

SOS WEEKLY

SUPPORTING OUR STAFF
HEALTH & WELLBEING

APRIL - WEEK 12 - 2022



WALKING INTO SUMMER

Get into nature with colleagues

**EVERY THURSDAY
MAY-SEPTEMBER**

Join us for a stroll into Richmond Park this Summer. Increase your daily step count, get your dose of vitamin D and enjoy the great outdoors!



MEET OUTSIDE
VERA BROWN HOUSE
12:30 DEPARTURE
12:55 RETURN

REASONS TO GO OUTSIDE

How often do you get up and go for a walk, or take time away from your screen? We all tend to do this every so often, but do we really realise the benefits that being outside can have on our wellbeing.

Nature can work as a natural antidepressant. Being outside will make you want to exercise more, research suggests that taking part in outdoor exercise is better than in the gym.

Being outside can also help you to connect with others, which is why our new "Walking into Summer" programme is available now!

Staff Health & Wellbeing Ambassador Handbook

An introduction to your role



HEALTH AND WELLBEING AMBASSADORS

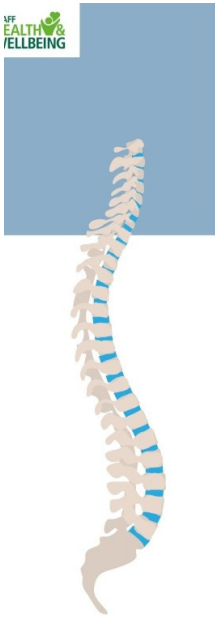
Health and Wellbeing ambassadors are volunteer members of staff united by a desire to improve the general health and wellbeing of staff at Kingston Hospital.

Ambassadors are available to support their fellow colleagues in acknowledging their own health and wellbeing needs. They share and contribute ideas on how to improve wellbeing of staff, observe and feedback on their departments needs, and use resources provided by the Health and Wellbeing team to support their colleagues.

Ambassadors have ownership of their role and can choose to use it in whatever way best benefits their team. Some choose to promote themselves as a person to speak to in confidence, some are drawn to championing action on mental health.

We would love to hear from you if you would be interested in becoming a Health and Wellbeing Ambassador.

Email the team at:
KHFT.staffwellbeingappointments@nhs.net



PHYSIO- LED BACK CARE WORKSHOP



Learn about:

The Anatomy of the Spine
Causes of Back Pain
When to Seek Help
Self Management
Treatment Options

MS Teams

Thursday 19th May 4-4:45pm
Wednesday 25th May 1-1:45pm

Book on by emailing:

khft.staffwellbeingappointments@nhs.net



MENOPAUSE SUPPORT GROUP

CONQUERING THE MENOPAUSE AT WORK

Come and join our guest speaker
Suzanne Marshall, Head of Clinical
Strategy at GoodShape, and take part
in an informative and open
discussion on how to conquer your
menopause whilst in the workplace



4TH MAY AT 9:30AM - 10:30AM
EMAIL:
KHFT.STAFFWELLBEINGAPPOINTMENTS@NHS.NET



VEGAN PICNIC SAUSAGE ROLLS

- 250g Mushrooms
- 3 Tbsp Olive Oil
- 2 Leeks - chopped
- 2 Tsp Mustard
- 30g Chesnuts
- 70g Breadcrumbs
- Clove of garlic
- 1 x 320g Ready-rolled puff pastry
- Plain flour for suting

- 1: Put mushrooms in food processore and chop
- 2: Put half Olive oil in frying pan, add leeks and fry for 15 mins or until softened. Transfer into bowl to cool
- 3: Heat remaining oil in the pan and fry mushrooms for 10 minutes. Add garlic and mustard, fry for 1 minute and cool
- 4: Heat oven to 200c. Tip mushroom mixture into the bowl with the leeks, add chesnuts and breadcrumbs. Season and mix together.
- 5: Unravel pastry on flour surface, Place mixture onto pastry and mould into sausage roll shapes. Place on baking tray and cook for 25 mins or until golden brown.
- 6: Leave to cool and then pack for your picnic!