

# 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 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 Discount card and produce this when joining.

## BOOK A TEAM WELLBEING SESSION



**Pilates**

**Breath work**

**Mindful  
movement**

A time to gather as a team away from the stresses of the day and into a space to rest, replace and restore

To book on or for more information

KingstonWorksWell

Email: [lauren.castledine-wolfe@nhs.net](mailto:lauren.castledine-wolfe@nhs.net)

Living our values every day



### 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](mailto: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.uk](mailto:KHFT.staffwellbeingappointments@nhs.uk) 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 we will 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;