

Soul

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Nurturing your soul is a key component to maintaining your health and wellbeing.

In this section, we suggest a few ways in which you could brighten your day, explore your interests and boost your morale.

Volunteering

St Mungo's [6]

Volunteers play an important role in supporting and making a difference to the services for homeless people.

Young Enterprise [7]

At Young Enterprise volunteers mentor young people and provides the opportunity to develop your leadership and business skills.

Health Ambassadors [8]

South London health ambassadors inspire and encourage young people to think about a career in healthcare. Open to any healthcare worker in any role in south London.

Royal Parks [9]

Volunteering scheme that offers development of skills in community education, gardening and wildlife conservation.

YMCA [10]

Volunteering opportunities available in a wide range of areas.

Team London [11]

Volunteering opportunities for a wide range of interests across London.

Spiritual

Schwartz rounds [12]

A structured forum for clinical and non-clinical staff to discuss the emotional and social aspects of working in healthcare.

Chaplaincy wellbeing programme at the Maudsley [13]

Spiritual and pastoral care which is met through the provision of a multi-faith spiritual and pastoral care service. Check out your local trust intranet for chaplaincy support available to those of all faiths or none.

British Humanist Association [14]

Provision of support for non-religious people in hospital and in the community.

The Oxford Happiness questionnaire [15]

Gives you a score of how happy you currently are in your life and work.

The London Spirituality Centre [16]

Offers resources for wellbeing and helps you to discover explore and develop your spirituality.

Organ and blood donation

? **Blood donation information** [17] including drop-in clinics

? **Information on organ donation** [18] and how to register

Hobbies

Gardening

The Oasis Green Gym [19] is a free fun way to learn about growing fruit and veg, meet like-minded volunteers, give back to the community and improve the environment.

Singing

Check out the Big Big Sing [20] website to search for staff choirs in your local area, or your trust intranet as many have staff choir information.

Travel

? NHS staff discounts on travel and accommodation [21]

? STA travel under 31 year-old discount card [22]

? Use your annual leave well! Plan your ideal trip with Lonely Planet [23]

Knitting

Stitch London [24] is an ultra-friendly group of stitchers who get together to make fabulous things, help each other out and escape the rat race.

Going out

Information on student nights out in London, ideas on where to go and how to get around. Also some last minute deals on shows & entertainment ideas.

? Design my night [25] - student nights in London

? Save the Student [26] - London city guide

? Time Out London [27] - events, attractions and what's on in London

? Lastminute.com [28] - late deals on shows and other entertainment

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Links

[1] <https://www.hee.nhs.uk/our-work>

[2] <https://www.e-lfh.org.uk/>

[3] <https://www.healthcareers.nhs.uk/>

[4] <https://www.hee.nhs.uk/news-blogs-events>

[5] <https://www.hee.nhs.uk/about>

- [6] http://www.mungos.org/how_you_can_help/volunteer
- [7] <https://www.young-enterprise.org.uk/support-us/volunteer/?gclid=C126x77vtNICFcSVGwodguwHqw>
- [8] <mailto:healthambassadors.sl@hee.nhs.uk>
- [9] <https://www.royalparks.org.uk/be-involved/volunteering-in-the-royal-parks>
- [10] <http://www.ymcalsw.org/volunteer-for-us/>
- [11] <https://volunteerteam.london.gov.uk/#s>
- [12] <https://www.pointofcarefoundation.org.uk/our-work/schwartz-rounds/>
- [13] <http://lambethandsouthwarkmind.org.uk/directory/chaplaincy-wellbeing-programme-at-the-maudsley/>
- [14] <https://humanism.org.uk/community/in-hospitals/>
- [15] <http://www.happiness-survey.com>
- [16] <http://www.spiritualitycentre.org/>
- [17] <https://www.blood.co.uk/the-donation-process/about-our-donation-venues/>
- [18] <https://www.organdonation.nhs.uk/>
- [19] <https://volunteerteam.london.gov.uk/opportunities/1595>
- [20] <http://www.bigbigsing.org/find-me-a-choir/>
- [21] <https://www.healthservicediscounts.com/travel>
- [22] <http://book.statravel.co.uk/staglobe/DiscountCardsRetriveByCodes.do?discountCardCodes%5b0%5d=ISIC&po>
GB
- [23] <http://www.lonelyplanet.com/>
- [24] <https://stitchandbitchlondon.wordpress.com/about-stitch-and-bitch-london/>
- [25] <https://www.designmynight.com/london/whats-on/student-nights-in-london>
- [26] <http://www.savesthestudent.org/city/london-student-city-guide.html>
- [27] <https://www.timeout.com/london>
- [28] <http://www.lastminute.com/>