

Health and Wellbeing Champions: Development sessions



In order to support the rollout of Health and Wellbeing Champions across the NHS, NHS E&I are working with stakeholders to offer the following optional monthly development sessions for Health and Wellbeing Champions to access.



Date (12-1pm)	Proposed theme	Registration link
12 August 2021	An introduction to the national health and wellbeing support offers for our NHS people	Click here to sign up
16 September 2021	How to signpost safely, set up group cafes and networking opportunities	Click here to sign up
14 October 2021	Looking after your mental health and supporting others to do so (World Mental Health Day 10 Oct)	Click here to sign up
18 October 2021	Supporting those going through the menopause	Click here to sign up
11 November 2021	Acting on inappropriate behavior (supporting Anti-bullying week 15-20 Nov)	Click here to sign up
16 December 2021	Keeping well during winter	Click here to sign up
13 January 2022	Supporting diversity within your organisation (World Religion Day 16 Jan)	Click here to sign up
17 February 2022	Understanding the role of the Wellbeing Guardian	Click here to sign up
17 March 2022	The importance of a good night's sleep (World Sleep Day 19 March)	Click here to sign up