

AIR AMBULANCE NI FUNDRAISING EVENTS

Well done to Linda, Patrice, KellyAnn, Patricia and Lynsey, who took part in the Miles for Missions challenge in May. 🙌 And good luck to Linda, Alison, Naomi and Helen, who will be walking or running in the 5K Air Ambulance Runway Run on 11th June. 🍀

Thanks to everyone's efforts, we have now raised over £4,000 for Air Ambulance NI! 🎉 Please continue to show your support by scanning the QR code and making a donation.

Fancy joining the fun in the Boat Race this September 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 ↙



IMPORTANT DATES

June: Pride Month



Check out the [Action for Happiness website](#) for the Joyful June 2025 calendar



Happy LGBTQIA+ & Pride Month! 🌈 "Pride Month shows us that we have a community and that we're not navigating the world in isolation." Mental Health Foundation

June: Post Traumatic Stress Disorder (PTSD) Awareness Month

Please see the June Lena by Inspire E-Zine on how you can support better mental health, spot the signs and symptoms of PTSD, and build your own personal resilience.

9-15 June: Men's Health Week (ending on Father's Day)

Men's Health Week encourages men to take charge of their well-being, make informed lifestyle choices, and seek appropriate medical support when needed. Please make use of the FREE support available through Health Shield and Lena by Inspire. Visit the SFSU [website](#) for further info on your employee benefits. We hope you have an enjoyable Father's Day on 15 June too!



10-16 June: Bike Week

Don't forget to take advantage of the Cyclescheme 🚲 - an employee benefit that can save you up to 42% on a bike and accessories. There's no upfront cost, and payments are taken tax-efficiently from your salary each month. Further details can also be found via the SFSU [website](#).

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 👍's! 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



[@southern_fsu](https://twitter.com/southern_fsu)



[Southern GP Federation Support Unit](#)

