

WELCOME

Wellbeing @ Work Webinar

Wednesday 6TH
October 2021



Wellbeing @ Work Webinar

Agenda & Housekeeping

10.00 – Welcome & Update

10.10 – Able Futures, Koreen Samuel, Business Account Manager at Able Futures

10.50 - Break

10.55 – Networking & Sharing ideas

11.30 Close

Wellbeing @ Work Webinar

Wellbeing at Work Update

Greg Price
**Health Improvement
Manager**



Wellbeing at Work

- Awards Update





■ Congratulations to PUSHED





- Devon & Plymouth Chamber Awards
Workplace Wellbeing Award

Winner

- St Lukes Hospice Plymouth

High Commended

- Bailey Partnership
- City College Plymouth
- Plymouth Marine Laboratory





Wellbeing at Work




**Congratulations on completing 26 days
of the Plymouth September challenge!**





Wellbeing at Work



WHY THE 16 DAYS?

The decision to make the event span from 25 November to 10 December was deliberate as to include three other major events: International Human Rights Defenders Day (29 November), World Aids Day (1 December) and the anniversary of the Montreal École Polytechnique Massacre (6 December). This is to highlight the connection between human rights and violence against women.

16 days of Action Campaign 2021

25th November to 10th December 2021

Download the toolkit from
<https://16daysofaction.co.uk/>

Encourage your clients to download the toolkit
and make the Corporate pledge

Spread the message on social media and
through your local comms





Wellbeing Training



Advanced

- Safe Talk
- Mental Health First Aid (MHFA)
- Applied Suicide Intervention Skills Training (ASIST)

Intermediate

- 4 MH : Emotional Resilience
- 4 MH : Community Suicide Awareness
- Connect 5: Session 2 and 3

Introductory

- Grief & Bereavement: Are We Ready to Talk?
- Wellbeing Champions
- Connect 5: Session 1
- Wellbeing Signposting Toolkit





Wellbeing Champions

- New Training Cohorts beginning....

Wellbeing Champions

Community Wellbeing Champions





Wellbeing at Work

Wellbeing dates.....

- Mental Health Awareness Day – Sunday 10th October
- World Menopause Day – Monday 18th October
- Stoptober





Wellbeing at Work

Our next webinar.....

- Wednesday 26th January 2022

Building Financial Wellbeing – Paul Fox, Regional Partnership Manager - South West | Money & Pensions Service

[Webinars | Wellbeing at Work South West](#)



Thank you

Evaluation and slides will be emailed to you shortly.

Please stay in touch and keep up the
great work!

greg.price1@nhs.net

wellbeingat.work@nhs.net

