

# SOS WEEKLY

SUPPORTING OUR STAFF  
HEALTH & WELLBEING

FEBRUARY- WEEK 2 - 2022



## WEEKLY STAFF OFFER

Each week we will bring you a special offer focused on Health and Wellbeing which is exclusive to the staff at Kingston Hospital.

**Our first special offer in  
February - Ending 22nd  
February**

**20% discount at Whole  
Harmony, Hampton Wick - Just  
quote KHFT when booking. Call  
0208 977 0679**

At Whole Harmony they encompass a range of treatments and therapies designed to promote better health and well-being for their clients. They specialise in three key areas: Functional Medicine, Colonic Hydrotherapy and other Holistic Treatments. Through this comprehensive approach, they are able to address the wide variety of needs, symptoms and conditions of those who visit them at the Whole Harmony Wellbeing Centre.



## KINGSTON SOCIAL

We are thrilled to announce the launch of Kingston Social for our staff. Following on from feedback, and with our focus on staff reconnecting with colleagues, we are creating a range of social activities for staff.

We would love to hear from anyone that has a skill, hobby, or experience that they would like to share with their colleagues. It may be that you're a secret pottery thrower, or perhaps a dab hand at calligraphy? We would love to hear from you!

KINGSTON SOCIAL IS CREATED  
BY STAFF, FOR STAFF

Get in touch by completing the SurveyMonkey by either scanning the QR code on your phone, or by going to the link below;

<https://www.surveymonkey.co.uk/r/W66Y3DG>





## BLUE LIGHT OFFERS

Register for a Blue Light Card at: [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk) and for just £4.99 have access to a wide range of special offers available to NHS Staff.

Local offers of the Week;

Save 10% off your whole bill at Starbucks by simply showing your Blue Light card when paying.

Get 20% off in store and online at Joules

Fancy 20% off at The Press Room on cakes, croissants, savouries and over 23 teas from around the world with- Just show your Blue Light card

Hungry - why not try Poor Boys - New Orleans Street-food eatery and bar and get 20% discount on the food menu

Take advantage of 20% off all day, every day at The Black Horse, Kingston when showing your Blue Light card

If you're thinking of taking up a New Years resolution then why not check out The Crafty Nest in Kingston, running Chalk Paint Classes for upcycling and offering 10% off all paints!

### MEGA DEAL OF THE WEEK

If your mind is wandering to sunnier days, then why not invest in a new pair of Flip Flops with Fitflop online - offering a whopping 25% off all purchases online

What else will you need in the Summer months - A new pair of Sunglasses to protect your eyes from those rays! Ray-Ban are offering you 20% off online purchases, check out their fantastic selection.

## FOR YOUR DIARY

**The Cake Clinic**  
**16th February - 31st March**

Launching on the 14th February we are introducing our new Cake Clinic. A chance for staff to bake a cake for their colleagues to share over a cup of tea. It's also an opportunity for budding bakers to be entered into our Best Cake Competition. Further details will be out in the Global later this week.

**Dealing with Burnout**  
 23rd February

Following on from Anila George, Clinical Psychologist's talk on Burnout earlier this month, she will be running the session again focusing on strategies to manage burnout and stress.

Email [khft.staffwellbeingappointments@nhs.net](mailto:khft.staffwellbeingappointments@nhs.net) to receive an invite to the Teams session. 23rd February 12pm-1pm.

### MARCH

- Menopause Support Group - 9th March
- SOS Chat - Sleeping Well - 16th March
- The Cake Clinic Finals