WELFARE & WELL-BEING: #SFH DEN AND RESOURCES Sherwood Forest Hospitals NHS Foundation Trust

There is a wealth of information and resources in the wellbeing dens in the Faith Centre at Kings Mill Hospital and The Chapel at Newark and the wellbeing rest area in the library at Kings Mill Hospital.





If you cant find the support you need contact ext: 4352 9-5 Mon-Fri to speak to the Welfare and Wellbeing Specialist who can signpost you to the support you need.

We are in this together Just do the best that you can do Look out for each other Its ok not to be ok