



Staff Engagement and Wellbeing Roadshow

Scan here for programme and to book activities



22 June 2026 Programme

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

Engaging with our staff about health and wellbeing

Please book where required for activities

Interactive Roadshow

Assembly Room

11.30am - 2.30pm

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

Sound Relaxation

Maxwell Library or Garden

10.30am - 2pm

Booking required [here](#)

Chair Massage

Treatment Room 1

8.30am - 4.30pm

One 15 minute seated massage, Booking required [here](#)

Chair Massage

Treatment Room 2

8.30am - 4.30pm

One 15 minute seated massage, Booking required [here](#)

Chair Yoga or Guided Meditation

Conference Room

12pm - 3pm

A choice of 30 minute sessions

Yoga - book [here](#), Meditation - book [here](#)

Bath Tea Bag Making

Maxwell Library or Garden

2.30pm - 3pm

Booking required [here](#)

Zumba

De Lancey Lowe

1pm - 3pm

30 minute Sessions, Booking required [here](#)

SiSu Health Check Machine

The View

Available 24/7 from

18/06 - 25/06

Water Marbling Fans

Art Room

11am - 12.30pm

No booking required

Reiki

Tuesday 23 June

30 minute sessions, booking required

[Sensory Room](#), [Treatment Room 2](#), [Treatment Room 3](#)

Please check weekly bulletin for updates to this programme