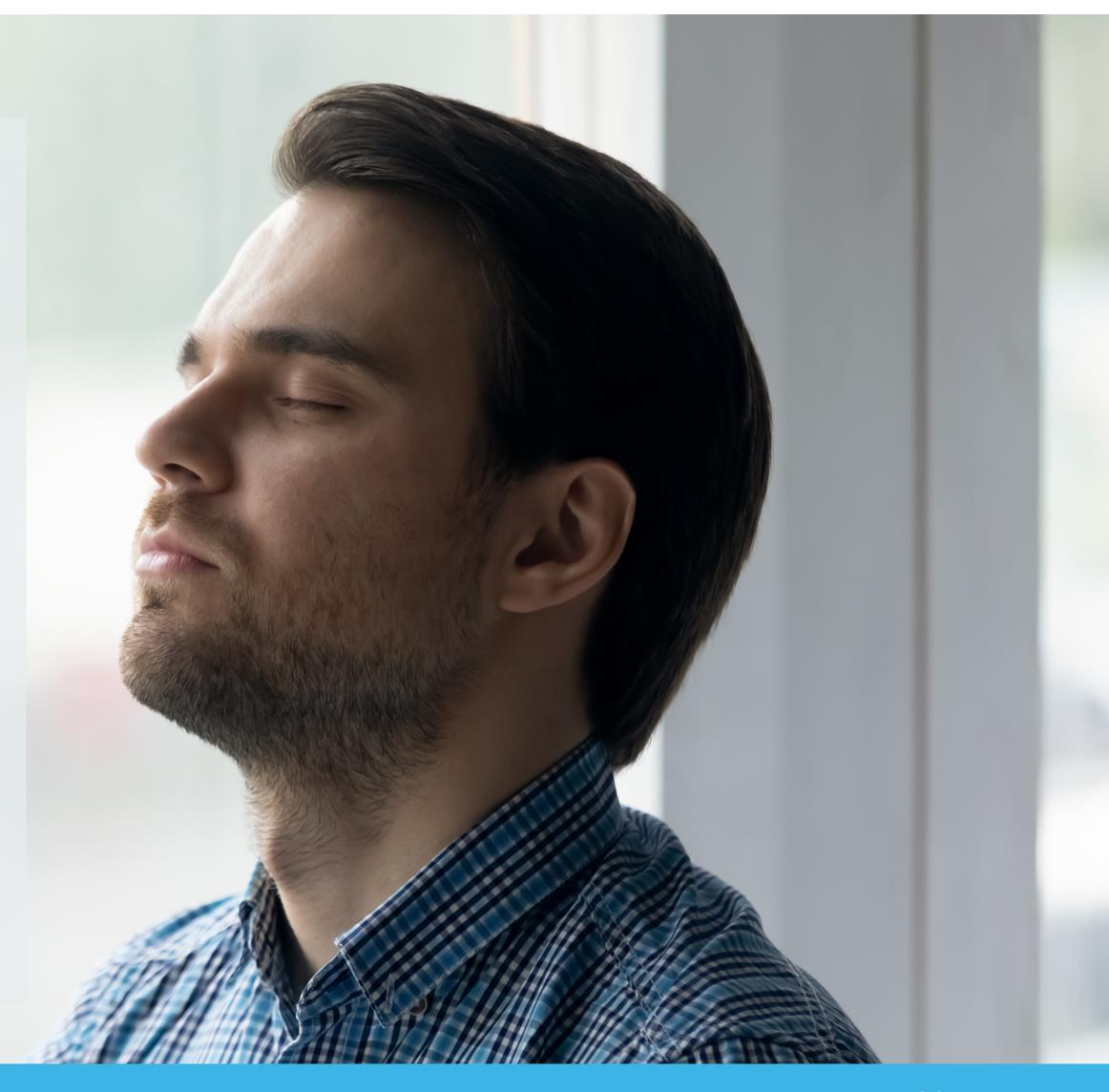


Free mindfulness sessions for health, care and emergency service staff

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