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|  | **HIOW People Portal**  The People Portal provides colleagues working in the NHS and Primary Care in Hampshire and the Isle of Wight with Health and Wellbeing services, information and advice.  From telephone support to training and coaching, use this website to discover what’s available to you to help you stay happy and healthy at work.  The People Portal is brought to you by the Health and Wellbeing Programme for NHS and Primary Care across the region and is designed to complement what’s already on offer from your trust or workplace.  Take a look today at what’s available to you.  [Home - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437431692%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=n4yJ5NtjIj9fjtJLpaElD4wAMX5WdoAn7etGSd6LRWI%3D&reserved=0) |
|  | **Compassionate Employers**  The Compassionate Employers programme, run by Hospice UK, helps organisations look after their people when grieving, caring for others or diagnosed with a life-limiting illness.  Membership includes access to the Members Hub ([https://www.hospiceuk.org/hants-iow-icb](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hospiceuk.org%2Fhants-iow-icb&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437438424%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=GwTZd6nOgs9nGN4EdWEN7uxAfO%2FHCeNAhxeg4tsNF7E%3D&reserved=0)), [Compassionate Employers - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fcompassionate-employers%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437444582%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=x8CUQ0RpIFvpiUQw0OagY56C%2F1EIlkEpyg9k5TDS3q8%3D&reserved=0) workshops, events, and online learning. The programme also includes a review of the organisation's practices. Hampshire and IOW ICS earned a Silver Award overall for their efforts.  The Compassionate Employers team are happy to attend upcoming meetings and events to explain the programme's resources and answer questions about dealing with grief, caregiving, or illness at work.  You can arrange this via email at: [compassionateemployers@hospiceuk.org](mailto:compassionateemployers@hospiceuk.org)  **Please note that membership is not open to PHU or Primary Care colleagues.**  **Membership is currently available until end of September 2024. We will confirm in due course if this has been extended.** |
|  | **World Menopause Day 2024**  The theme for World Menopause Day 2024 is Menopause Hormone Therapy, known in the UK as Hormone Replacement Therapy (HRT).  Please email [HIOWWellbeing@solent.nhs.uk](mailto:HIOWWellbeing@solent.nhs.uk) with details of any planned events or if you would like us to support with any virtual sessions. |

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|  | **Staff Physio Educational Drop in Session**  **Please note these sessions are for HIOW NHS Trust/ICB based employees only and not open to Primary Care or SCAS employees.**  Please register by scanning the QR code in the poster or using the links below:   * [Staff Physio Educational Drop In Session – 12 September – 12-12-30pm](https://gbr01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_N2VjZTk5ZTMtMmYyMy00NzFkLThhMTItN2Q2MmEyYTk4ZGJj%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252241321cc1-ecb9-467c-b0d5-854644d94e3b%2522%252c%2522Oid%2522%253a%2522e1af494c-6da7-4a2d-9ab2-fb950872e2d3%2522%257d&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437450642%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=kTpt%2B8KayLPJE6i97UqTClWejP6%2B25eLTt58He2v4Us%3D&reserved=0) * [Staff Physio Educational Drop In Session – 19 September – 12-12-30pm](https://gbr01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_NmJhN2NmMTMtMTdmYS00YzQ3LTg1YWQtMmZhZmIwZjVmYTMz%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252241321cc1-ecb9-467c-b0d5-854644d94e3b%2522%252c%2522Oid%2522%253a%2522e1af494c-6da7-4a2d-9ab2-fb950872e2d3%2522%257d&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437457840%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=z9Q9FUNG1Mq1Jj1L24kHBXnBmE1DqF%2BioDH60hzti3A%3D&reserved=0)   