

AIR AMBULANCE NI FUNDRAISING EVENTS

Well done to Linda, Helen, Naomi and Alison, who took part in the 5K Air Ambulance Runway Run on 11th June. 🙌

Thanks to everyone's efforts with all of the fundraising events so far this year, we have now raised over £5,000 for Air Ambulance NI! 🎉

Fancy joining the fun in the Boat Race Thurs 4 Sept or taking part in other [fundraising events](#) later this year?! Get in touch with Linda Murphy at linda.murphy@southernfsu.co.uk and she'll send you all the details to get started.



SCAN HERE ↙



HEALTHSHIELD



As we head into summer, remember to take care in the sun and make the most of your Health Shield Cash Plan, which includes access to SkinVision - a smartphone app that helps you self-examine your skin for signs of skin cancer.

Further details can be found in the recent HR email and in the Employee Wellbeing section of the Members' Area on the Southern FSU [website](#).

IMPORTANT DATES



Check out the [Action for Happiness website](#) for the [Jump Back Up July 2025 calendar](#)



8 July: International Paramedics Day

This year, the theme is "Unity & Community" - a big shout-out to our paramedic Rory O'Connor! Keep up the great work Rory! 🌟

24 July: 24/7 Samaritans Awareness Day

(The Big Listen 2025). As well as support from Health Shield and Lena by Inspire, Samaritans is there 24/7 for anyone who needs someone to listen. Remember, you are never alone.



30 July: International Day of Friendship

Here's to friendships formed across the support unit and Federations within the Southern area, and many more come!

Throughout July and August some of the SFSU office staff will be taking annual leave. Please be mindful of this and allow extra time for any queries.



Wishing you all a fantastic summer and let's hope the sun shines!

SOCIALS NEWS!

Have you subscribed to the Southern FSU YouTube channel? Keep up to date with new videos being launched each month!



www.youtube.com/@SouthernFSU

SUBSCRIBE



Have you joined the members area of the Southern FSU website, and do you follow us on socials? It's a great way to get up to date on what's happening, and we would love to see your thumbs up! What other content would YOU like to see on our social platforms? Feel free to email your suggestions to linda.murphy@southernfsu.co.uk

