

# The Oasis - Staff health & wellbeing centre and garden

## Royal Berks Charity

### From adversity comes opportunity

Following the pandemic the increased demand for physical and mental wellbeing support for staff provided a number of challenges, one being availability of appropriate space on the hospital site where staff could take time to decompress away from their busy environment, relax and reflect. In partnership with the Trust the Royal Berks Charity embarked on a project to renovate a Grade II listed building into a magnificent staff health and wellbeing centre. The new centre includes a gym, an activities/exercise room, a TV room, a lounge, quiet rooms, therapy rooms, shower and changing facilities and a staff kitchen.

Matt Green, Staff Health & Wellbeing Lead for the Trust, said: "The staff wellbeing centre is a fantastic resource for our 6,000 staff. Huge thanks go to the Royal Berks Charity for their support and to NHS Charities Together for the £132,000 grant that helped to equip and furnish the building."



### Stage two.....

The next phase of the project is to complete the transformation of the enormous garden. At approximately 2,400sqm, the garden is a spacious, restorative, tranquil haven where staff can escape from daily pressures, and unwind, re-energise and reconnect with themselves and their colleagues. The multifunctional space will allow for solitude, socialising and eating, and physical activity. It will also include a memorial garden for staff members who sadly lost their lives in service of our community. One section will feature a large vegetable garden that will provide space for therapeutic gardening activities, that along with improving mental wellbeing will enable staff to grow their own vegetables and learn more about healthy lifestyles and sustainable local food.

