

Dear Gaynor Connor,

We know how hard it is working within the NHS at this time and as such we want to support as many NHS staff as we can. As a provider of Primary and Urgent Care Services, OneMedicalGroup is fighting to overcome COVID-19 alongside you, our system partners. We are also aware that it's not just difficulties at work our colleagues face as COVID-19 is also affecting our employees in all parts of their lives and as such we are working hard to make sure staff are supported with their wellbeing. Due to this we would like to extend our support from our Wellbeing Team to everyone working in the NHS during this pandemic.

Our OneWellness Team have created our online Hub which is full of information, Video tutorials and live classes on Physical and Mental health.

We would like to invite our system colleagues to join in with our online health and wellbeing classes via our OneWellness Hub which includes:

08am Yoga Session – Live via Zoom

This 30 minute class is a dynamic, flowing yoga sequence that will help individuals wake up, stretch and energise to set them up for the day ahead. Megan Brooks, Personal Trainer leads this energetic Yoga flow and instructs how individuals can adapt each move to make it easier or more challenging making it suitable for beginners to Yoga, and a welcoming style of Yoga that is suitable for everyone.

09am Recorded Workout session

An energising bodyweight workout to start your day. These workouts will vary between low to medium impact, a gentle way to workout at the start of your day.

12pm Recorded Midday Sweat Session

This can be done at any point during your day.

A high energy boost workout to break up your day and get you moving. These workouts will vary from low impact strengthening workouts, to high impact sweat sessions. We want to bring a variety of workouts to the HUB so that there is something for everyone.

We'd also invite you to subscribe to our YouTube channel, @OneWellnessUK so you have access to all our online classes.

We are keen to help and support your teams and colleagues at this critical time and hope that you will join us for one of the classes.





OneMedical Group

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If you or a member of your team is interested in joining our Online Wellness Hub and/ or the live Yoga Class then please do contact Aneela Khalid, OneWellness Service Coordinator on 07496 030770 or at AneelaKhalid@onemedicalgroup.co.uk.

Yours Sincerely,

Dr William Dawson

Deputy Chief Executive Officer and Chief Medical Officer

OneMedicalGroup



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