

SOS WEEKLY

SUPPORTING OUR STAFF
HEALTH & WELLBEING

MARCH - WEEK 4 - 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.

SPECIAL OFFER

10% discount at UR Beautiful, Kingston - Just quote KHFT NHS Staff when booking. Call 0208 247 0386. Offer ends 9th March 2022.

UR Beautiful is the ultimate destination for the beauty enthusiast! Offering a wide range of beauty treatments from facials through to Lava Shells Body Massage, UR Beautiful can help with all your beauty needs.

Conveniently located on the First Floor in Boots, 42 Union Street, Kingston - perfect for a quick stop after work or on the weekend. You could even squeeze in a spot of retail therapy!

For a full range of treatments check out their website:
www.ur-beautiful.com



YOU, NUTRITION & THE MENOPAUSE 9TH MARCH 9:30 - 10:30

Come and join our guest speaker at this month's menopause support group. Giulietta Durante is a professional mental cycle nutritionist and women's health expert.

Begin to learn how you can address imbalances through delicious food and good quality supplements.

The group's a safe and supportive space to talk all things peri-menopause and menopause

Got an idea for a club for Kingston Social?

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 and for just £4.99 have access to a wide range of special offers available to NHS Staff.

Home Offers of the Week:

Not tried Deliveroo yet? Then claim your £10 OFF your first order and treat yourself to a tasty meal!

Thinking about taking up driving? Maybe you've been saving up for lessons.....PASSMEFAST is offering up to £210 OFF every PassMeFast driving course! Call them on 0333 123 499 to take advantage of this huge saving!

Looking for a spot of pampering, or self-care? The Body Shop are giving us 20% OFF online products. Just use the code 11858 to claim your discount

Boden Clothing want to say Thank You to all NHS staff, and what better way than to give you a saving of 25% off a minimum spend of £30 - perfect to kit the kids out for the Easter Holidays :)

If your kids are mini-fashionista's then NEW LOOK have the answer - 20% off all 915 Kidswear

Thinking of taking up cycling? Halfords are offering 9% off purchases online and in-store.....and for those of us who aren't ready for 2 wheels, the discount applies to all your motoring purchases

Pop along to Poor Boys, a New-Orleans style Eatery and claim 20% discount off your food bill with your Blue Light card

Samsung are offering 20% off on Samsung TV's, but if cleaning is more your thing then take advantage of their offer of saving a third off all Jet Cordless Stick Vacuum Cleaners



FOR YOUR DIARY

The Cake Clinic 16th February - 31st March

The Cake Clinic is underway, and we have already received some fantastic photo's of Team cakes. It's not too late to start baking now, take a photo and send it to kfft.staffwellbeingappointments@nhs.net to be in with a chance to win!

Menopause Support Group 9th March

Join this supportive group in March and hear from our guest speaker, talking about looking after your nutrition during the menopause

SOS Talk - Sleeping Well 16th March

The Sleep Charity will be speaking to us about how to get the best nights sleep, sleeping habits and balancing sleep with shift work.

To book onto any sessions email: kfft.staffwellbeingappointments@nhs.net

UPCOMING EVENTS

- SOS Talk - Understanding your own Mental Health
- Kingston Social Book Club; SHELF INDULGENCE - Launching in March
- H&WB Ambassadors - coming to a department near you soon