Each session will be chaired by our staff physios who will be on hand to answer your questions about the service including:   * How they can support you * What type of physio problems they can treat * How to get the best out of your appointments   [Staff self-referral physio service - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fmusculoskeletal-wellbeing%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437464876%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Hsh1ZFgE27ATY%2F1CciQGDibPs9sd1JTO9ldQ0B7OiDw%3D&reserved=0)  We looking forward to seeing you there! |
|  | **Stress Management Course – Self Paced**  Eight I/2-hour sessions where you will learn about:   * Stress and how it affects us * Understanding and managing workplace stress * Understanding specific NHS workplace stress * Specific tools and techniques for stress management * Changing your thinking patterns and managing worry * Managing your routine and improving work/life balance * Living better in line with your own personal values * Mindfulness and breathing techniques to manage stress   Access them at your convenience on the People Portal: [Stress Management Course - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fresources%2Fstress-management-course%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437471109%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=hbhzCjYlVMcKwvpjnH1ymS1GVZEg5%2B%2B0aPtm3IegWK4%3D&reserved=0) |
| **Assets: social/newsletter graphic/PDF poster** | * **Online Menopause Meet-ups** * **For NHS and Primary Care staff in Hampshire and the Isle of Wight**   **Fortnightly on Thursdays: 1pm online**  A virtual meet-up to provide a safe space to talk about menopause. Menopause Meet-ups are for everyone, whether you are experiencing the menopause yourself or supporting someone who is, because menopause matters.  There is no set agenda, just an opportunity to share experiences and support each other over a virtual cuppa.  We hope to see you there!  **To join email:** [HIOWWellbeing@solent.nhs.uk](mailto:HIOWWellbeing@solent.nhs.uk) |
|  | **Housing Hub/NHS Rooms Service**    **Who are we and what do we do?**  The Housing Hub team was created in 2022 to provide support to staff who are joining Trusts across Hampshire & the Isle of Wight. We’re primarily here to support internationally recruited staff with their search for accommodation in the private rental sector, but with increasing pressure on the housing market, particularly with rentals, we can also provide support to any member of NHS staff who may be in housing crisis. So far, we have registered over 1260 NHS colleagues in Hampshire and the Isle of Wight, and directly or indirectly helped more than 770 to find a home over the last 2 years.  The Hub is estimated to have been instrumental in retaining and recruiting over 80 staff, potentially saving the NHS in the region of £700,000 over 2 years.  **What is the NHS Rooms Service?**  The Housing Hub introduced our NHS Rooms service in January 2023, which is where an active member of NHS staff rents out a fully furnished bedroom within their own home, to a fellow NHS colleague in need.  From 1st August 2024, our NHS Rooms service is open and available to all staff. If you work anywhere the NHS and you live in Hampshire or the Isle of Wight, please join one of our webinars listed below for further information:   * **18 September at 4pm** * **26 September at 10.30am** * **4 October at 12pm**   Book a place now - [NHS Rooms Webinars - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fevents%2Fnhs-rooms-webinars%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437477486%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=Ta0yu8k3BwbXULdg%2B2pxWj6NsVEOheUnrBrkUI2fLT8%3D&reserved=0)  You can also reach out to the Housing Hub team via email to [iownt.housing-hub@nhs.net](mailto:iownt.housing-hub@nhs.net)  [Housing Hub/NHS Rooms - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fhousing-hub%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437485033%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=oR18XJEoZV5b61Vg%2B1is1hgzqmrd%2FDcLfqXIhLcglvY%3D&reserved=0)  [NHS Rooms - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fnhs-rooms%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437491299%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=i9m5wrwaDNYvhx48ZHfvu%2BscXDfF3X%2FFpDT91vIBLrM%3D&reserved=0)  [NHS Rooms Webinars - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fevents%2Fnhs-rooms-webinars%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437497473%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=U45roPRccxVoIOcIlP%2BmLoUqKECGkWAk7vGGk4iyzBs%3D&reserved=0) |
|  | **EDNA Service: Manager Drop-in Session**   * **Tuesday 10 September, 1.30-2pm**   A virtual session to answer your questions about the HIOW EDNA Service.   * Meet the Advisors * Bring your questions * Find out how we can support you and your team   **Sign up on the People Portal**  [EDNA Manager Drop-in - People Portal (hiowpeople.nhs.uk)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.hiowpeople.nhs.uk%2Fevents%2Fedna-manager-drop-in%2F&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437503554%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=2cnwILpFM1rxFxDH66KZpw9h5CnUp3cPK9bEJku8uEI%3D&reserved=0) |
|  | **EDNA Service – Unleashing Support: Exploring Diverse Assistance Methods in the Workplace**  Come and learn about EDNA (Employee Disability and Neurodivergent Advice) Service and how it can support you and your team. Each session will have a short section focusing on a different topic.  Follow the links on the poster or scan the QR codes to sign up.  **SEPTEMBER**  Tuesday 24th, 1.30-2.30pm  [Embracing Diversity: Celebrating National Inclusion Week](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.teams.microsoft.com%2Fevent%2Fb993f4ba-fa33-4866-9958-40bf4f7f9f3d%4041321cc1-ecb9-467c-b0d5-854644d94e3b&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437509682%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=RR%2BwGg7fi6OW9XQAp3xm3i5QsM0wwmG43S3zJip0CkA%3D&reserved=0)  **OCTOBER**  Tuesday 29th, 1.30-2.30pm  [Reasonable Adjustments: Navigating Open Conversations as a Manager and Employee](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fevents.teams.microsoft.com%2Fevent%2F8579da39-6236-492b-a099-d6b6a450ed6c%4041321cc1-ecb9-467c-b0d5-854644d94e3b&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437516359%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=edL6zOrrppDpsEmGHgzv6yPWiFp0n4c4M4coTJa23u8%3D&reserved=0)  We hope to see you there! |
|  | **EDNA Service - one-to-one advice**  Through a specialist team, we offer one-to-one advice and a safe space to talk, as well as help with areas such as reasonable adjustments, employment rights and HR advice.  [**Self-refer online here.**](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fforms.office.com%2Fr%2F7CDSw8T5SH&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437522886%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=AET9uxsSl8TXPIvT0Ck2rlU73guFIhoHZiZy9bYN%2B3k%3D&reserved=0)  **You do not need a medical referral or formal diagnosis**.  EDNA can also offer training to managers whose team members may be living with a disability, long term condition or neurodivergence.  Contact our team by email on [EDNA@solent.nhs.uk](mailto:EDNA@solent.nhs.uk)  EDNA is available Monday-Friday from 8am-4pm. |
