

WELCOME TO  
**Wellbeing Wednesday**  
THE MONTHLY NEWSLETTER

PRACTICE  
SPOTLIGHT



*Double  
Congratulations*

It was so great to hear that double celebrations were had at Parkhouse Surgery recently.

Dr Singh celebrated his ??th (a gentleman never tells 😊) special birthday complete with Cake, samosas and Bhajjis.

And a huge congratulations goes out to Dr Rasheed for passing his final qualifying exam (SCA) to become a GP. The staff at Parkhouse are very grateful for all your hard work.



Another bit of good news I would like to share with the PCN is that the funding for the Health & Wellbeing Champion Role has been renewed so I'll be around for the foreseeable to support the surgeries and their staff to look after their own individual health & wellbeing needs as well as working towards building a culture of wellness for GP Connect as a whole

**You spoke and I have listened so here are a few things we have coming up for those that want to get involved**

**COMING SOON**



### **GP CONNECT PARK RUN**

**WHAT?** - A 5k run (or walk)

**WHEN?** - Saturday 1st June 9am

**WHERE?** - War Memorial Park

**DETAILS?** - Any member of staff can participate the more the merrier. Please let me know if you would like to take part & I'll send you the registration details



### **FANCY A FREE LUNCH?**

**WHAT?** - The employee e-THANKYOU competition

**DETAILS?** - Has a colleague or a member of your team gone out of their way to help you recently? If so why not send them an eThank you. The surgery that send the most will receive a FREE £50 Uber eats voucher to put towards treats to share with the team at the end of May



### **LUNCHTIME MEDITATION SESSION**

**WHAT?** - A short, guided meditation session designed to help you relax and let go of stress

**WHEN?** - Wednesday 24th April 13:30 - 14:00

**WHERE?** - Delivered via TEAMS

**DETAILS?** - If you would like to attend please drop me an email or message and I'll send you the invite to TEAMS. I will also send out further info on this to PM's to display

**APPRECIATE you**

**Thank you to Bobbi and the team at Woodway Surgery for my warm welcome to introduce the Champion role last month. I look forward to popping in now and again to keep you all in the loop with what's going on and offer support to those that would like it.**

*Don't Forget*

You can book in for a health & wellbeing 1-2-1 chat with me anytime just drop me a text or email

## **Ongoing Employee Benefits**

- FREE access to Headspace Premium mindfulness app
- FREE employee assistance app VIVUP
- BIG discounts on holidays via TUI for NHS employee's ([nhs.tui.co.uk](https://nhs.tui.co.uk))