

2025 PARTNERING CHARITY: AIR AMBULANCE NI

In November 2024, we conducted a staff poll to select our partnering charity for 2025. We're thrilled to announce that Air Ambulance NI emerged as the clear winner, receiving an impressive 26 votes out of 78 responses! To kickstart this exciting partnership, Co-Chair Dr Stuart MacDonald, along with Alison, Claire, and Linda from the Southern FSU office, visited the Air Ambulance airbase in December. During their visit, they toured the facility and explored charity events that the Southern Federations can support throughout the year. Stay tuned for updates on our activities and how you can get involved, as well as our [Just Giving](#) page.



SOUTHERN GP FEDERATION 10 YEAR ANNIVERSARY!



Exciting plans are well underway for the 10-year anniversary of the three Southern GP Federations, taking place on **Wed 26 Feb 2025!**

Emails have been sent to nominees for awards, as well as to those receiving long-service recognition. In addition to the main event, there will be satellite celebrations in each Federation, ensuring everyone can join in the festivities.

Keep an eye out for email updates from the Southern FSU office and don't forget to send your RSVPs!

IMPORTANT DATES



Check out the [Action for Happier January](#) website for the Happier January 2025 calendar

1 Jan - 31 Jan: Dry January and Veganuary 2025

What will be your January focus?



20 Jan: Brew Monday

Samaritans are saying out with the Blue Monday and in with the Brew Monday! It doesn't matter if it's a Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice. If you're sharing a cuppa and listening, you're doing it right!

**LENA BY
INSPIRE**



Our current Employee Assistance Programme is with Inspire.

Inspire are rebranding their EAP to 'Lena (By Inspire)'. There will be no change to the contact number or to the service that they provide, the only change is the name. As a reminder, the contact number is 0800 389 5362 – please remember to quote Southern Federation Support Unit when calling. Further details can be found in the [Wellbeing](#) section of the members area of the Southern FSU website.

20-28 Jan: Cervical Cancer Prevention Week 2025

This is a dedicated awareness campaign aimed at educating people about cervical cancer, its prevention, and the importance of regular screenings.

30 Jan: Parent Mental Health Day

Stem4 is raising awareness about the connection between parents' mental health and family wellbeing with a focus on fostering healthy digital habits to support the mental health of young people. Further information can be found on the [stem4 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 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

