











AIR AMBULANCE NI FUNDRAISING EVENTS



See Summer 2025 **Newsletter for more info** on fundraising events!

Donate here!



LEARN HSCNI

https://learn.hscni.net/#/access/signin





Are you up to date with your Learn HSCNI training?

If you have any problems accessing Learn HSCNI or any queries regarding the training, please get in touch with the HR Team via hr@southernfsu.co.uk.

HEALTHSHIELD & LENA BY INSPIRE

Are you utilising your Employee Benefits for your wellbeing?

Further details can be found in the Employee Wellbeing section of the Members' Area on the Southern FSU website.









Scan the QR code to access Lena's digital Support Hub or visit: lenasupporthub.com

Your unique registration PIN for the hub is: SGPFHUB

IMPORTANT DATES



Check out the Action for Happiness website for the Altruistic August 2025 calendar





NATIONAL WELLNESS MONTH

Many of you are busy caring for your patients and families, but it's just as important to look after yourself too.

What one thing will you do this month for self-care? How can the Southern FSU Employee Benefits help you?

7 Aug: Cycle to Work Day

Want to make the most of the fantastic Cycle Scheme where you can save up to 42% on a new bike? See Southern FSU website for further info.



As we continue in the summer months, 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 an

altruistic August!

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





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 <u>linda.murphy@southernfsu.co.uk</u>







