



Royal Hospital for  
Neuro-disability

# My Wellbeing Matters Week

28 - 30 January 2025

Please book where required for activities and check Workplace for any changes to this programme

## Tuesday 28 – Physical Wellbeing Day - Conference Room | 12pm to 3.30pm

Pop in for a physical wellbeing roadshow with games, quizzes, prizes and team challenges.

### Featured stalls

Benefits of swimming  
Back care  
Keeping fit challenge

Men's Health  
Women's Health  
Sexual Health

Sleep Hygiene  
Oral hygiene and dental benefits  
Healthy eating on a budget

Workplace adjustments  
Staying active by fundraising

## Wednesday 29 - Mental Wellbeing Day

A full day, filled with a range of free self-care activities for you to try. There will be a special lunch and learn, to find out more about how the RHN supports mental wellbeing.

### Sessions

#### SEATED MESSAGES (15min)

Treatment Room 2/3 | 9am to 4pm  
Book one session in one room only  
[Treatment Room 2](#) or [Treatment Room 3](#)

#### REIKI HEALING (30min)

Sensory Room | 11am to 4pm  
Booking required [here](#)

#### CUDDLES WITH PETS AS THERAPY DOGS

The View | 12pm to 4pm

#### CHAIR YOGA (30min)

Seminar Room | 12pm to 3pm  
Booking required [here](#)

#### SOUND BATH (30min)

Maxwell Library | 12pm to 1.30pm  
Booking required [here](#)

### Workshops

#### CLAY CLUB

OT Art Room | 11am to 12pm  
Booking required [here](#)

#### WOMEN'S CIRCLE

Maxwell Library | 2.30pm  
Booking required [here](#)

#### MENTAL WELLBEING LUNCH & LEARN

Conference Room | 1.30pm  
Booking for lunch required [here](#)

## Thursday 30 - Financial Wellbeing Day - Conference Room | 12pm to 3.30pm

For our final day come along to the Financial Wellbeing Roadshow, with a range of stalls including the return of Recycled & pre-loved items, and free healthy food options plus smoothies (bring your own cup to help RHN sustainably).

### Stalls

Aviva Pension  
Costco

Sustainability

London Credit Union  
Recycled & pre-loved gifts

RCN & Unison Unions

Freedom to Speak Up

Fresh smoothies  
Healthy food

### Workshops | Training Hub

CAREER DEVELOPMENT

12.30pm to 13.30pm  
booking required [here](#)

BUDGETING & KEEPING TRACK

2pm to 3pm  
booking required [here](#)

SAVING & INVESTMENTS

3.15pm to 4.15pm  
booking required [here](#)