

Working in Close Partnership with



Supporting Our Professionals

Wellness and the Great Outdoors



For star-gazers young and old, the **Star Walk App** is an educational astronomy app that allows users to explore celestial objects in real time through the screen of their devices. More info is available via the **StarWalk Instagram** page.

The guidelines around exercise have been relaxed, so let's venture out!

It's always a good thing to try to get out and about, to enjoy some fresh air and exercise, and blow the mental cobwebs away. Many of us have been cooped up either working or trying to stay safe at home, but you don't have to go far to connect with nature and enjoy quality time outdoors. Here are some ideas.

"How do you do it?"
said Night.

"How do you wake and shine?"

"I keep it simple"
said Light.

"One day at a time"

Lemn Sissay

Although we feature lots and lots of (hopefully) interesting and helpful apps and websites here, gadgets aren't necessary when it comes to just getting out and enjoying nature. As one of our GPs, Dr. J, recently put it: 'Throwing your phone away and going outside is the way to feeling better!'

Dusk is a time of huge activity, with many animals and birds preparing to start their day. It's the time to see hedgehogs, bats, owls, frogs, badgers, foxes, and much more.

There's so much to see on a dry Spring day. Animals, birds, insects, and flowers are everywhere. The **Warblr** app automatically recognises British birds by their song, and the **Gardeners' World website** will help you to identify UK wildflowers. There are lots of websites providing walking routes – click for **Dorset, Hampshire, the Isle of Wight.** **Sustrans** features lots of information and routes for anyone interested in walking and cycling.



NHS Practioner Health Events Calendar

A calendar of upcoming workforce wellbeing events, including webinars, meetings, podcasts and more.

If you are feeling particularly overwhelmed or distressed, the Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on appraisal.wx@hee.nhs.uk marked CONFIDENTIAL and we will get back to you.

