



AIR AMBULANCE NI - BELFAST CITY MARATHON TEAM RELAY!



SCAN HERE ↗



Please scan the QR code to support the Southern FSU relay team and help raise vital funds for Air Ambulance NI.



A Southern FSU team will be taking part in the Belfast City Marathon Team Relay on Sunday 4 May. Please show your support for our fantastic runners!

TEAM RELAY LEGS



- Leg 1: Stormont Estate - Montgomery Road, 4.2 miles – Katie Hilland
- Leg 2: Montgomery Road - Boucher Road, 6.8 miles – Claire Loughran
- Leg 3: Boucher Road - Falls Road, 5.5 miles – Therese Carroll
- Leg 4: Falls Road - Duncairn Gardens, 5 miles – Dr Kevin Allen
- Leg 5: Duncairn Gardens - Ormeau Park, 5.7 miles – Pamela Niblock

The relay team have a minimum of £1,000 to raise, so any donations are VERY much appreciated. You can do so via the [Southern FSU Just Giving](#) page. Please add a note such as 'Good luck Southern FSU Team Relay!' in the comments, so your donation is clearly linked to the team.

Also, Linda Murphy will be VolunCHEERING for Air Ambulance NI on the day, and if anyone else would like to do this or take part in any other [fundraising events](#), please contact Linda on linda.murphy@southernfsu.co.uk.

HEALTHSHIELD



Remember to utilise your Healthshield Cash Plan, which has a variety of benefits such as dental, optical, physiotherapy, wellbeing and 24/7 counselling. Further details can be found in the Employee wellbeing section of the members area of the Southern FSU [website](#).

APRIL: Stress Awareness Month

#leadwithlove



Check out the [Action for Happiness](#) website for the [Active April 2025](#) calendar



April marks Stress Awareness Month 2025, a time for you to take charge of your wellbeing and discover effective ways to manage stress. This year's theme, #LeadWithLove, empowers you to approach ourselves and others with kindness, compassion, and acceptance, no matter the challenges we face. You can download an information pack [here](#).

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.



www.southernfsu.co.uk



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[Southern GP Federation Support Unit](#)