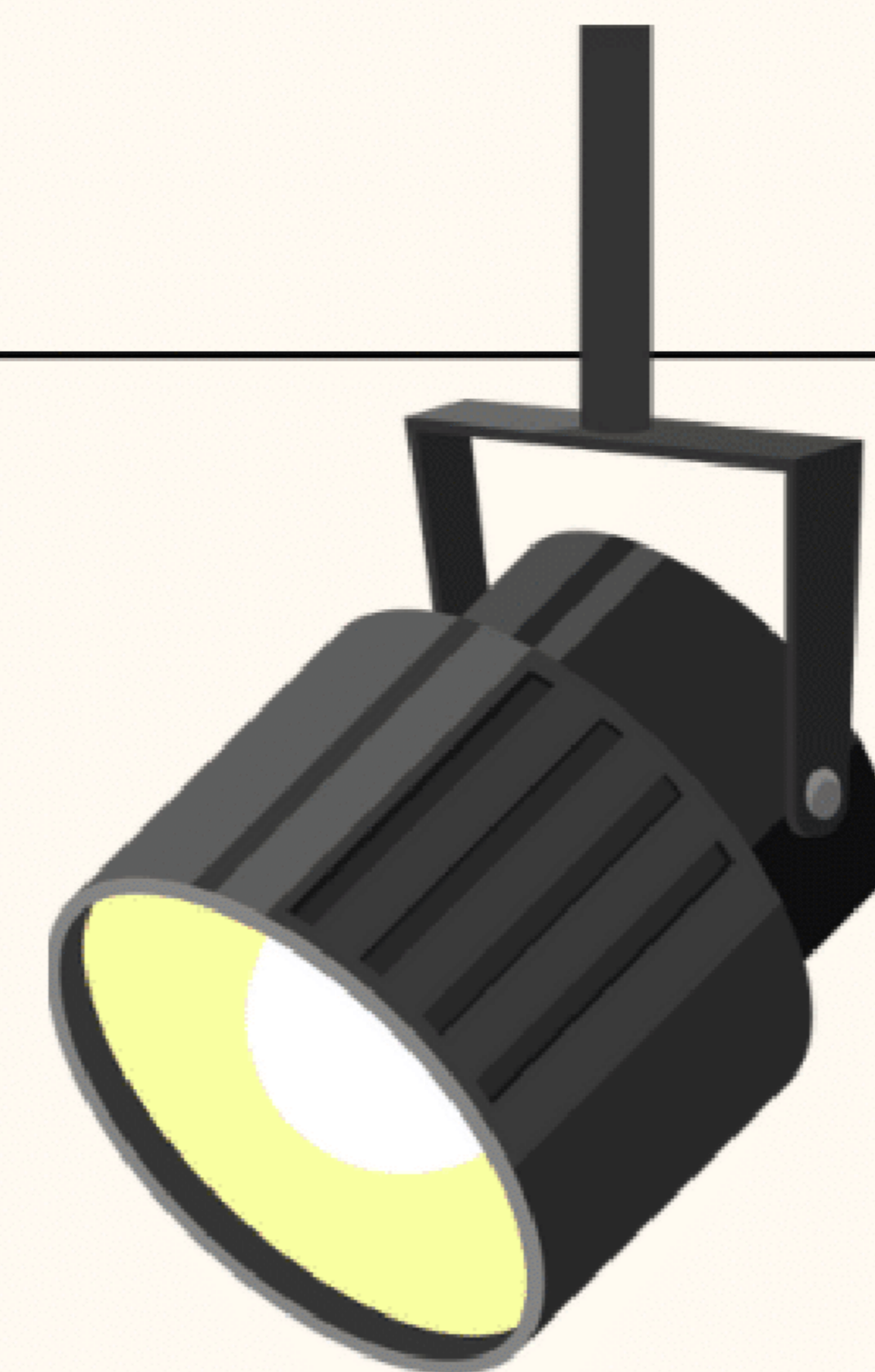


WELCOME TO
Wellbeing Wednesday

THE MONTHLY NEWSLETTER

Employee Spotlight



Bethany - Social Prescriber



A brave jump for a very worthy cause

Our very own Bethany will take a huge leap of faith in a tandem charity sky dive to raise funds for Ronald McDonald House, a charity very close to her heart. I caught up with Bethany last week to find out more.

Q - So, Bethany tell me a bit about why you have decided to do this?

A - A close friend of mine tragically lost his beautiful sister Ruby who was only 15 years old after she was involved in a fatal car accident. The charity helped my friends family so much during that time so when I saw there was an opportunity to help raise funds I wanted to get involved

Q - What kind of support did they offer?

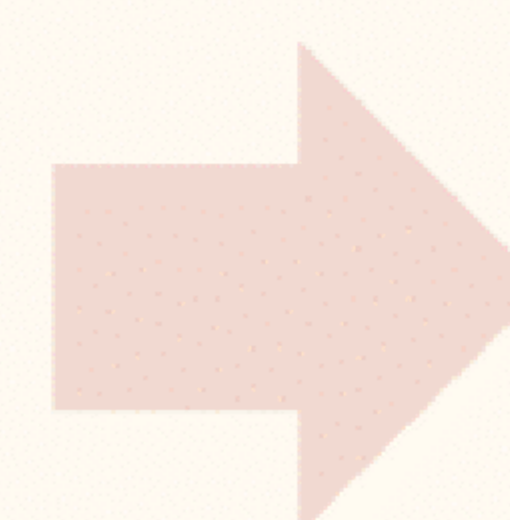
A - They made sure that the family were able to spend time with Ruby in her final days, offering them free accomodation and food. Without the charity's support, they would not have been able to spend as much time with her as they did

Q - Such a brave & inspiring thing to do. But I have to ask how are the nerves?

A - I'm nervous...but excited and it's all for a good cause. The family continue to sponser a bedroom at Oxford House in memory of Ruby and raise funds to help with this so I'm happy to be able to do my bit to help

Q - I'm sure your fellow colleague's would love to help support you in this brave & worthy cause. Where can we find out more?

A - You can find out more and sponser me by scanning the QR code - any amount will be hugely appreciated





MENTAL HEALTH AWARENESS WEEK

13-19 MAY 2024



Mental Health is a subject we know only too well in primary care. Next week is national awareness week with a theme on 'Moving more for our mental health' why not do your bit as a surgery to raise awareness of a subject that is close to home for so many.

HERE ARE SOME SUGGESTIONS ON WAYS YOU COULD GET INVOLVED

1. Wear it green day
- Thu 16th lets turn the world green for good mental health

2. Promote awareness on your surgery website / socials

3. Encourage employee's to find some movement each day. A group lunchtime walk or light stretching session

For more information on ways to get involved & associated resource please visit www.mentalhealth.org.uk (and don't forget to send me some pics for the next edition)

