

SOS WEEKLY

SUPPORTING OUR STAFF
HEALTH & WELLBEING

FEBRUARY- WEEK 3 - 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

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



FREE EXERCISE CLASSES

Did you know that we offer staff a range of exciting exercise classes throughout the week?

We have updated our timetable for 2022, and are always on the lookout for new classes to offer staff. If you would like a full timetable of what's on offer then email; khft.staffwellbeingappointments@nhs.net or if you would like to suggest a new exercise class then drop us an email and a member of the team will get in touch :)

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

Home Offers of the Week:

Get 10% off Large Kitchen Appliances with AO.COM online

Mothers Day is coming up - why not purchase a beautiful bouquet with 25% all purchases

Life is busy, so why not make it easier to purchase friends and family birthday cards & presents with Funkypigeon.com - and get 25% off

For the fashionista's amongst you - ISAWITFIRST are offering you a massive 50% off plus free delivery! Just use your card at the online checkout

No time to cook after work - why not try one of the delicious boxes from Gousto - 40% off all boxes ordered in the first month of signing up!

With the nights starting to draw out, you may be thinking about getting back out running, or hitting the gym. Reebok are offering 35% off online purchases

As we move into spring why not take advantage of this offer from Shark - Save up to £180 in the Shark Spring Clean Collection promotion until the 23rd March

Planning a spot of DIY - then Topps Tiles are offering staff 10% off all tiles purchased - Just show your card in store or use it online

Planning ahead for the school holidays, are you a camper? If so then FunkyLeisure.co.uk are giving you a 10% discount - enter code BLUE10 at checkout

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