



# SOUTHERN GP FEDERATION 10 YEAR ANNIVERSARY!

It's an exciting time for the three Southern GP Federations as they are approaching their 10-year anniversary. The Federations will be hosting an event to celebrate on Wednesday 26th of February 2025. **SAVE THE DATE!**

We are forming a committee to help organise this event and would like representation from all areas, if you would like to join this committee please let [hr@southernfsu.co.uk](mailto:hr@southernfsu.co.uk) know.



# EXCITING NEWS ABOUT HEALTH SHIELD!



The Board of Directors from Newry & District, Craigavon, Armagh & Dungannon and Southern FSU have agreed to trial Health Shield for ALL FEDERATION STAFF for a period of 1 year! This will give you access to:

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

Please see the email from HR on Mon 30 Sept for further details and webinar link for **Wed 9 Oct at 12.30pm** and 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 Optimistic October calendar



## 7-11 Oct: National Work Life Week

In today's fast-paced world, maintaining a healthy work-life balance is not just an ideal, it's a necessity. Health Shield have created 7 tips for a healthier work-life balance - see link for further info - <https://bit.ly/3ZW331E>

## 10 Oct: World Mental Health Day

This year's theme set by the World Federation of Mental Health is workplace mental health. The theme highlights the importance of addressing mental health and wellbeing in the workplace. So, on World Mental Health Day and beyond it, why not check in with your friends, family, peers, or colleagues?

Whether you're dealing with a specific issue or simply looking for ways to improve your overall well-being, the Inspire Wellbeing Employee Assistance Programme (EAP) is here to support you. Lines are open 24 hours a day, 365 days a year: NI: 0800 389 5362

Email: [workandstudy@inspirewellbeing.org](mailto:workandstudy@inspirewellbeing.org)

## 18 Oct: World Menopause Day

The month of October is Menopause Awareness Month, and World Menopause Day is held annually on 18 October.

There are useful links in the Members area of the SFSU website - Human Resources tile / Employee Wellbeing / Join us on the Menopause Journey.

On 18 October, the Southern FSU YouTube channel will release 3 videos featuring Newry & District GP Federation Senior Mental Health Practitioner, Kelly Forbes, sharing practical advice. Don't miss out—click the YouTube link below to view and subscribe.

# JOB OPPORTUNITIES!

Do you know anyone who would like to join the team? The Southern GP Federation are recruiting for General Practice Pharmacists to join their Bank Register. 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/4by2Kgj>

# SOCIALS NEWS!

Have you subscribed to the Southern FSU YouTube channel? Keep 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 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](mailto:linda.murphy@southernfsu.co.uk)



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