



2025 PARTNERING CHARITY: AIR AMBULANCE NI



SCAN ME



Thank you to everyone who has already completed the form and expressed interest in taking part in the Air Ambulance NI events! The deadline is end of play **MONDAY 3RD FEB**, so please complete the form ASAP as the events are booking up fast!

<https://forms.office.com/e/DjkG7cdHey>

If you have any questions, please feel free to contact our Communications and Marketing Officer, Linda Murphy, on linda.murphy@southernfsu.co.uk.

We'll be in touch with more details soon. Thank you for your support in making a difference!

SOUTHERN GP FEDERATION 10 YEAR ANNIVERSARY!



Emails have been sent to everyone about the exciting plans well underway for the 10-year anniversary of the three Southern GP Federations, taking place on **Wed 26 Feb 2025!**

In addition to the main event, there will be satellite celebrations in each Federation, ensuring everyone can join in the festivities. If you haven't already, please send your RSVPs as soon as possible via <https://www.southernfsu.co.uk/education>

IMPORTANT DATES



Check out the [Action for Happiness](#) website for the Friendly February 2025 calendar



4 Feb: World Cancer Day



The World Cancer Day theme for 2025–2027, **United by Unique**, places people at the centre of care and explores new ways to make a difference. Cancer is more than just a medical diagnosis—it is a deeply personal experience. Click [here](#) for more info.

6 Feb: Time to Talk Day



Time to Talk Day is run by Mind and Rethink Mental Illness, in partnership with the Co-op. You don't need to host a big event to start the conversation—every conversation matters. Further info can be found [here](#). Our **Work Well Live Well** Health Champions, Patrice McGinn and Kim Tait will be promoting a 'Feel Good February' in the SFSU office and Kim's practice. It's **time to talk, time to care** - do something for you.

17 Feb: Random Acts of Kindness Day



Random Acts of Kindness Day is a global observance dedicated to encouraging individuals to perform acts of kindness for others, without expecting anything in return. Health Shield, one of our Employee Benefit schemes, has created a comprehensive tip sheet titled '**6 ways to spread kindness and positivity at work.**' Click [here](#) to download. ❤️❤️❤️❤️❤️

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



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Southern GP Federation Support Unit

