# COLLEAGUE WELFARE AND Wellbeing Support

Sherwood Forest Hospitals

Supported by:



To find out more visit www.pointofcarefoundation.org.uk



### Schwartz Rounds ALL SFH colleagues are invited to attend (clinical and non-clinical staff)

Schwartz Rounds are a group forum for colleagues to come together to listen to storytellers describing a particular experience. The session gives opportunity for colleagues to listen, discuss and reflect on the emotional and social challenges associated with working in healthcare.

Rounds provide a safe and confidential space to reflect on and share experiences.

Click **HERE** to find out more.





For the latest dates

#### please scan the QR code

Or e-mail

#### sfh-tr.wellbeing@nhs.net

for dates, details and to book a place.



## We are always on the lookout for new speakers so if you have a story to tell...

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