calm. Join us to learn an easy, effective breathing technique you can use to calm your body and mind – anytime, anywhere. The session will also look at how you can find time to add the exercise into your daily routine. No experience needed – **just bring yourself, a few quiet minutes, and a willingness to try something new.**



 10.30–11.30am

 RBH Seminar Room 3

Managing Chronic Stress and Burnout Workshop

by PSC

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 12–1pm

 Virtual

The Power of Your Plate

by Didem Varol

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 3.30–3.45pm

 Virtual

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University Hospitals Dorset NHS Charity

Fundraising for your hospitals



WALK FOR WARDS

UPTON HOUSE

SATURDAY 13
SEPTEMBER 2025



Scan me



SCAN FOR MORE INFO

SIGN UP · SHOW UP · CHANGE LIVES



LIMITED SPACES AVAILABLE!

Email UHD.Charity@uhd.nhs.uk to express interest

ST PETER'S CHURCH, BOURNEMOUTH
SATURDAY 6 SEPTEMBER, 10AM - 3.30PM

TEAM UP
GEAR UP
ABS ELL
FOR THE BEACH



TAKE THE LEAP TO
RAISE MONEY FOR
THE
**BEACH
APPEAL**



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NHS Foundation Trust

Thrive Live

22-26 September 2025

UHD Health and Wellbeing Fair

Supported by



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NHS Charity