

What's on Wellbeing in January

Royal Sussex County Hospital

Activities

Swimming

Monday to Thursday 07.30 - 08.30 & Friday 11.00 – 12.00 Brighton Swim Centre

Yoga

Wednesday 17.30 - 18.30 & Thursday 18.00 - 19.00 RSCH Chapel

Tuesday 17.30 - 18.30 Sussex House Lecture Theatre

Tap Dancing

Thursday 17.30 - 18.15 Sussex House Lecture Theatre

Meditation

Monday 12.00 - 12.30 & Thursday 12.00 - 12.30 RSCH Chapel

Football

Tuesday 17.30 - 18.30 Stanley Deason Leisure Centre

Zumba

Thursday 17.30 – 18.30 Kaizen Room St. Mary's Hall

Hula Hooping

Wednesday 17.30 - 18.15 Kaizen Room St. Mary's Hall

Knit and Natter

Tuesdays, 17:00 - 19:00, AEB, Make items for yourself, for wards or to sell.

All proceeds go to BSUH Charity, contact joseph.laffan@nhs.net for details

Events

LGBTQ+ Trip to the Victoria & Albert Museum, London for the LGBTQ+ Tour Saturday 25th January, The tour is free and takes 1 hour. Join for a look around the V&A, lunch in the V&A café, and/or just the LGBTQ+ tour. To register, please email Jane: jane.bright@talktalk.net

Disabled Staff Network Group Meeting Thursday 9th January, 13:00 – 14:00, AEB, A safe space to discuss common issues or concerns in relation to disability in the workplace.

Schwartz Round Monday 6th January, 13:00 – 14:00, AEB, 'grab bag' lunch available from 12:45, A forum for hospital staff to talk about the emotional and social challenges of caring for patients.

Cervical Cancer Prevention Week 20th – 26th January, This aims to encourage women to reduce their risk of the disease by promoting steps to take to get checked and look after their health.

Dry January 1st – 31st January, This challenges you to go alcohol free for 31 days. It aims to raise awareness of the effects of alcohol.

Health & Wellbeing Services

Staff Physio Service

Need help with a musculoskeletal condition? Complete the self referral on the Staff Info net.

Connections Service

Discuss a problem or concern in confidence
Call 67452 or 64254

HELP

Health, Employee Learning and Psychotherapy services.

Call ext. 3692

FTSU

Having difficulty raising a concern around issues which impact patient care or patient and staff safety?

Call ext. 62870

For more details please see:

www.bsuhwellbeing.nhs.uk

twitter.com/BSUHwellbeing

Or call ext. 64254

Coming in February:

Schwartz Round Monday 3rd February, 13:00 – 14:00, AEB, 'grab bag' lunch available from 12:45

Disabled Staff Network Group Meeting
Thursday 6th February, 13:00 – 14:00, AEB

World Cancer Day Tuesday 4th February, This aims to spread the word and raise awareness of cancer across the world. It encourages individuals to take action in order to save millions of preventable deaths each year.