



# SOS WEEKLY

## SUPPORTING OUR STAFF HEALTH & WELLBEING

MARCH- WEEK 7 - 2022



#### **WEEKLY STAFF OFFER**

Each week we will be bringing you special offers focused on Health and Wellbeing which are exclusive to the staff at Kingston Hospital.

#### NUFFIELD HEALTH

Nuffield Health are currently offering staff 40% off standard monthly membership. To claim this fantastic offer you will need to show your NHS ID badge when you visit the fitness and wellbeing centre.

There is a a Nuffield Health in Kingston, Twickenham and Surbiton.

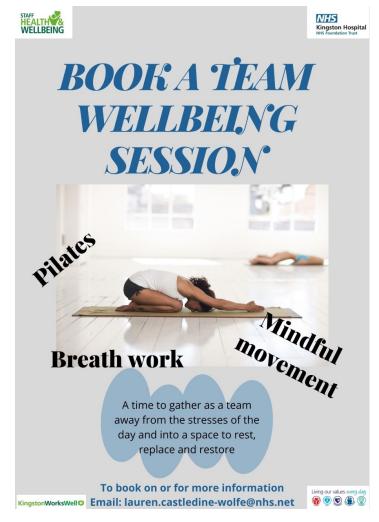
#### THE GYM GROUP

The Gym Group are offering up to 50% off memberships and no joining fee throughout March and April.

To take advantage of this offer use code: SPRINGFIT at checkout when purchasing membership.

#### PURE GYM

Pure Gym are offering 10% off membership and no joining fee for NHS staff, their nearest facility is in Twickenham. To take advantage of the offer you will need to have signed up for a BlueLight Discoutnt card and produce this when joining.



#### **NEW YOGA CLASSES**

Due to the popularity of our Yoga classes for staff we are pleased to announce that we are now taking bookings for classes on Tuesdays,

Thursdays and Fridays.

Tuesday classes are available 7:30am - 8:15am Thursday classes are available between 16:30 and 18:30

Fridays classes are available 16:15 - 17:00 Book at

KHFT.staffwellbeingappointments@nhs.net





## **MEDITATION**

Meditation can wipe away the stresses that build up during the day. Even spending just a few minutes in meditation can restore your calm and inner peace.

Meditation can give you a sense of calm, peace and balance that can benefit both your emotional wellbeing and your overall health.

It can help you gain a new perspective on a stressful situation, helps you increase your self-awareness and gives you the building skills to manage your own stress.

Here are a few ways that you can practice meditation on your own;

- Breathing Deeply Take 5 minutes away from what you are doing, find a quiet spot. Now, focus all your attention on your breathing. Concentrate on feeling and listening as you inhale and exhale through your nose. Breathe deeply, and slowly. If your attention is broken then try to gently refocus back onto your slow, deep breaths.
- Walk and Meditate Combining a quick walk with meditations is a great way to relax. Start your walk slowly, focus on your arms and legs, try not to think about work, or where you need to rush off to after your walk. As you take your steps think about the physical action taking place, "lifting leg", " moving leg" and "placing foot down". This will help to calm your mind, and provide you with a few minutes of peace and relaxation.
- Repeating a Mantra Mantra's are a great way of encouraging positivity and confidence within yourself. Try picking a phrase such as "I am calm, I am happy", and repeat it to yourself during the day.



### FOR YOUR DIARY

The Cake Clinic 16th February - 31st March

The Cake Clinic closes at the end of March. We have had some amazing entries already but, It's not too late to start baking now, take a photo and send it to

KHFT.staffwellbeingappointments@nhs.n et to be in with a chance to win!

#### **APRIL EVENTS**

Launch of the new Spring Winter
Wellbeing Toolkit, with a variety of
wellbeing exercise and information on
looking after your own wellbeing

Our theme for April is "Physical", we will be promoting a range of exercise classes, gym sessions, our new lunch walks and a range of other inspiring activities to help us skip into Spring!

The launch of our new SHELF
INDULGENCE Book Club is in April, if you
would be interested in joining please get
in touch as weill be arranging the first
book for the group to read.

H&WB Ambassadors - if you are interested in becoming an ambassador please contact Lauren Castledine-Wolfe

For any information on classes or general wellbeing support please email us at: