



Free mindfulness sessions for health, care and emergency service staff

Colleagues in the award-winning Mindfulness Team from Tees, Esk and Wear Valleys NHS Foundation Trust are offering mindfulness sessions to all health, care and emergency service staff across Humberside, North Yorkshire and The Vale of York via the HCV Resilience Hub.

This includes two-hour online taster sessions and 8-week extended courses. Find out more at <https://www.hcvresiliencehub.nhs.uk/mindfulness/>



The Humber, Coast and Vale Resilience Hub

If you are a health, care or emergency worker and struggling with the impact of COVID-19 we are here to help

Visit www.hcvresiliencehub.nhs.uk for more information
You can also email: tewv.hcv-resiliencehub@nhs.net