

Keeping Well for Staff in South East London

Creativity & Wellbeing Sessions

Weekly on:

Tuesdays - 12.30pm - 2.00pm

Wednesdays - 7.30pm - 9.00pm

Thursdays - 2.30pm - 4.00pm

Wellbeing Webinars

Weekly on:

Wednesdays - 1.00pm - 2.00pm

*Covering subjects incl. Burnout,
Bereavement, Happiness, and more*

Young Practitioners Group

Evenings of:

Tuesday 23rd February - 7.30pm - 9.00pm

Thursday 11th March - 7.30pm - 9.00pm

Tuesday 23rd March - 7.30pm - 9.00pm

Post-Covid Support Group

Evenings of:

Thursday 4th March - 7.30pm - 9.00pm

Tuesday 16th March - 7.30pm - 9.00pm

Tuesday 30th March - 7.30pm - 9.00pm

Nurse Forums

Greenwich

24th February - 1pm-2.30pm

Bexley & Bromley

17th March - 11.45am - 1.00pm

Practice Manager Forums

Greenwich

TBC

Bexley & Bromley

TBC

For more information and to register
[click here](#)

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Psychological Resilience Hub

Access-point for psychological support/health and wellbeing resources

For more information on accessing psychological support, click here

Brought to you by South East London Integrated Care System

