

STARS APPEAL Wellbeing Initiatives for Staff at Odstock Health & Fitness Centre



NHS
Salisbury
NHS Foundation Trust



10th October

World Mental Health Day

#WorldMentalHealthDay is a reminder to focus on mental health and consider what more we can do to support ourselves and each other.

To mark this Day, the Stars Appeal is teaming up with Odstock Health and Fitness Centre to help our hospital staff put their wellbeing first.

This World Mental Health Day, let's move from awareness to action!

Try Something New

Get Your FREE 3-Session Taster Pass



Regular exercise can reduce stress, improve mood, boost energy and build resilience against burnout.

To help staff experience these benefits, we are launching a 3-Session Taster Pass Scheme, making it easier to fit physical activity into your work and everyday life through the facilities on site.

How it works:

- One Free 3-Session Taster Pass per SFT staff member (**fitness classes or swimming**).
- Passes given on a **first-come, first-served basis**.
- New passes released on the **10th of each month**.

Staff can sign up for and collect their pass from Odstock Health and Fitness Centre.

Those who complete all 3 sessions and wish to sign up for a monthly membership can also benefit from **free registration**. Gym induction and monthly membership fees will still apply.

Discover Reflect

Find Your Space to Recharge



Whether you're feeling stressed or overwhelmed, or simply wanting to reconnect with yourself and others, Reflect offers a safe, welcoming space for NHS staff to take time to focus on their wellbeing.

Through supportive group sessions, participants can build resilience, gain new perspectives and feel more connected through:

- A confidential, supportive environment.
- Opportunities to share experiences and coping strategies.
- Advice on physical activity to help manage stress.
- Techniques to improve mental wellbeing.
- A 30-minute fitness session suitable for all ability levels.

Places are available throughout the year.

For upcoming dates and information on how to sign up, please contact project lead Katy Darrington at katy.darrington@nhs.net



**Your Hospital
Your Health
Your Charity**

Charity no. 1052284

Investing in Staff Wellbeing All Year Round

At the Stars Appeal, we believe supporting NHS staff wellbeing should be a year-round commitment, not just for a day. With monthly taster-session passes and regular Reflect groups, we're committed to promoting mental health in the workplace throughout the year. **To find out more about our work, please visit our website at starsappeal.org or contact us on 01722 429005 (4005 from within the Hospital) or info@starsappeal.org**