

CALM SPACES



Sherwood Forest Hospitals
NHS Foundation Trust

Finding a quiet space to take recharge your battery during your break or before or after your working day is important for your well-being. We have several quiet and calm spaces for you to relax, but also to review any of the well-being resources too.

We have 2 SFH welfare and well-being Dens –one at the Faith Centre at King's Mill Hospital and in the Chapel at Newark Hospital. The Library at King's Mill Hospital also has a wellbeing area with easy chairs, Health and Wellbeing books and refreshment facilities.



#SFHDEN

