

# SOS WEEKLY

SUPPORTING OUR STAFF  
HEALTH & WELLBEING

MAY - WEEK 13 - 2022



## KINGSTON NIGHT CLUB 18TH - 20TH MAY

Thanks to ISS we are bringing 'Night Club' to Kingston Hospital on the nights of Wednesday 18 May, Thursday 19 May and Friday 20th May.

Night Club is 45-minute sessions for ISS and Kingston Hospital staff who work night shifts to get help and support on their sleep and fatigue challenges. The programme is delivered by a team of Sleep Science researchers from Oxford University along with clinical psychologists.

If you would like to book onto a session (and receive free snacks & drinks) then email [KHFT.staffwellbeing@nhs.net](mailto:KHFT.staffwellbeing@nhs.net)



Approximately 1 in 4 night and rotating shift workers are likely to experience symptoms of excessive sleepiness during periods that they are awake, or insomnia during opportunities for sleep. This doesn't only affect performance at work, but also their long-term physical and mental health and wellbeing.

All ISS and Kingston Hospital colleagues who work night shifts, or unsociable hours, will be given time within your shift to attend Night Club- an award-winning health support programme designed especially for key workers.

Speak to a sleep expert and learn easy to act

Night Club offers the opportunity to take some time out of your shift and focus on your own sleep and wellbeing:

- Learn about how you might better manage working at night
- Explore ways to improve the quality of your sleep to boost your mood and relationships - friendly sleep experts are there to support you to feel better at work and home.

Located in the Restaurant, Level 2, Surgical Centre from 18th May

Each session will run for 45 minutes, and include snacks to keep you energised, and information to takeaway.

**Learning at Work Week  
16th to 22nd May 2022**



**HAVE YOU EVER WONDERED ABOUT  
THE CORRECT WAY TO APPLY A  
BANDAGE?**

**INTERESTED IN LEARNING ABOUT  
MAKATON?**

**PERHAPS YOU WANT TO BRUSH UP  
ON YOUR DATA SKILLS.....**

**Then why not join us during  
'Learning at Work Week', you can  
check out whats on at  
[www.khftwellbeing.co.uk](http://www.khftwellbeing.co.uk)**



## SHIFT WORK BATCH CHILLI

- 2 Medium onions
- 2 Clove Garlics
- 2 Medium Carrots
- 2 Sticks of celery
- 2 Red Peppers
- 300g Mushrooms
- 1 Tspn Chilli powder
- 400g Chopped tomatoes
- 500g Minced beef
- 400g kidney beans
- Olive oil

1: Chop onion, garlic, carrots, peppers and celery

2: Put oil in casserole dish and heat, Chuck in veggies, chilli, and stir until softened

3: Heat remaining oil in the pan and fry mushrooms for 10 minutes. Add garlic and mustard, Fry for 1 minute and cool, next drain and add kidney beans and tomatoes. Pour in 1 tin of water,

4: Stir until mince is browned and leave to simmer for 20 minutes.

6: Pour into tupperware containers and freeze portion sizes.