



WELCOME TO

#5 | MAY 2024

# Wellbeing Wednesday

THE MONTHLY NEWSLETTER



## WE'VE BEEN BUSY

From Parkrun's to pastries and with May being host to Mental health awareness week, it's made for a busy month. But busy in all the right ways.

From GP's, other clinical staff and our hardworking reception & admin team - it's been fantastic to see all of the practices engaging in employee wellbeing this month.

I particularly enjoyed getting to know more of you on my surgery rounds last month - face to face interaction is always so much better in person. Whether you were able to get something off your chest or enjoy a little sweet treat. Or if took advantage of an employee benefit (McDonald's discount is proving popular)! or you engaged in one of our events last month - I really hoped it help bring a little satisfaction to your day.

We appreciate all of you and the hard work you do

Serena

Health & wellbeing champion for staff

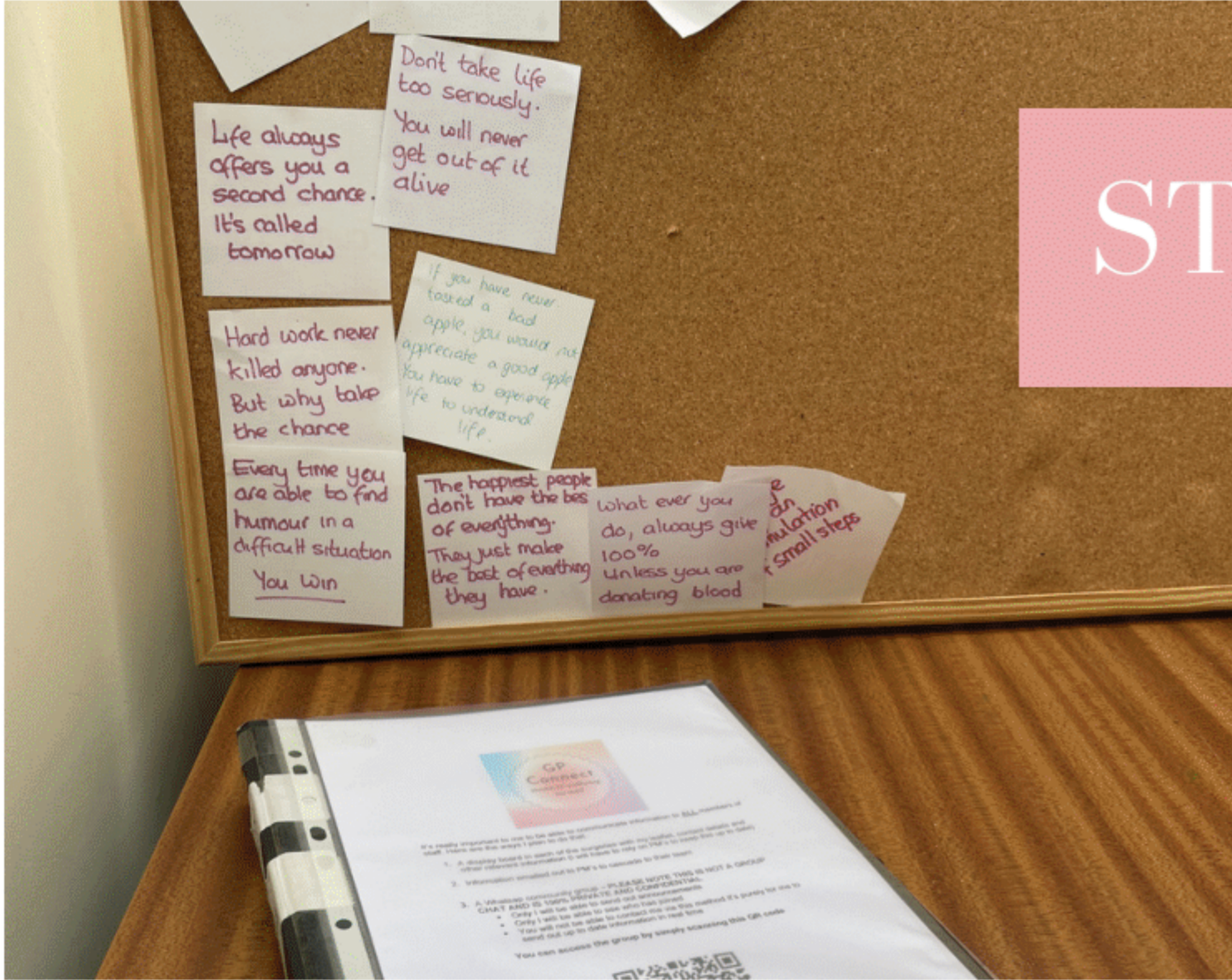


Keep reading to find out more about our  
↓ first Parkrun and what else we've been up to  
last month within GP Connect



**SPOTTED!!!**

## STOKE, BARLEY LEA



Loved seeing this little desk set up in the staff room. A folder with all the staff wellbeing info in and a dedicated notice board - which is being filled up with positive / humorous quotes

## PARKHOUSE SURGERY

Dr Singh brought fruit, cakes & samosa's to celebrate the arrival of his new baby grandson



## SOCIAL PRESCRIBERS

Great to have some of our Social Prescribers join the wellbeing walk from Parkhouse Surgery to mark Mental Health Awareness week



To everyone who joined in for our first GP Connect Parkrun! The runners, the walkers, the helpers and a special mention to Julie from Phoenix Surgery - she couldn't make the event but very kindly baked a delicious banana bread for everyone to enjoy afterwards - and enjoy it they did!

Lovely to have some of our friends & family join us for this - thank you to them too!



## E- THANK YOU NOTICE BOARD

“ Employee morale is the heartbeat of a successful organization. Cultivate it with care, and the entire team moves forward together. ”



I would like to thank **Kimmie-Sue Chamberlain** for all her hard work and efforts to make each and every patient happy! Going over and beyond for everyone at Woodway Medical Centre! 😊

I would like to thank **Jagdeep Aujla** for all her hard work and continuous patient/understanding attitude to work. As well has her ability to show up for everyone at the practice. We are all grateful to have her at Woodway medical Centre

Please keep sending them over to me

## 'Free!' LUNCH

### A NOTE ON THE FREE LUNCH

I am extending this offer until the end of August OR once at least 10 thank you's have been received.

The surgery receives the most thank you's wins a £50 uber eats voucher

Does your practice have anything to celebrate? I would love to hear about it