

SOS Monthly

Supporting our Staff

July 2025 Edition



Kingston and Richmond
NHS Foundation Trust



Alcohol Awareness Week (7–13 July 2025)

is a national campaign that encourages people to think about their relationship with alcohol. This year's theme is alcohol and work, focusing on how our jobs, stress levels, and workplace culture can influence drinking habits and mental health. It's a chance to reflect, start conversations, and access useful tools and resources to support healthier choices; for ourselves and those around us. [Take this quiz to check your drinking.](#)



Free meal plans with Five Dinners

Good news for Kingston and Richmond staff. As part of our Health and Wellbeing Offer, you have free access to Five Dinners, a weekly meal planning service created by TV chef Theo Michaels.

Each week you'll get five easy, healthy recipes plus one shopping list tailored to your preferences; perfect for saving time, reducing food waste, and cutting meal costs; all for free, exclusively for our staff. Try it today and take the stress out of weekday dinners!

Simply [click to join today](#) and get your first personalised meal plan.

Want FREE personalised meal plans?

Sign up today to get it FREE!

Fed up of deciding what to cook every night? Want to save money on food shopping and eat healthier?

Then this is for YOU. TV Chef Theo Michaels is giving away **FREE Premium membership** to FiveDinners.com your own online meal planning service.

Sign up today and get:

- New meal plan designed for you every week
- Weekly shopping list every week
- Chef hotline
- Save money on food shopping
- No more stress deciding what to cook!

PREMIUM MEMBERSHIP WORTH £35 NOW FREE!



Looking for ways to save money while keeping the kids happy during the school holidays? Great news! Many popular restaurants and cafés are offering free or £1 meals for children when you buy an adult meal. From places like Asda, Bella Italia, Pizza Express, and Frankie & Benny's, there are loads of tasty options available across the UK. Some offers are every day, others on certain days or times; perfect for a family treat without breaking the bank!

[Click here for details.](#)

Great support for Kingston and Richmond staff. You have free access to The Dialogue Consultancy's Staff counselling service, offering confidential, professional help for personal or work-related concerns. With over 15 years' experience working with the NHS, their skilled therapists provide a safe, non-judgmental space to talk through stress, anxiety, trauma, relationships, and more. You can self refer to start your sessions; this valuable support is available at no cost, when you need it most. Email krft.staffwellbeingappointments@nhs.net



Menopause Nurse

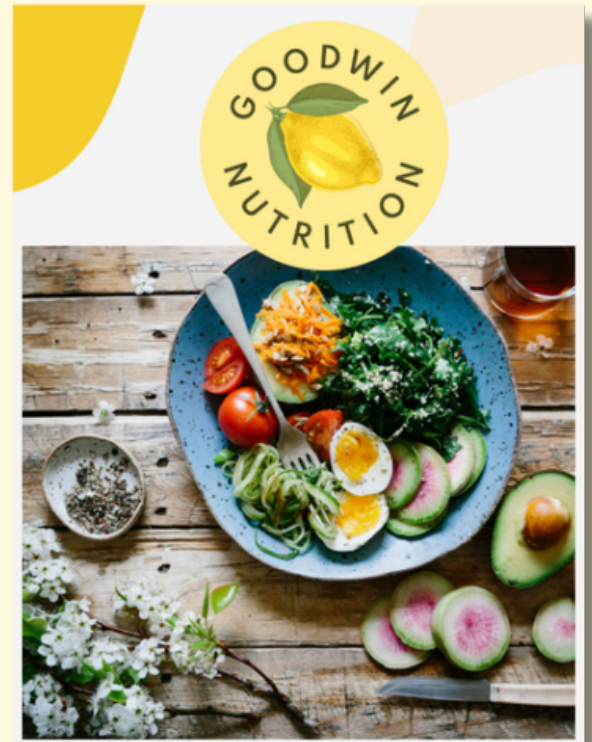
Supporting staff through menopause. Kingston and Richmond staff have free access to Victoria Howell's menopause nurse service, led by a registered menopause specialist nurse with CPD-accredited training. She offers individual consultations to help you understand and manage perimenopause or menopause symptoms; covering everything from hot flushes and mood changes to confidence and wellbeing; and tailors follow-up support, fact sheets, and confidential summaries that can be shared with your GP and work. Self-refer anytime, this trusted, professional support is here to help you feel empowered and in control. Email krft.staffwellbeingappointments@nhs.net



Keep an eye out for a Menopause Champion in your area; they're there to offer support and signposting. If you're interested in becoming a Champion yourself, email krft.staffwellbeingappointments@nhs.net

Nutritional Therapy clinic

Staff have free access to our Nutritional Therapy Clinic! Benefit from personalised nutritional advice through Goodwin Nutrition. Registered therapist, Lauren, offers one-on-one consultations (in person, online, or by phone) to identify your unique health needs and build sustainable diet and lifestyle plans. Whether you're dealing with energy dips, digestive issues, hormonal imbalance, or just aiming to eat well, this service supports you every step of the way. Self-refer and take charge of your health with expert, evidence-based guidance. Email krft.staffwellbeingappointments@nhs.net



Treat yourself to a discounted head & shoulder massage! Every other Tuesday at Kingston Hospital through July and August, LMI Holistic Therapies offers a 30-minute Neck, Back and Shoulder massage for just £20 (normally £40).

Delivered by Louise Ireland, a highly experienced therapist these sessions are perfect for easing stress, reducing tension, and promoting relaxation during your workday.

To book your slot, get in touch directly via email or phone.

louiseirelandtherapy@gmail.com
Text/WhatsApp 07747853792

For more health and wellbeing information, including how to book onto our staff exercise classes; visit our [Staff Health and Wellbeing website](#).

STAFF
HEALTH &
WELLBEING