| A stone building with a red and white logo  Description automatically generated | **Southampton Heritage Open Days**  Heritage Open Days are back this week and we're encouraging you to [#LoveTheOldTown](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fhashtag%2Flovetheoldtown%3F__eep__%3D6%26__cft__%255b0%255d%3DAZUPcYZf8kWA7UMipUSZfzV_HTB_VzmGeBcu9rvcuxnHquLc0KZ-F8PDwKH-qI2sHDbsD1Tmkq93OspioMdP_fHbXw6GEHts2UnZU9zCpFmww_dBxeUBPYAYaiqIyxAyMnlM-xr4Uf3pTqXpRTiogN48QQLsLli21PvldQO7AT7caHIAlffTUg7oDLyCGprylxSJMxY4aV9nm4BzkUK-lTS-%26__tn__%3D*NK-R&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437528989%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=QeBjSRITdYPWi22ms9QxODwaRg43XmoZyazaOh6%2F4CQ%3D&reserved=0) by checking out some of our city's historic gems.🏰  Search Southampton on: [www.heritageopendays.org.uk](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.heritageopendays.org.uk%2F%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR36X8snsRlRAmP-XW-qIwd_0U7ycVoKMrBu2Y9Qp33O4c9fvxzjTPXYqAg_aem_xstbdsMyVzxNQLIZiO6frw&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437535381%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=CIOKDfDkRWueIkRG1k2HBDyJlUNP%2BUo0A42G7zV9Xqo%3D&reserved=0) to view all of the FREE events near you🏰  Or check out [www.visitsouthampton.co.uk/oldtown](https://gbr01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.visitsouthampton.co.uk%2Foldtown%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR2jkYezSMRd3IEmu16qXveudOx_RuoUmL_btW5sSxsSnGaILT_aXWyrx_Q_aem_0B2s9Pi33jRFWDKA-eYeKg&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437541568%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=YY%2F11aiIZJ3BOLCeOMNpJknDqwr1JUOLRwB%2BBtmtvrQ%3D&reserved=0) for more information about the campaign and the full Heritage Open Days listings. |
| A group of people participating in a yoga session in a sports hall | **Sport in Mind**  If you’d like to try new ways to get active and have a long-term health condition, here are some ideas you could try.  [https://hampshire.activityfinder.net/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fl.facebook.com%2Fl.php%3Fu%3Dhttps%253A%252F%252Fhampshire.activityfinder.net%252F%253Ffbclid%253DIwZXh0bgNhZW0CMTAAAR205nlnbW_wtTPuE2pu6eItSjEiz8f6rdcpGjqQE1G0hPclRvqpDmg2TUQ_aem_g5qyOKBLr4jFgL6V7zJOFA%26h%3DAT2qDOOvsopJnJUEzcUO6QpVMQjdFWlah7iJ64eMKXx5qDLG9w-7zc0Lp8qxheqIYFNoUCR7Kjg8NwilRlAKDTIYIcMykRz_QSF-tlRccHkQULZDfCuCQrr3LLDm9yrscw%26__tn__%3DR%255d-R%26c%255b0%255d%3DAT0niTFT3SQ9RUlJkZciq2ztmF0zbjwO0-GXDQsqPJOCi7HmsYgVmGHjERmrH58ftExAmXVNHZ3xRtQ1CwYM2zDawBxrVpcaErO1-lK-4XgC8kVD6XylA5uq_1H5gzXzBKhnu9I8chjv3llyVjbogGLYax_BIUkMl4tGWHdJlwbiaaaoK7ESvXv9qcgJzRwr5-pA2yttIs_kWXbDvftG4BSu6InkhXBD_Huc&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437547724%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=IBCXTYKBLagRrVZBKtxFlpfWv%2B9Fc9LFJ%2BVTdofruqU%3D&reserved=0)  [https://www.sportinmind.org/find-an-activity](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sportinmind.org%2Ffind-an-activity%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR3l_GFsV3v0I_OUXpu_4nQbvt811a4v9IRF7qtfCIdyXidXGe_1J3WZkqA_aem_k3KeESF0ZXfJ48Q8vsZD5g&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437554812%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ZShMQD6d%2BspZK8lJW%2FYi%2FRUiaGx1LxBOiu4YbdNh0Jo%3D&reserved=0)  [https://soton.cc/seniorsaints](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsoton.cc%2Fseniorsaints%3Ffbclid%3DIwZXh0bgNhZW0CMTAAAR1VSSc--iEN0Rw4N4ytO3BOM7LzMTx2rqI5QVe25shiMofLr2tRj2bTfpY_aem_Y0fFaYgu3BwAr8E7tom2cw&data=05%7C02%7Chiowicb-hsi.so.pccommissioning%40nhs.net%7Cb97c55bb8024493e1fc208dcd32aaa74%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638617429437560863%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=ub6N6HE9A3Au1OHiqsp2MXhkdyR3Qd%2FvIWsHmMc3O84%3D&reserved=0)  Sport in Mind provide activity for people experiencing mental health conditions. Includes free weekly Yoga 🧘‍♀️every Tuesday 2-2.50pm at St Marys Leisure Centre.  Use the Hampshire Activity Finder to discover accessible options near to you.  If you’re over 60 and living in Southampton, Senior Saints run a variety of online and in-person activities to improve lifestyle and help maintain independence. Improve physical health, learn new skills and make friends along the way. |