



## MISSION CHRISTMAS!

Southern FSU is excited to be a collection point for any practices wishing to donate toys for Mission Christmas. An email has been sent to the Practice Managers in each of the Federations.

- 📦 **Armagh & Dungannon and Craigavon GP Federations** - please purchase your toy before Mon 25 Nov and give it to the GPP in your practice for them to take to their meeting on Tues 26 Nov.
- 📦 **Newry & District GP Federation** - please purchase your toy before Mon 25 Nov and give it to the Practice Manager, who will liaise with the SFSU office for collection.



Together, let's brighten Christmas morning for as many children as possible. Thank you! 🎄

## HAVE YOU SIGNED UP TO HEALTH SHIELD?



Following the webinar on Wed 9 Oct, we hope you have a better understanding of the benefits of Health Shield, giving you access to:

- **Cashback on everyday healthcare**
- **24/7 Virtual GPs**
- **Exclusive discounts**
- **Wellbeing support**
- **Easy access to the Health Shield app and website**

There will be another Health Shield information session on **Wed 13 Nov at 1.00pm** via Teams. Please see the email from HR dated Wed 23 Oct with the link. Feel free to get in touch with [hr@southernfsu.co.uk](mailto:hr@southernfsu.co.uk) if you have any queries.

## IMPORTANT DATES



Check out the **Action for Happiness** website for the **New Ways November** calendar



**4-8 Nov: Talk Money Week**

HR emailed everyone the link to the Money Helper Awareness webinar that took place on Mon 4 Nov, which we hope you found useful.

You can also avail of the following benefits Southern FSU offer staff:

- 📄 **Employee Assistance Programme: Inspire Wellbeing**
- 📄 **Cycle to Work Scheme: Benefiting from a reduced cost of a new bike and equipment**
- 📄 **Tech scheme: Benefiting from a reduced cost of tech equipment**
- 📄 **Health Cash Plan: Health Shield - as per above, there are so many benefits!**

Please see the HR section of the SFSU website members area for more info or contact HR.



**Nov: Men's Health Month**      **19 Nov: International Men's Day**

At Southern FSU, we recognise the importance of providing clear pathways to health resources for our male colleagues. There is a dedicated space guiding and directing you to valuable information, support, and services related to men's health in the Wellbeing section of the members area of the SFSU website. We will also be releasing a YouTube video on 19 Nov with Mental Health Lead, Damien Carbery where he talks about 'ALEC'. Keep an eye on our socials for updates!

## JOB OPPORTUNITIES!

**Armagh & Dungannon GP Federation are recruiting a Lead General Pharmacist.**  
Closing date: **Mon 11 Nov 12 noon**

Further details can be found on the SFSU website, and please feel free to share our job posts on socials or via the link - <http://bit.ly/4by2Kgi>

## 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](http://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](mailto:linda.murphy@southernfsu.co.uk)



[www.southernfsu.co.uk](http://www.southernfsu.co.uk)



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



**Southern GP Federation Support Unit**