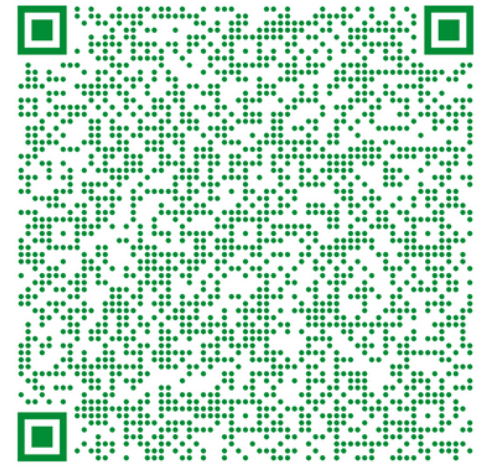


Royal Hospital for
Neuro-disability

Staff Engagement and Wellbeing Roadshow

Scan here
for programme and to
book activities



16 June 2025 Programme

or visit
intranet.rhn.org.uk/wellbeing/

Engaging with our staff about health and wellbeing

Please book where required for activities

Assembly Room

11.30am - 2.30pm

Interactive Roadshow

With stalls for RHN staff networks, MHFA, mediators, benefits, sustainability group, free smoothies and re-love/re-gift, plus games, prizes and much more!

Assembly Room

12:45pm - 1.30pm

Pride Celebration Extravaganza!

Featuring a dazzling drag show by Pixie Polite, straight from RuPaul's Drag Race UK fame!

Treatment Room 1

9am - 4pm

Choice of one 15 minute **seated massage** session from Office Vitality in either room

Booking required

Treatment Room 2

9am - 4pm

Sensory Room

10am - 4.30pm

Choice of one 30 minute **Reiki healing** session from in either room

Booking required

Treatment Room 3

10am - 4.30pm

Conference Room

12pm - 3pm

A choice of 30 minute **yoga or meditation sessions**
Booking required

Treatment Room 4

10am - 6pm

35 minute **reflexology sessions**

De Lancey Lowe

TBC

30 minute **Zumba** Sessions

The View

Available 24/7 from

12 June to 19 June

SiSu Health Machine

Please check workplace for updates to this programme