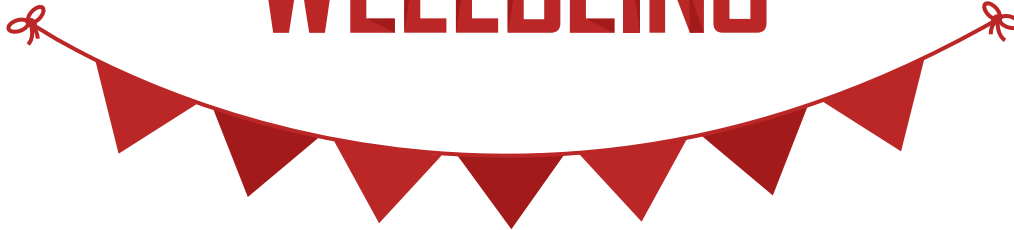


HEALTH & WELLBEING



ORAL HEALTH CHECK

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You can have a free check up with a student dental hygiene/therapist at the Dental Hospital plus possible treatment if you are not registered with a dentist or have visited one in the last 12 months. One course of treatment will be completed, provided this falls within the remit of the students.

To arrange an appointment please call (0117) 342 1772 or email staff_oralhealth@uhbristol.nhs.uk who will get in touch to confirm your appointment.

STEP INTO HEALTH PROGRAMME

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A comprehensive course that will dramatically improve your wellbeing and empower you to achieve your own personal health objectives. Covering Physical Activity, Nutrition & Weight Management and Stress Management.

The programme takes approximately 13 weeks and is distance learning, so you never have to attend college. You can study whenever and wherever you choose. You will receive a theory manual, three workbooks and a DVD. The workbooks simply check that you have understood the content of the units and enable you to pass the course and achieve an entry level three Aim Award.

You will be assigned your own tutor who will be on hand to answer any questions you might have. For more information or to apply please contact Linda York on 01509 515438 or linda.york@loucoll.ac.uk

PHYSIO DIRECT

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Telephone access to physiotherapy assessment and personalised advice is available at UH Bristol without seeing your GP. The specialist guidance and exercises should aid early recovery from joint, muscle and spinal problems commonly resulting from back pain or sports injuries. Book your telephone consultation on (0117) 342 3400 – the physiotherapists will return your call to carry out a telephone consultation. If they feel you require an appointment they will organise a referral for you.

WORKING DURING PREGNANCY WORKSHOPS

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The monthly 'Working during pregnancy workshops' aim to support colleagues during any stage of pregnancy by providing information and guidance for you to remain happy and healthy at work – up until the start of your maternity leave. To book your place, please contact Claire Haley, workplace wellbeing lead on (0117) 342 3413 or email wellbeing@uhbristol.nhs.uk

SEASONAL FLU VACCINATIONS

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Free flu vaccinations are undertaken annually by the Trust's flu team at various onsite locations. For more information visit the Occupational Health website: www.apohs.nhs.uk, call (0117) 342 3400 or email occupationalhealth@uhbristol.nhs.uk

SMOKING CESSATION SUPPORT

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Trust Colleagues can access information and guidance on support to stop smoking via a dedicated SmokeFree page on HR Web.

The LiveWell Bristol website also provides local guidance and a helpline (0300 123 1044).

GETUBETTER APP

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Free access to the getUBetter self-management back care app for staff For more information visit the apohs website <https://www.apohs.nhs.uk>