

# Staff Briefing



Find answers to your COVID-19 questions [here](#).



Get the latest COVID Daily Update [here](#).



## PALLIATIVE CARE

### Hospital Supportive & Specialist Palliative Care Team (Musgrave)

is now available on site  
Monday/Wednesday/Friday  
Referrals: 028 9615 7733  
(Mon – Fri 9am to 5pm)

### Hospital Supportive & Specialist Palliative Care Team (Mater)

has moved offices to ground floor  
Psychiatry Building Mater  
Referrals: 028 9615 7744  
Mon to Friday

### For Urgent Specialist Palliative Care Medical Advice

Contact: 028 9615 1900. Available:  
24 hours 7 days per week.

The Out of Hours phone line will be managed via BHSCT switchboard :  
Monday – Friday, 9am – 5pm and outside of these hours by the out of hours service - This service is only available to doctors in the Belfast Trust area



Sign up to one of two **FREE, 'Couch to 5k'** programmes for beginners, with the aim to be able to walk or jog 5k after 10 weeks.

**[Click here!](#)**



## NEW YEAR, NEW YOU?

'FLO' the 12 week virtual staff weight loss programme is here to help

Would you like to...

- Develop healthier habits?
- Be more active?
- Get on track to a healthier weight?

If you answered yes to any of the above **sign up today**. Text BHSCT to **078 6007 8893** and follow Flo's instructions to get started. It's that easy!

Prior to joining , we ask you to please read further information on the programme by [clicking here](#).

Please note, this is a self-guided programme developed by Public Health Dietitians and Registered Nutritionists that works by sending and receiving text messages from your mobile phone through the Florence ('Flo') system. This programme is not suitable for children, young people or those who are pregnant. You can join at any time.

To sign up you must:

- Have a BMI greater than 25kg/m2
- Be over the age of 18
- Be an HSC NI staff member
- Consult a GP before starting if you have a medical condition.

No cost is incurred for those with inclusive contracts however both pay-as-you-go and ROI numbers (without an inclusive contract) will be charged.